

FNS

FRONTIER NURSING SERVICE

Volume 84 Number 3 March 2009



FRONTIER NURSING SERVICE

US ISSN 0016-2116

TABLE OF CONTENTS

Introduction to FNS	1
The Journey - <i>Nathan Lee</i>	2
Field Notes - <i>Barb Gibson</i>	5
Beyond the Mountains - <i>Barb Gibson</i>	12
Frontier School of Midwifery & Family Nursing - <i>Kathryn Schrag, MSN, CNM, FNP</i>	14
Former Staff & Courier News	17
Footprints - Excerpts from Wide Neighborhoods	18
In Memoriam & In Honor Of	20
Urgent Needs	28
Cover Photo - An FNS Nurse and her Friend (unidentified).	

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

Introduction to Frontier Nursing Service (FNS)

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

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

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

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

Frontier Nursing Service - www.frontiernursing.org

The Journey

by Nathan Lee, President & CEO



Recently, I was making the trip from Mary Breckinridge Hospital back toward Wendover. Instead of driving out the front entrance, I impulsively took a left onto Maple Street, toward the Hyden City Park. With Spring warmth in the air, I had my windows rolled down, and as I approached the Park, I heard the magical sound of children laughing as they played on the new playground equipment. Toward the other end of the Park, I heard older children playing basketball on the City Court. The kids on the playground, I could identify with. The basketball players, I could not.

You see, I have never been what anyone would describe as “athletic”. Growing up, I tried all manner of sport, but none ever “stuck”. My father, who is an athlete and an even more gifted sportsman, made regular efforts to convert me, but to no avail. We’ve both since long moved past those awkward (and in retrospect, somewhat funny) days. But some of the lessons I did

come away with continue to be important. One in particular has stayed with me: keep your eye on the ball. My father taught me that nothing was more important than knowing where the ball was at any point in time. My form could be “ugly”, but it mattered less than good effort. Statistics were important, but less so than good sportsmanship. And nothing was more important to winning than keeping an eye on the ball. As long as that happened, the rest would ultimately take care of itself.



Leslie County Children Playing - Early Years

Now days, it seems healthcare sometimes feels like a basketball game of my youth. We toss around phrases like “pay for performance” and “pricing transparency”. Like fouls, we strive to maintain low measures in some statistics. Like points, we strive to maintain higher measures in others. And all are important. But none are more important than keeping our focus on the ball; or in the case of the FNS, on the patients we serve in our own underserved area. Without focus on our patients, our statistics would be meaningless. Without focus on the community we serve, there would be no performance for which to be paid. Without focus on those who need us most, we would miss the opportunity

FRONTIER NURSING SERVICE

to continue carrying out Mrs. Breckinridge's vision of caring for the mothers, children, and families of Leslie County and other underserved areas. To the FNS, no focus can be more important. I'm reminded of a story I heard recently on a subject to which I can relate: art.

After the early death of his beloved wife, a wealthy widower devoted all his time to his two remaining passions: his son, and his love of art. In the years after her death, he collected numerous pieces and shared with his son the history behind each. It was after his son's untimely death that the grieving man began to devote his entire being to his art collection. When he himself died, his collection rivaled any in the world; Masters such as Van Gogh, Degas, Monet, and Renoir were just a few among the impressive collection. With no heirs, the man provided detailed instructions in his will on how his art was to be auctioned. World renowned art experts gathered from far and wide for the opportunity to bid on such an esteemed collection, and each tried to "outsmart: the next with his extensive knowledge of the catalog and the works that underpinned it. As the auction commenced, the Executor of the estate presented the first piece to be sold. It was a portrait of the man's own beloved son. The artist was unknown, and the depth of color was lacking, particularly in comparison to the other pieces that would come shortly. The brush strokes were thick, and the subject matter failed to inspire the interest of almost anyone in the crowd. Ultimately, the painting sold to one of the man's housekeepers who had helped raise the boy. She paid ten dollars. As the gavel fell, the Executor came back to the podium to continue the auction. He began to read again from the man's will. "Whoever shall purchase the portrait of my son shall therefore have my entire art collection, for they will know what is truly important."

May we all keep our eye on . . . our focus on . . . what is truly important. And may we all be so richly rewarded. The Journey continues . . .

Field Notes

MRSA Collaborative Agreement

Methicillin Resistant Staphylococcus Aureus (MRSA) is a type of bacteria which is resistant to antibiotics such as Methicillin. Staph infections usually occur in nursing homes, hospitals and dialysis units. Recently, infections have taken place in otherwise healthy adults and have been identified as Community Acquired, CA-MRSA.

The Kentucky Hospital Association, in partnership with the University of Louisville School of Public Health and Healthcare Excel of Kentucky, has launched a MRSA Collaborative with the goals of increasing awareness, identification, treatment, and containment of MRSA.

Mary Breckinridge Hospital will take a proactive approach to the surveillance, identification, treatments and prevention of MRSA and CA-MRSA.

Clinical Bound Students Start Fund for New Building

All students attending the Frontier School of Midwifery & Family Nursing (FSMFN) come to campus for Clinical Bound, an eight day intensive period prior to starting their clinical experience. They spend time learning and practicing clinical skills and also bond as a group.

These student groups often like to make a donation to improve the School prior to leaving.

The Clinical Bound students of February 2009 are excited about the plans to renovate the FSMFN historic buildings and to build a new multi purpose building. They are proud to donate \$315.00 for the new building fund.

FRONTIER NURSING SERVICE

The students' hope is that future student groups will also donate to the building and expansion of the School. The students who donated include: Amy Bandt, James Burke, Tracey Curlee, Carol Jessee, Renee Kania, Tami Millard, Lori Meinking, Martha Parker, Tracie Price, Stephanie Purinton, Beverly Richardson, Merissa Royster, Kirsten Rowe, Suzann Smith, Tracy Stratton, Jutta Walker and Marina Zalivchii.

This fund is greatly appreciated as we launch our campaign to raise funds for the renovations and the new building. Thanks to this Clinical Bound group for helping to preserve our past and build our future.



Clinical Bound Students at Wendover

Wendover Update

From December 1, 2008 - March 1, 2009, Wendover hosted a total of 789 guests. This number includes overnight guests, tours, special lunches/dinners/meetings and other activities.

Special guests included a group of students and faculty from the Appalachian Ministries Educational Resource Center (AMERC) in Berea, Kentucky. This group visits Wendover and Leslie County each year. The focus of their visit to Leslie County was health and ethics of healthcare delivery and availability.

Michael Claussen, Guest Relations Coordinator, was recently appointed as a Representative for the Eastern Region Bed & Breakfast Association of Kentucky. During January, Michael attended the Bed & Breakfast Tri-State Conference held in French Lick, Indiana, and came back with great ideas to improve services for our Wendover Bed & Breakfast Inn guests.

The following is an update about Couriers Lucy Chapin and Elizabeth Lagan who participated in the Courier Program during the fall:

Lucy Chapin, Post Mills, Vermont, and a graduate from Middlebury College, arrived October 14th and left December 19th. Lucy plans on becoming a nurse-midwife and was very excited to be able to observe three births during her time here.

Elizabeth Lagan, West Hartford, Connecticut, took time off from college to explore nurse-midwifery. She was able to observe four births during her time here. Elizabeth also spent time working with Hospice. Thanks to the nurse-midwives who took time to mentor these two couriers.

FRONTIER NURSING SERVICE

Annual Employee Awards Dinner

During December, Wendover hosted an Annual Employee Awards Dinner honoring employees for their years of service. A total of 18 employees attended the Awards Dinner. Congratulations to all!



Hospital Employee of the Year

Mary Breckinridge Hospital Staff is pleased to announce that Bonnie Richter, Purchasing Agent, was nominated and chosen as the 2008 Employee of the Year. Bonnie has been employed at MBH for 14 years. Congratulations Bonnie!



Tidbits from FNS Rural Healthcare Centers

by Ben Peak, Director of Healthcare Centers

We continue onward with our mission of serving the people of Eastern Kentucky and our outreach program with the Leslie County School System.

We wish to welcome Doritta Mullins, FNP, to the family of providers at the Anne Wasson Clinic. Doritta is a recent graduate of the Frontier School of Midwifery and Family Nursing and staffs the clinic four days each week which allows us to provide extended hours of operations for those individuals that require medical attention after work or school.

Also, we welcome back Janessa Melton, FNP, to the Anne Wasson Clinic. Janessa previously worked at the clinic and after an extended absence while celebrating the birth of her son, she now returns on a part-time basis and will assist in covering absences at the other District Clinics.

Our annual Christmas Children's events were completed in December with over 500 children and families participating. I personally thank each of you who make this annual event possible and, without doubt, so do those who benefit from your giving.

As winter comes to a close and spring is nearing we are anxious for the redbud's to bloom, but even more anxious to continue the mission of our founder and inspiration, Mary Breckinridge.

Good health to all.

A Christmas Gift

Employees of the Appalachian Regional Commission (ARC) decided not to exchange gifts during the Christmas Season but made a decision to "Adopt a Hospital". They called and asked if they could adopt Mary Breckinridge Hospital (MBH) for 2008 and, of course, the answer was yes. In mid-December, MBH received three huge boxes of adorable plush stuffed animals. The stuffed animals were given to inpatient pediatric patients and newborns. A special thanks to the employees of ARC. The gifts were very much appreciated!

Fit for Life! Employee Wellness Program

With the cost of healthcare rising year after year, FNS is always looking for ways to lower healthcare costs and still provide the best health insurance benefits possible for its employees. One way to accomplish this is through early detection and/or prevention of illnesses.

Recently, FNS, adopted a Fit for Life! Employee Wellness Program and partnered with Occupational Health Solutions (OHS) to assist with achieving health and fitness goals.

Participants identified as high risk and/or those who demonstrate a commitment to want to make improvements in their health status, will be given the opportunity to work with a health coach to assist them in reaching their health goals.

FNS wants its employees to set a positive example for friends and community through their own health choices and Fit for Life! provides education about possible health concerns and gives employees the resources to make positive lifestyle behavior changes.

***Frontier Nursing Service -
A Book Written by Author Marie Bartlett***

Saving lives on horseback sums up the role of Mary Breckinridge as told by Marie Bartlett of Asheville, NC, in her fourth non-fiction book entitled *Frontier Nursing Service*. The story is told in human terms, focusing on how such a successful organization was built out of commitment and compassion against all odds. Much of the material from the book came from stories found in the early editions of the *Quarterly Bulletin*, transcripts from the FNS Oral History Project and in the FNS Archives Collection at the University of Kentucky and Berea College. A book signing also took place at the Joseph Beth Booksellers Store in Lexington on Saturday, February 21st. The book is sold in the FNS gift shop. You may contact FNS Gift Shop, 132 FNS Drive, Wendover, Kentucky 41775, for additional information.



Author Marie Bartlett

Beyond the Mountains

by Barb Gibson

HRSA Quality Improvement Workshop

February 8th - 11th, in conjunction with a grant received from the Health Resources and Service Administration, FNS staff attended a grant funded workshop in Albuquerque, New Mexico, on improving diabetes treatment in rural areas. The FNS group (Dr. Anita Cornett, Ben Peak, Director of Rural Healthcare Centers, Therese Wilhelm, RN, Rural Healthcare Center Quality Assurance/Infection Control Coordinator, Frank Baker, Chief Information Officer and Kristen Bennett, Development Officer), returned with an abundance of quality improvement ideas.



*Frank Baker, Dr. Anita Cornett, Kristen Bennett
and Ben Peak*

Emergency Preparedness Program

During January, Edith Hensley, Emergency Room Manager and Kevin Cook, Operating Room Manager and Chair of the Hospital Emergency Preparedness Program, attended the Kentucky Hospital Association's (KHA) "Trauma Center Verification Workshop" in Versailles, Kentucky. The workshop was very informative explaining the verification process for Kentucky Hospitals to become certified Trauma Centers from Level I through Level IV. Level IV centers can enter into agreements with higher level centers and transport patients more effectively and quickly without having to wait for beds to become available.

KHA Meeting - Patient Safety and Quality Issues

February 17th, Linda Craft, Director of Nursing and Kevin Cook attended a KHA meeting regarding patient safety and quality issues. These types of meetings assist Mary Breckinridge Hospital with staying abreast of issues which concern improving patient care.

You must have long-range goals to keep you from being frustrated by short-range failures. *-Charles C. Noble*

Our plans miscarry because they have no aim. When a man does not know what harbor his is making for, no wind is the right wind.

-Marcus Annaeus Seneca

Frontier School of Midwifery & Family Nursing News

by Kathryn Schrag, MSN, CNM, FNP

***An International Experience in Guatemala
for Frontier Faculty and Students***

In October of 2006, FSMFN received a generous donation from a preceptor, Barbara Norton, CNM, ANP, MSN, of Alaska, for a trip for two to Guatemala. The purpose of the trip was for faculty members to explore possible opportunities to provide an international experience for FSMFN students. This began a new journey for Frontier.

In February 2007, Aggie Hoeger, Clinical Director and Kathryn Schrag, Regional Clinical Coordinator, went to Guatemala where they were hosted by nurse-midwife Margaret Bean. Aggie and Kathryn visited thirteen clinical sites during that trip. Three top sites were selected as potential sites for student experiences. In August of 2007, a survey of students revealed a strong interest in international experiences. In January of 2008, a presentation was made to the FSMFN Board of Directors and approval was obtained to move forward with the plan. In August of 2008, two students were selected from the 20 students who expressed interest. Selections were made based on academic standing, students having completed Levels One, Two and Three and their written statement regarding why they wanted to the experience.

Laura Mabrey and Sarah Updegraff, both Level Four students in the nurse-midwifery program, traveled to Guatemala. Kathryn Schrag, MSN, CNM, FNP faculty member, accompanied the students during their two week experience.

The first week was spent working with Vamos Adelante, a small non-profit organization that provides services to 23 poverty stricken mountain villages south of Antigua. The core staff includes five promotoras (community health workers) who work in the villages teaching about basic nutrition, sanitation, and health

care. Once a week a doctor volunteers to do a medical clinic, once a month a pediatrician comes, and every three months a team sets up a mobile operating room and does tubal ligations in the humble Vamos Adelante offices.



Laura Mabrey, Kathryn Schrag and Sarah Updegraff

Kathryn, Laura and Sarah spent four days in the villages with the promotoras, three of them living in the home of Felina, the village promotora, high in the mountains. They had the remarkable privilege of being invited into homes to visit pregnant women, babies and young children, of watching Felina teach the women about making oral rehydration solution for their children with diarrhea, of helping feed malnourished children in a nutrition program, and of playing games with young children in the playground of their after school program.

FRONTIER NURSING SERVICE

The second week was spent at Casa Materna in Huehuetenango in the highlands of northwestern Guatemala. Casa Materna, a program of Project Concern, is a building next to the national hospital, where high risk pregnant women who live in remote villages can live for the last days or weeks of their pregnancy, receiving prenatal care and education.

The team from Frontier was able to visit Hospitalito Atitlan on the shores of Lake Atitlan, a site for potential future students and faculty. Additionally, they paid brief visits to two small centers run by US trained midwives who provided clinical services as well as education to the local indigenous midwives.

Readers are encouraged to visit the website <http://guatemalatrip2008fsmfn.shutterfly.com> to see pictures, and find the website links to the agencies that the students and faculty visited. The emotional impact of the experience is eloquently expressed in the closing paragraph of an essay written by Sara Updegraff, *Off the map, under the volcano, and above the clouds*; the complete essay is on the website.

“We laughed and cried together and with our amazing hosts. We stumbled over words – who knew that midwife (comadrona) and shrimp (camaron) sound so much alike?! In the end we learned that concern, care, and hope are easy to express and understand in any language. We have grown as individuals, practitioners, students, and participants of the human experience. We have been encouraged, saddened, empowered, and disillusioned, but mostly thankful and inspired. We learned far more than we taught. We were able to share our experiences and views, feelings, hopes and frustrations with each other and with the wide array of dedicated and passionate people we had the honor of meeting. We felt a strong sense of sisterhood and camaraderie, as we bridged distance and difference. We are forever changed, and we will carry this experience with us in our hearts, our work and our communities. And, I am sure, we will all return”.

Former Staff and Courier News

Danielle (Stanko) Godinez, Pittsburgh, PA, (Courier 1995) - wrote that she is employed as a Family Practice Physician in Lower Burrell, Pennsylvania. Danielle and her husband, Lucas, have three children - Joseph (6), Isabel (5) and Alexander Matthew born during January 2008.

Robyn Weller, San Diego, California, (FSMFN Graduate) - wrote that she is working in San Diego, California at Kaiser Permanente Medical Center. Robyn and her husband, Eric, have been married for almost four years and just celebrated their baby's first birthday.

Gwen Buchanan, Rochester, New York (FSMFN Graduate 1948) - wrote that so much time has flown by since she left FNS with many memories. Since her retirement from nursing in 1982, she spent time with American Legion (Korean War Vet) and Civil Service Union.

Elaine Douglas, Sebring, Florida, (FSMFN Graduate 1961) - wrote that she is retired and did volunteer nursing until recently when she suffered a heart attack. There were some complications but she is better now.

SAVE THE DATE!!!!

Former Couriers and Frontier School of Midwifery & Family Nursing Alumni are invited to the Annual Courier Conclave and Alumni Homecoming to be held May 9th and 10th, 2009 at Wendover, home of the Frontier Nursing Service. Courier Conclave/Alumni Homecoming will serve as a celebration of the dedicated work of Couriers and Alumni.

During March, Couriers and Alumni should receive a formal invitation with detailed information.

Footprints

Excerpts from Wide Neighborhoods

by Mary Breckinridge, Founder

Chapter 17

“On May 28, 1925, the Kentucky Committee for Mothers and Babies held its first meeting in the Assembly Room at the Capitol Hotel in Frankfort, Kentucky, to form an organization and to elect its executive officers.

“The secretary then, Mrs. W.H.Coffman of Scott County, has been our Secretary for twenty-six (Editor - as of 1951) unbroken years. In her minutes of this initial meeting, two things stand out as significant. One is the fact that the goal at which we were aiming was clearly seen by everyone that took part in the formation of what was to become the Frontier Nursing Service. Judge Edward C. O’Rear of Frankfort, who opened the meeting, said that he was impressed by the program, by “its sublime audacity,” and felt sure of its success. He said he knew of the conditions and possibilities of the mountains from having been a part of them; that wherever you find a highland people they are the seed corn of the world.

“The other thing that impresses me now is the flexibility of the early plans we made. Research is a continuing thing. As one acts, one gets an insight of what is best for the next action. It is better to begin small, as we did, without theoretical ideas of methods of administration, expansion, and finance.

“We provided for essential things - an annual audit; accurate records of the work we were to do; arrangements for medical consultations and hospital care for our patients (no too far away, but the best we could do then); the status, legal and professional, of the nurse-midwives of whom we expected to make use; the choice of a place where ‘the value of this service shall be demonstrated first,’ with reciprocal membership provided between a local committee and the central committee; honorary membership on

QUARTERLY BULLETIN

the Kentucky Committee of the State Health Officer *ex officio*; an executive group, with officers, which would have all the powers and responsibilities of the Kentucky Committee when it was not in session, and which should 'pass on names for membership and present them to the Kentucky Committee meetings for ratification, receive and disburse funds, determine budgets, receive and distribute reports, organize auxiliary committees in other states as requested, determine questions of finance, supplies, records, policies, in co-operation with the directing nurse-midwife, and, wherever policies are local, with the Branch Committee.' These essentials were embodied in a series of Resolutions, which Mrs. S.C. Henning of Louisville presented to the meeting for adoption.

"It was not until the following November that Judge O'Rear drew up articles of incorporation for us, and we adopted them, with flexible by-laws. It was not until 1928, that we amended these articles when we changed our name to the Frontier Nursing Service. By that time we had many more committees than the initial Kentucky one, with its first local reciprocal branch committee, and our work had taken on the national significance inherent in it from the beginning. At our initial meeting we elected our executive group and officers. We chose Dr. Alexander J.A. Alexander of "Woodburn" in Woodford County as our first Chairman and Mr. C.N. Manning, President of the Security Trust Company in Lexington, as our first Treasurer.

"The members at this meeting asked me to send out printed reports of the progress of the work throughout the year. That is the genesis of the *Quarterly Bulletin* of the Frontier Nursing Service."

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.

Margaret Watkins, Grosse Pointe, Michigan, died October 18, 2008. Miss Watkins was a Honorary Trustee of the Frontier Nursing Service.

James (Jim) Hayes, Wendover, Kentucky, died during January. Mr. Hayes was a neighbor and long time friend of the FNS.

In Memory of:

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

Alfred W. Baldock

Mr. & Mrs. William G. Nine

Joseph Carter, III

Mr. Joseph Coleman Carter

Mary C. Combs

Mr. Philip Combs

Roscoe Day

Mrs. Arlene Day Alsgaard

John H. & Elizabeth S. Roberts

Anna Henkel Dickieson, RN

Samuel C. & Dorothy

Dickieson

Mr. Louis Froio

Mrs. Susan Dow-Johnson

Karl F. Fromuth, Sr.

Mrs. Carolyn Asher Fromuth

Mary Ellen Houston

John W. & Sally McDougall

Betty Lou Johnson

Rhonda M. Johnson

Dr. Richard J. & Mrs.

Marilyn S. Kearns

Mr. Thomas Horn

Barry D. & Denise M.

Whitehouse

Laura Knowles

Mrs. Susan Dow-Johnson

Betty Jean Lorentzen

Mrs. Anne M. Lorentzen

Margaret Peters

Mrs. Raymond G. Preece

FRONTIER NURSING SERVICE

Charles Walter & Wanda O. Hoskins	Perry Hawley
Robert V. & Constance Wells	Linda L. Longstreth
Margaret H. Watkins	Ruth Ann Settlemyre Wright
Mrs. Howard Robinson	Linda L. Longstreth
Ellery & Robin W. Sedgwick	Ed & Linda De Meo
Lisa Worthington	Gertrude Longstreth
Mrs. Caryl Crew	Linda L. Longstreth
Mr. C.M. Degener	Joyce E. Stephens
Brian MacConnell & Betsy MacConnell	William A & Susan Spencer Small
Jane Norton Haldeman	Olive M. Gass
Mr. & Mrs. Bruce Haldeman	Mr. & Mrs. Roland B. Bell

In Honor of:

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

Mr. & Mrs. Steve Longstreth	Sally Willis
Mr. & Mrs. J. William Friel	Mr. & Mrs. Michael Holtzman
Marcella T. Hovanczek	Miss Anne Cundle
Dr. Jacob Palomaki	Donna Murphy
Beverly & Bill Friel	Treon McGuire Christine
Linda L. Longstreth	Love & Respect from Sal
Darlene Wilke	The Johnson Fund
Ms. Wyllis Parvonian	Lucy Hughitt
Mrs. Kitty Ernst	Ms. Patricia Campana
Evalyn Elias	Cheryl J. Stuart
Alice Hendrickson	Miss Charlotte A. Wolfe
L.V. & Mary Francillon	Miss Kate Ireland
Wag (C.F.) Holdship	Ms. M. Elizabeth Culbreth
Hugh & Eliza S. Nevin	Donna Murphy
Mr. & Mrs. Robert Trocin	
Mr. & Mrs. J. William Friel	
Steve & Linda L. Longstreth	

FRONTIER NURSING SERVICE

FNS, Inc.

(the parent)

BOARD OF GOVERNORS

National Chairman

Miss Jane Leigh Powell, Ridgeland, SC

Vice-Chairman

Mr. Kenneth Tuggle, Louisville, KY

Treasurer

Mr. John Foley, Lexington, KY

Secretary

Mrs. Nancy Hines, Shepherdsville, KY

Board of Governors

Mrs. Rhonda Brashear, Hyden, KY

Dr. Michael Carter, Tumbling Shoals, AR

Mrs. Marion McCartney, Silver Springs, MD

Dr. Charles Mahan, Temple Terrace, FL

Mr. Michael T. Rust, Louisville, KY

Miss Mary Ethel Wooton, Hyden, KY

Honorary National Chairman

Miss Kate Ireland, Tallahassee, FL

Auditors

BKD, LLP, Louisville, KY

Trustees

- Mrs. Tia D. Andrew, Wellesley, MA
 Governor & Mrs. Steven L. Beshear, Frankfort, KY
 Mrs. Ruth Beeman, Lexington, KY
 Mrs. Heather Bernard, Hamilton, NY
 Dr. Robert Botkin, Lexington, KY
 Dr. Wallace Campbell, Pikeville, KY
 Mrs. Juan Cameron, Washington, DC
 Miss Anna Carey, Hyden, KY
 Ms. Carlyle Carter, Needham, MA
 Mrs. Charles M. Chapin, III, Oldwick, NJ
 Dr. Holly Cheever, Voorheesville, NY
 Mrs. Charles S. Cheston, Jr., Topsfield, MA
 Mrs. John Dawson, Dover, MA
 Mrs. John J. Dete, West Liberty, OH
 Mr. Joseph C. Donnelly, York Harbor, ME
 Mrs. Peter R. Ehrlich, Bedford, NY
 Mrs. Noel Fernandez, Pomona, NY
 Former Governor Ernie Fletcher, Frankfort, KY
 Mrs. Laman Gray, Jr., Louisville, KY
 Dr. John W. Greene, Jr., Lexington, KY
 Dr. Joyce Fortney Hamberg, Southgate, KY
 Dr. Horace F. Henriques, III, Lyme, NH
 Mr. Frank B. Hower, Jr., Louisville, KY
 Mrs. Kenneth C. A. Isaacs, Walpole, MA
 Mrs. Donald E. Jones, Bellefontaine, OH
 Mr. Clinton W. Kelly, III, Bethesda, MD
 Mrs. Robert A. Lawrence, Dedham, MA
 Mrs. Henry Ledford, Big Creek, KY
 Mrs. Marian B. Leibold, Cincinnati, OH
 Mrs. Frances Lockett, Louisville, KY
 Mrs. Theodore R.P. Martin, St. Louis, MO
 Mrs. John Lambert McPhee, Potomac, MD
 Mrs. E. Townsend Moore, Darling, PA
 Mr. Wade Mountz, Louisville, KY
 Mr. Spencer Noe, Lexington, KY
 Mrs. Frank O'Brien, Jr., Boston, MA
 Mr. Dean Osborne, Hyden, KY

FRONTIER NURSING SERVICE

FNS, Inc.

(the parent)

BOARD OF GOVERNORS

National Chairman

Miss Jane Leigh Powell, Ridgeland, SC

Vice-Chairman

Mr. Kenneth Tuggle, Louisville, KY

Treasurer

Mr. John Foley, Lexington, KY

Secretary

Mrs. Nancy Hines, Shepherdsville, KY

Board of Governors

Mrs. Rhonda Brashear, Hyden, KY

Dr. Michael Carter, Tumbling Shoals, AR

Mrs. Marion McCartney, Silver Springs, MD

Dr. Charles Mahan, Temple Terrace, FL

Mr. Michael T. Rust, Louisville, KY

Miss Mary Ethel Wooton, Hyden, KY

Honorary National Chairman

Miss Kate Ireland, Tallahassee, FL

Auditors

BKD, LLP, Louisville, KY

Trustees

- Mrs. Tia D. Andrew, Wellesley, MA
Governor & Mrs. Steven L. Beshear, Frankfort, KY
Mrs. Ruth Beeman, Lexington, KY
Mrs. Heather Bernard, Hamilton, NY
Dr. Robert Botkin, Lexington, KY
Dr. Wallace Campbell, Pikeville, KY
Mrs. Juan Cameron, Washington, DC
Miss Anna Carey, Hyden, KY
Ms. Carlyle Carter, Needham, MA
Mrs. Charles M. Chapin, III, Oldwick, NJ
Dr. Holly Cheever, Voorheesville, NY
Mrs. Charles S. Cheston, Jr., Topsfield, MA
Mrs. John Dawson, Dover, MA
Mrs. John J. Dete, West Liberty, OH
Mr. Joseph C. Donnelly, York Harbor, ME
Mrs. Peter R. Ehrlich, Bedford, NY
Mrs. Noel Fernandez, Pomona, NY
Former Governor Ernie Fletcher, Frankfort, KY
Mrs. Laman Gray, Jr., Louisville, KY
Dr. John W. Greene, Jr., Lexington, KY
Dr. Joyce Fortney Hamberg, Southgate, KY
Dr. Horace F. Henriques, III, Lyme, NH
Mr. Frank B. Hower, Jr., Louisville, KY
Mrs. Kenneth C. A. Isaacs, Walpole, MA
Mrs. Donald E. Jones, Bellefontaine, OH
Mr. Clinton W. Kelly, III, Bethesda, MD
Mrs. Robert A. Lawrence, Dedham, MA
Mrs. Henry Ledford, Big Creek, KY
Mrs. Marian B. Leibold, Cincinnati, OH
Mrs. Frances Lockett, Louisville, KY
Mrs. Theodore R.P. Martin, St. Louis, MO
Mrs. John Lambert McPhee, Potomac, MD
Mrs. E. Townsend Moore, Darling, PA
Mr. Wade Mountz, Louisville, KY
Mr. Spencer Noe, Lexington, KY
Mrs. Frank O'Brien, Jr., Boston, MA
Mr. Dean Osborne, Hyden, KY

FRONTIER NURSING SERVICE

Mr. Ed Parsons, Harlan, KY
Former Governor Paul Patton, Pikeville, KY
Mrs. Charles S. Potter, Grayslake, IL
Ms. Helen Rentch, Midway, KY
Mrs. John Richardson, Washington, DC
Mrs. Linda Roach, Lexington, KY
Mrs. George L. Robb, East Orleans, MA
Mrs. Georgia Hart Rodes, Lexington, KY
Mrs. Mollie B. Sizemore, Hyden, KY
Mrs. Joseph M. Smith, Dedham, MA
Mrs. Austin L. Smithers, Greenwich, CT
Mrs. Burgess P. Standley, Medfield, MA
Mrs. Robert N. Steck, Washington, DC
Mrs. James W. Stites, Jr., Louisville, KY
Dr. W. Grady Stumbo, Hindman, KY
Mrs. Mary H. D. Swift, Upperville, VA
Mr. Richard Sturgill, Lexington, KY
Ms. Mary Frazier Vaughan, Lexington, KY
Mr. Elmer Whitaker, Lexington, KY
Mrs. Carrie M. Whitcomb, Oviedo, FL
Dr. Patience White, Bethesda, Maryland
Mrs. Pendleton P. White, Savannah, GA
Harvie & Nellie Wilkinson, Lexington, KY
Mrs. Dudley H. Willis, Sherborn, MA
Dr. Emery Wilson, Lexington, KY
Mr. Ray Wilson, Hyden, KY
Mr. George Wooton, Hyden, KY

Honorary Trustees

Mrs. Charles W. Allen, Jr., Glenview, KY
Mrs. Richard M. Bean, Lexington, KY
Mrs. Ralph E. Becker, Bethesda, MD
Mrs. Robert W. Estill, Raleigh, NC
Mrs. Gilbert W. Humphrey, Miccosukee, FL
Mr. R. W. P. Johnston, Lexington, KY
Mrs. Samuel E. Neel, McLean, VA
Mrs. James N. Rawleigh, Jr., Louisville, KY
Mrs. E. H. Scott Rumely, Birmingham, MI
Mrs. Ernest R. von Starck, Bryn Mawr, PA

Ms. Erskine P. Wilder, Barrington, IL
Miss Barbara Wriston, New York, NY

National Nursing Council

Ms. Mary Ellen Amato, Lexington, KY
Dr. Frances C. Dalme, Little, AR
Mrs. Albert T. Ernst, Perkiomenville, PA
Dr. Joyce Fitzpatrick, Cleveland, OH
Dr. Loretta C. Ford, Rochester, NY
Miss E. Jane Furnas, Phoenix, AZ
Miss Louise Griggs, Lexington, KY
Dr. O. Marie Henry, Cookville, MD
Mrs. Betty Huff, Hyden, KY
Miss Mary Lee Mills, Watha, NC
Ms. Barbara Nichols, Madison, WI
Miss Evelyn M. Peck, Columbia, MO
Mrs. Elaine Pendleton, Falls, PA
Dr. Marjorie Ramphal, W. Nyack, NY
Miss Christine Schenk, Cleveland, OH
Dr. Elizabeth Sharp, Atlanta, GA
Dr. Lillie M. Shortridge, Pleasantville, NY
Dr. Helen Tirpak, New York, NY
Ms. Joyce Wiechmann, Sylacaug, AL
Dr. Carolyn A. Williams, Lexington, KY
Mrs. Elsie Maier Wilson, Gainesville, FL
Ms. Cora Winthrow, Lexington, KY

FRONTIER NURSING SERVICE

FNS and Subsidiary Corporations

FNS, Inc:

Nathan Lee, *President & CEO*
Robert Besten, *Vice-President of Finance*
Sue Wells, *Director of Reporting & Treasury*
Barb Gibson, *Assistant to CEO*
Beulah Couch, *Human Resources*
Starla Selby, *Controller*

Frontier School of Midwifery & Family Nursing (FSMFN):

Dr. Susan Stone, *President and Dean*
Dr. Julie Marfell, *Chair of Family Nursing*
Dr. Suzan Ulrich, *Chair of Midwifery & Women's Health*
Aggie Hoeger, *Clinical Director*
Dr. Joyce Krestrick, *DNP Program Director*
Dr. Trish Voss, *Director of ADN to MSN Bridge*

Mary Breckinridge Hospital:

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

Frontier Nursing Healthcare, Inc. (Clinics):

Benjamin Peak, *Director*

Providers at Hospital and Clinics:

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

Mary Breckinridge Home Health Agency:

Willa Morris, *Director*

Form of Bequest

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

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

How Endowment Gifts May be Made

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

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

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

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

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

FRONTIER NURSING SERVICE

URGENT NEEDS

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

Admitting Department:

Admission Document Scanner 1,300.00

Beech Fork Clinic:

Exam Tables (2) 4,000.00

Emergency Department:

Sure Temp Plus Thermometer 587.00

Welch Allyn 300 Vital Signs Monitor 2,769.31

Frontier School of Midwifery & Family Nursing:

Projector 599.99

Magnavox HD TV x 2 2,396.00

Home Health:

PortableO2 SAT Machine 320.70

Maternity Services:

Body Pillow for Labor Patients x 2 142.72

Jaundice Meter 4,989.00

Incentive Gifts for Centering Groups 250.00

Medical Surgical:

Exergen Infrared Artery Thermometer 394.95

Otoscope & Ophthalmoscope Desk Set 702.00

Nursing Administration:

Advanced Cardiac Life Support Manuals (10) 280.50

QUARTERLY BULLETIN

School-Located Clinics:

Handheld Wood's Lamp Plus Supplies (2)	900.00
Exam Table	999.00
Month's Supply of Children's Pain Reliever	60.00
Strep Tests	110.00

SPECIAL THANKS

We extend special thanks to the following individuals who purchased items from the Urgent Needs list:

Mrs. Richard B. Kemp, Chicago, IL - for the purchase of Blood Pressure Cuffs (7) for Home Health.

Mrs. Jackie Musselman, Sykesville, MD - for the purchase of Breathing Kits for School-Located Clinics.

Mr. & Mrs. Charles A. Nickolaus, Jr., Brentwood, TN - for the purchase of Digital Baby Scales and Changing Table for Maternity Service; Diagnostic Exam Kit and Infant Stethoscope for Medical Surgical at Mary Breckinridge Hospital; and a Month's Supply of Children's Pain Reliever for School-Located Clinics.

Mr. Floyd Herdrich, Richmond, VA - for the purchase of Bobby Pillows for Maternity Services.

John Snow, Inc., Boston, MA - for the purchase Stethoscopes for Home Health and Portable Massage Table for Centering Groups.

FNS WEBSITE

www.frontiernursing.org

*WE THANK YOU
FOR YOUR SUPPORT*



Postage
Required.
Post Office will
not deliver
without proper
postage.

FRONTIER NURSING SERVICE INC
PO BOX 890653
CHARLOTTE NC 28289-0653



Loose Item

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

Name _____

P. O. Box or Street _____

City & State _____

Zip Code _____

Phone and/or e-mail _____

Enclosed is my gift of \$ _____ restricted to:

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

Your gift is tax deductible

Visit us at our websites:

www.frontiernursing.org www.midwives.org www.frontierschool.edu

Loose Item

FRONTIER NURSING SERVICE

FRONTIER NURSING SERVICE, Inc.

Its motto:

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

Isaiah 40:11

Its object:

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

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