

FNS

FRONTIER NURSING SERVICE

Volume 62

Number 2

Autumn 1986

QUARTERLY BULLETIN



“We in the Kentucky mountains wish you each and all a blessed Christmas season. We must all of us everywhere try to make the children happy” — *Mary Breckinridge*

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Cover: In the Autumn, 1941 *Quarterly Bulletin*, (Volume XVII), Mrs. Breckinridge extended Christmas greetings to her readers. We feel her message is as valid today as it was in 1941, so we share it here and add our own wishes for a blessed holiday season. Photo by Mrs. Jefferson Patterson.

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FNS Welcomes New *Quarterly Bulletin* Editor

With this, the Autumn edition of the *FNS Quarterly Bulletin*, we are pleased to welcome a new Editor, Sharon N. Hatfield.

Sharon has been a member of the "FNS family" since the spring of 1982, when she and her husband, FNS Executive Director David M. Hatfield, came to Hyden from Minnesota.

Over the years, Sharon has served Frontier Nursing Service as a volunteer in many capacities and has gained both insight and perspective on the various facets of our organization.

Sharon replaces Robert Beeman, who served in the position of Editor with dedication and skill from January, 1983 through the previous issue.

We welcome Sharon and express our thanks to Mr. Beeman for a job well-done.

The Rich Heritage of Our Past — A Prologue to Our Future

During this transitional time of year, many of us here at FNS find ourselves nostalgically reflecting on the past one moment and looking to the future with new goals and ideas the next.

In the previous *Quarterly Bulletin* we focused on the future through Director David M. Hatfield's editorial "Notwithstanding" which outlined the birth of a new organizational structure for FNS.

It has been said — "The past is prologue to the future". In this spirit we have chosen in this December issue to share, through memories, letters and photographs, some moments from the past out of which our future will be built.

* * * * *

To set the mood for our first glimpse back in time, we share with you a letter, written in the summer of 1929, by FNS founder Mary Breckinridge to her young cousin Marvin Breckinridge, (now Mrs. Jefferson Patterson of Washington, DC). Mrs. Breckinridge requested a film which would depict and promote her work. The request was honored and young Marvin rode 600 miles on horseback in winter, spring and summer to do the filming, accompanied only by a courier who led the pack mule with her heavy equipment. The end result was a remarkable film entitled THE FORGOTTEN FRONTIER. Copies of the film are housed in a number of organizations, among them, the Smithsonian, Division of Medical Sciences, as it shows the first nurse-midwives in the United States and in The Library of Congress and The National Archives because, although filmed in 1930, it depicts life as it was on the frontier over a hundred years before there were movie cameras to record it. THE FORGOTTEN FRONTIER has been shown hundreds of times to a wide variety of audiences. It never fails to delight them. It was, and remains, a classic. Still, since times change, and the modern viewer has become accustomed to "Talkies", the film was updated in the summer of 1986. The modern, 30 minute version is delightful with music, sound and narration by Mrs. Patterson, who serves as Honorary National Chairman of Frontier Nursing Service and as a member of our Washington Committee.

Frontier Nursing Service

Incorporated

Director

MRS. MARY BRECKINRIDGE, R.N.

Post Office: Wendover, Leslie Co., Ky.

Telegraph: Hyden via Krypton, Ky.

Shipping Point: Hazard, Ky.

August 3, 1929

Miss Marvin Breckinridge,
3 Endsleigh Street,
London, W.C.I,
England.

Dear Marvin:

Here is a job I should like definitely to offer you and upon your own terms, within reason. By that I mean that we will pay your expenses, or a reasonable salary, or accept you as a volunteer, upon whichever basis you prefer to work. I think the job would suit you, because it will require real ability and will take only a few months of the year out of your time and I believe that you, like Kitty and Elizabeth, prefer work that gives you several months' freedom a year.

As you know, the Film Bureau presented us with a moving picture when we were just one year old. And most of it is now out of date. We bought a projector and also a standard movie camera. Martha took some lessons in how to take pictures, with the idea of keeping the film up-to-date with new scenes, as our work expanded, and especially of securing some scenes during the bad winter weather, as none of that is represented in the first film at all. She got a few pictures, which are fairly good, but married and that fell through. Nobody attached to our organization now knows anything about taking moving pictures and, though Elizabeth Perkins wants to help and to cooperate, she cannot send someone like Sophia down to stay indefinitely in the dead of winter, picking up difficult

situations. We are not going to get a representative picture, however, until that has been done. It is, of course, impossible for us to afford the commercial organizations.

Now, my suggestion to you is that you come into our organization after you return to America for six months. If the people from New York are coming down, come with them, as a courier, and take them about, thus getting familiar with the new field we have been opening since you were here and which includes one new center we are now building, the second on Red Bird River. Then go back to New York and learn how to take moving pictures, carrying our big camera with you. Of course, I know you take them as a good amateur, but we want first-class pictures of the professional style. Through Elizabeth Perkins, you can get in the studios, as Sophia Smith did, and learn how to take really good pictures. Stay as long as it is necessary for that. Then come back to us and spend the Christmas season, when some of the most effective pictures could be taken. You can return to New York in January, if you like, to get further instruction, based upon your work; but you would have to come back to the field for February, as that is much our most difficult month, with endless rising streams and wonderful opportunities for photographic effects. The work of the nurses at that season is also extraordinarily difficult. It would be your task to live in that work and interpret it through pictures to the outside world.

Your final task could be done in New York and that would be to take all of your new material and such parts of the old as could be kept to advantage and put together a rattling good film. This wouldn't be done in time, of course, for my tours this year, as it won't be ready until spring, but it would be invaluable to us the following year.

In order to vary my presentation of the work this year, we are getting a good stereopticon machine and I am having slides made from our own kodak pictures, so I will talk with stereopticon pictures this year and next year we will have a gorgeous movie. In fact, you ought to be able, in working up the movie, to prepare one set of films with such good titles that it can be shown by anyone anywhere and would not require a speaker. If this is really well done, it would be the greatest relief to me of anything that has ever happened to the organization.

Now, this work is something we are going to have done this

winter by somebody, as it must be done, but I don't know anyone so peculiarly well-fitted to do it as you and I hope very much you will undertake it. If you think it more suitable to work on a business basis, we are, of course, glad to pay you a very good salary, because I am sure your work will be outstanding and it will be worth a great deal of money to us. Once you have mastered the technicalities of the business (which could be done by any intelligent person), then your special and most valuable contribution will come into play, which is your ability to group and title the pictures effectively into a brilliant whole. That is where the average technician would fall down completely and that is something we would want to leave wholly in your hands.

Think it over and let me know as soon as you can, because if you can't do it, we would have to find someone else and that is not going to be easy.

Belle's and Jayhugh's daughter Nellie has a new baby, named Mary Marvin in honor of you and me both, and it is a very jolly looking baby.

Affectionately your cousin,

Mary Beckwith

Following are excerpts from the boyhood recollections of Mr. Fred Lewis. Mr. Lewis grew up in Leslie County, Kentucky in the 1920's and '30's. His stories were written especially for his children, but we too can benefit, for through his eyes we can catch a glimpse of life as it was for many people who were served by the FNS nurse-midwife back in the early days of the Service.

Today Mr. Lewis, a retired coal miner, resides in Big Laurel, Kentucky. His interest in history is reflected through his extensive collection of memorabilia which is housed in his very own Lewis Mountain Museum. He is also a dealer in antiques. Mr. and Mrs. Lewis are active members of the FNS Pine Mountain Clinic Committee. Mrs. Lewis serves as chairperson of the group.

* * *

A Story About My Life

To my children and friends for their benefit.

by Fred Lewis

As far back as I can remember we lived in Leslie County, Kentucky. We lived in Cutshin, about three miles from the post office and about the same distance from a store and school. I started in school at Big Rock. We had one large room with all grades — one through eight all taught together. We had a large potbellied stove set near the center to heat the school. They would hire someone to come early and start a fire so the room would be warm when the rest got there. I think he got twenty-five cents a week to start the fire and was glad for that. Wood was the fuel.

Water was a problem. We had to carry it in a bucket about one-half mile from the school. The bucket held about two gallons. The teacher would send two boys to carry the water. The two gallons would not last long with several children.

We had a few days for school on wet days when we could not work in the mountain corn field. We had to stay home to help with farming, planting, hoeing and gathering. We did not have much time for school. We had to farm. If we did not make it, we did not eat. When the fodder got ready to pull we had to do that. Fodder is the corn blades. We would put it between the stalks to dry. In four or five days we had to tie it in small bundles so we could handle it. One bundle was enough feed for a cow or mule. We would haul it with a mule near the house and barn and stack it around a small pole we had put in the ground. The pole was about 25 feet long. We

would put about 300 bundles to the pole. From the corn ear to the top, we call "tops". We would cut them and tie them in bundles and haul them to the barn and the stack. I remember once we had thirteen stacks of fodder and tops together and then a rail fence had to be put around that. That was hard work for boys.

There were more times out of school just before frost. Cane had to be "ginned". That was to pull all fodder off the cane and carry it to the mill. Gin was to put the cane between two large round metal rollers and a mule would turn the rollers around. That would squeeze out the cane juice. When we got thirty or forty gallons of juice we would put it in a large home-made pan of copper and boil it for several hours. Then it would become molasses. That would last about one or two weeks. Molasses was used for sugar. Just about everyone had a patch of cane. A small family would try for six or seven gallons and a large family would go for fourteen gallons or more to last from one season to the next.

We would raise our own tobacco, beans, corn, potatoes and cane. Tobacco, for those who chewed it, took about 200 plants. We would plant at least one-half acre of "taters". We had no fertilizer. It took a lot of taters to do us. The ground was weak and would not produce much. They were small. We would dig a hole in the ground and put the taters in to keep them from freezing. Sometimes we would also hole up apples, turnips, beets and cabbage.

Back to the corn fields, in the fall we would gather the corn in a sled. It would hold about five or six bushels. Sleds [the runners] were made of a natural crooked pole of wood. Sourwood would last a long time. The rest was made of oak. We would put a large chain on the runner so it could not run down the mountain and hurt the mule. The chain would hold the sled back 'til we got off the mountain. Then we would take it off.

We had to fence all of the corn land and garden to keep the stock out. The house was on the outside of the fence. In winter, our old milk cows would get as close as they could to the chimney to keep warm. The hogs would come in and make them a bed under the house to keep warm. Late at night they would come and fight one another for the bed. They would scare us kids almost to death, but we had to have all of these things to live.

In the summer for money we would dig wild roots from the mountains. We would take all the children big enough to work. With coffee sacks to put the roots in, we would hunt wild ginger,

blood root and ginseng. At the days end, we would come home and wash all the roots in the creek and put them on top of our house (board roof) for quick drying. In three or four days of sunshine, they were ready for sale at the local store. We would get one to three cents a pound for it in trade at the store. We would carry them by mule-sacks full of the stuff.

We would eat just about any kind of wild game. There were a few wild hogs. People would mark their hogs or pigs when they were young. They knew they would go wild. We would go wild-hog hunting and if the hog was not marked, anybody could claim and kill them. We would send back for a mule to pull them back home.

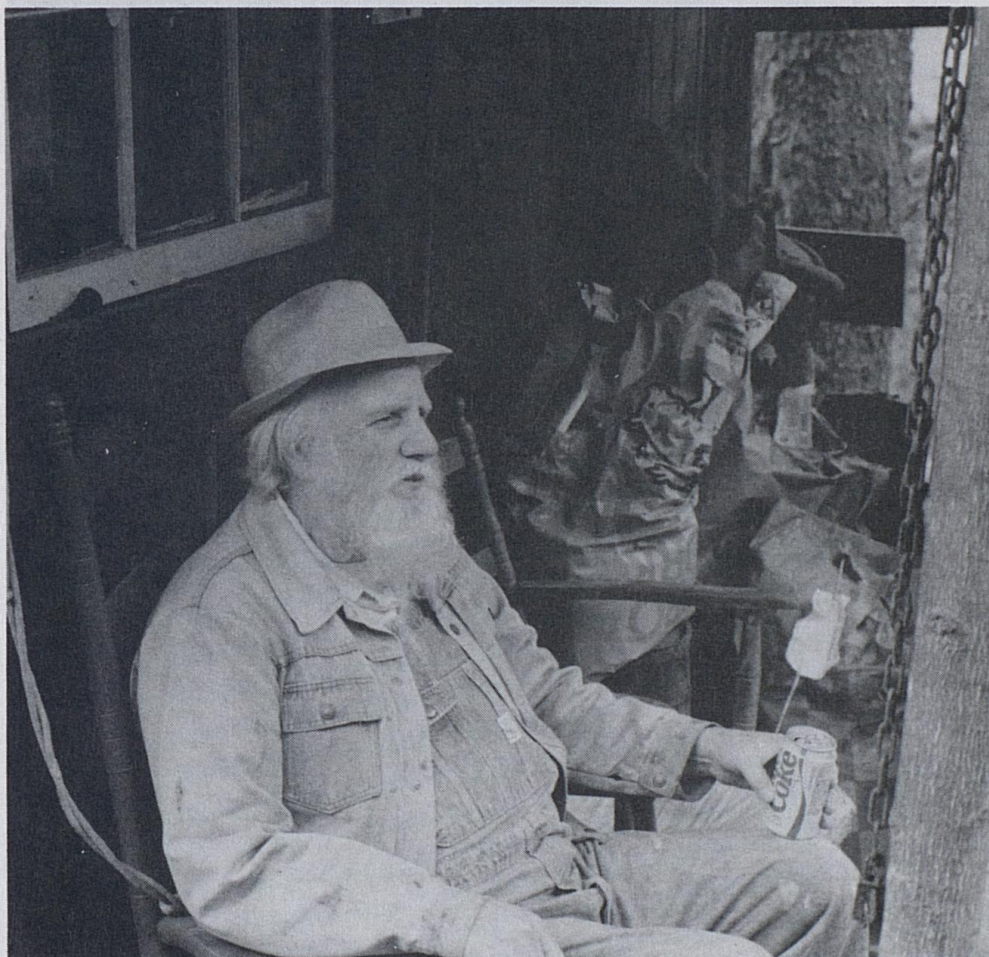
There were eight boys and one girl in our family. My mother had a time taking care of us. Washing clothes was a job. She had no washing machine or wash board. She would take them to the creek with home-made soap. She would wet them good and put soap on them. Then she would put them on a rock or log and I would beat them with a battling stick until they would come half-way clean. Mother would have to patch our overalls over and over. They would almost be like a quilt. She would mend our shoes with leather from a ground hog hide and they would last a long time again. In summer we would shear the sheep. We would wash the wool, pick out burrs, card and spin into yarn. Mother would knit our socks for all eleven of us and sometimes mittens or a sweater. She didn't have much time left.

Winter was a terrible time. We burned wood. Horace [brother] and myself would have to get the wood. It would take us all day to get wood to last that night. We had to chop wood with an ax. We had no saw. When the ax got dull and wouldn't cut, we had no file, but we did have a grinding rock. It was a large round rock with a crank. One would hold the ax to the rock and the other would turn the crank. Hours of this and the ax would become sharp.

We had no form of church, no bibles, no song books. Sometimes a preacher would come through and preach at somebody's house. Once a year they would preach at the graveyard. I remember people riding mules, horses and walking for many miles for that meeting. Maybe twenty-five to fifty mules and horses were hitched near the place. It would last nearly all day. I remember one man would read the song verse by verse, and the people would sing what he had read. They call this type singing "lining the song". The old hymn "Amazing Grace" was everybody's favorite

song. Money was scarce. We didn't believe in paying to preach. We thought he should work like everybody else. This type of church went on for years. I believe most everybody was happy the way things was. The roads came and the missionary and educated preacher. Things changed and has never been the same. Maybe good, maybe not. I don't know.

I hope these thoughts will let everyone who reads this know a little bit about life here many years ago. We really didn't know we were having a hard life. We thought it was just a way of life . . . and it was for us



Mr. Fred Lewis relaxes on the porch of the Lewis Mountain Museum.

It seems appropriate to conclude our visit to the past with a series of still photographs taken in the 1930's by Mrs. Jefferson Patterson. They are highlighted by the words of Mr. Fred Lewis.



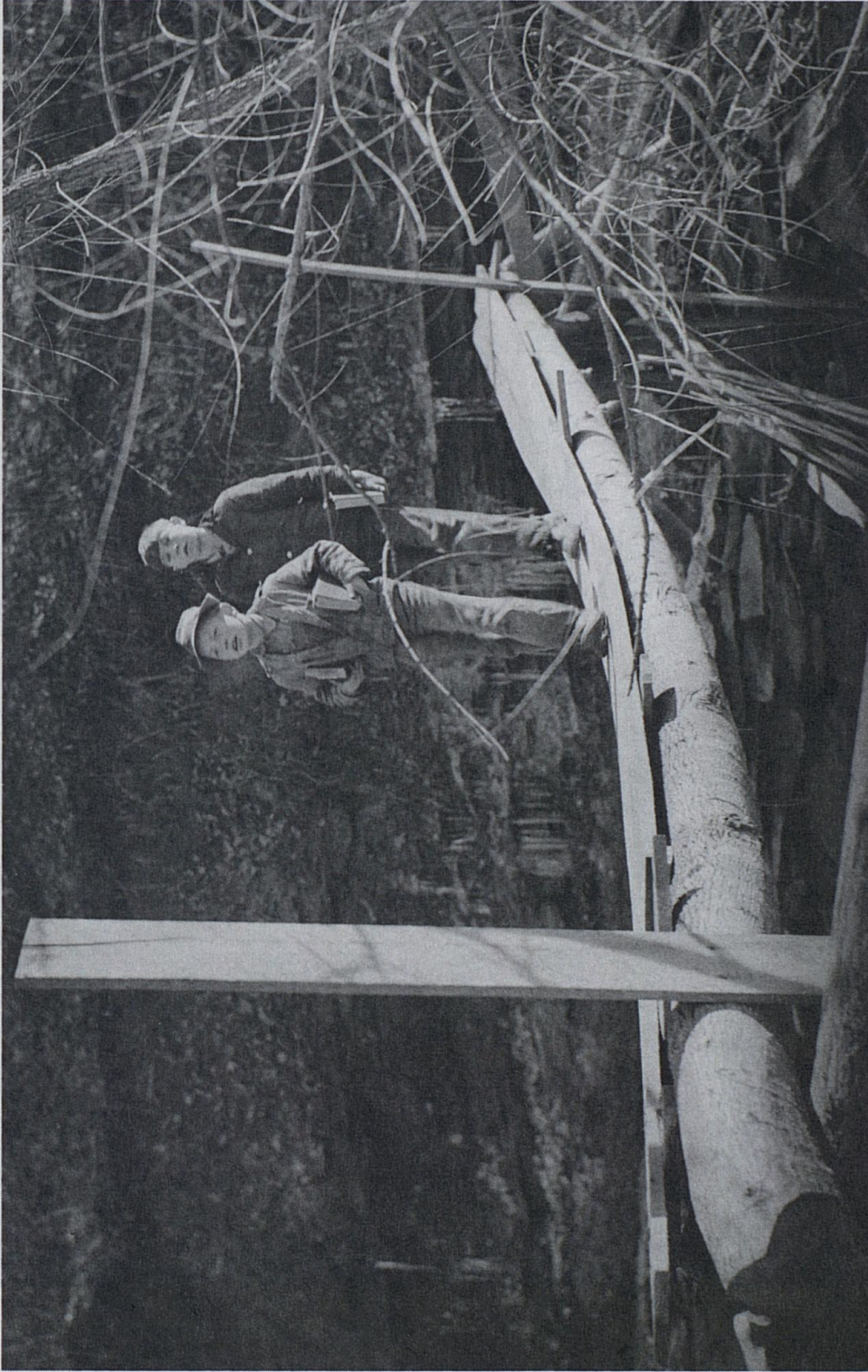
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. . . We would raise our own tobacco, beans corn, potatoes and cane . . . We would gather the corn in a sled . . . Cornmeal was 25¢ for a 25 pound bag . . .



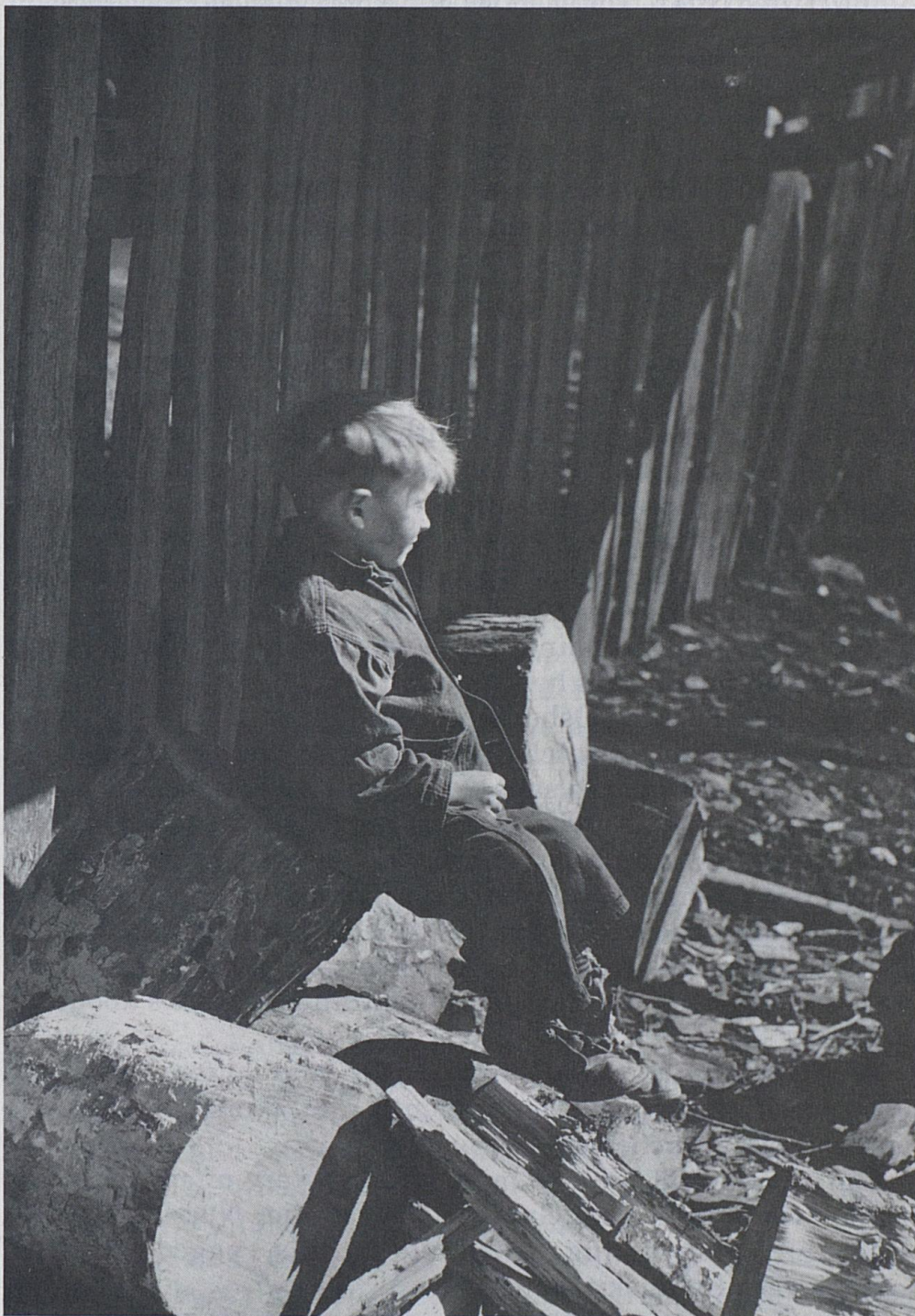
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EDITOR'S NOTE: The following article was originally published last July in the newspaper *Atlanta Constitution*. We reprint it here, with permission of the editor, for the enjoyment of all, but with the special purpose of providing a comprehensive overview of the Frontier Nursing Service to the new reader.

Frontier nurses brave wilderness to reach rural Kentucky patients

by Tom Eblin
Staff Writer

Hyden, Ky. — A long dirt road winds through the mountains into Osborne's Fork of Thousandsticks Creek. It is a narrow progression of water-filled potholes with some gravel tossed about.

When heavy rains send an avalanche of mud down the hillside, Sandy Gross has to crawl through in a Jeep. But today, her red front-wheel-drive Toyota bounces easily down the road until it reaches the neat white house at the end of the hollow, where Gillie and Bessie Osborne greet her smiles.

"How've you been feeling since I was here last?" Mrs. Gross, a home health nurse, asks her patient.

"Not so well," Mrs. Osborne replies.

"Are you trying to watch the salt in your diet?" she asks.

"Yes," the old woman says, "Just like you told me."

Mrs. Osborne, 76, leaves the wood-burning stove in her kitchen and settles into a bedroom chair. On the walls around her are photographs of her 11 children, 36 grandchildren and nine great-grandchildren, most of whom live along the road up the hollow. She talks cheerfully as the nurse checks her weight and blood pressure, listens to her heart and breathing, and asks about her medicine.

Mrs. Osborne has had three strokes and suffers from high blood pressure, among other ailments. The 60-mile round trip to her doctor in Manchester is an ordeal.

But she doesn't have to make the trip very often, thanks to regular visits from Mrs. Gross of the Frontier Nursing Service, which has been caring for people in this rugged corner of southeastern Kentucky for 61 years.

What began in 1925 with two nurse-midwives on horseback has grown into a trendsetting comprehensive medical system with 230 employees and a \$10 million annual budget. FNS

operates a modern 40-bed hospital in Hyden, four district clinics and the nation's oldest school for nurse-midwives. It offers a variety of medical, dental and social services to the 20,000 people in Leslie and adjacent parts of Clay and Perry counties.

FNS was the brainchild of Mary Breckinridge, who would seem an unlikely founder. She was a society girl — daughter of a congressman, granddaughter of a vice-president.

But as a young woman, Mrs. Breckinridge lost a husband, a premature infant and a 4-year-old son — tragedies she believed could have been prevented had good medical care been available near their home in rural Arkansas. She vowed to become a nurse-midwife and bring high-quality, low-cost care to the most isolated part of the United States she knew of: the mountains of eastern Kentucky.

Mrs. Breckinridge studied midwifery in England and modeled her service after those in the Scottish highlands. In the late 1920s, she built Hyden's first hospital and network of clinics.

In the early days, Mrs. Breckinridge and her nurses wore gray riding uniforms and carried their supplies in leather saddlebags. They crossed mountains and forded rivers to deliver babies, bandage wounds and teach hygiene and birth control. Their service was an early form of health maintenance organization — complete family medical care for \$5 per year.

Creek beds were about the only county roads then. Most people lived in log cabins along isolated mountain hollows with picturesque names such as Red Bird, Cutshin and Hell-for-Certain.

"It was a godsend for this county," says George Wooton, 71, a former sheriff and judge who grew up along Hell-for-Certain Creek.

Much has changed in the mountains. There are still some primitive roads and log cabins. But they are outnumbered by paved highways and nice homes. Leslie County has a modern high school and recreation center. Satellite TV dishes are scattered through the mountains like wildflowers, bringing the outside world into the most remote hollows.

FNS has changed, too. Mrs. Breckinridge died in 1965 at the age of 84. About the same time, her nurses traded the last of their horses for Jeeps. The care has become more sophisticated.

But many of Mrs. Breckinridge's basic concepts have endured and have been copied worldwide. Her emphasis on preventive

care and in-home care are gaining acceptance in an industry looking to cut its sky-rocketing costs.

Mrs. Breckinridge believed that highly trained nurse-midwives were better suited than physicians to handle normal maternity cases. She promoted the expanded role of the family nurse practitioner, thereby freeing physicians, who are often scarce in rural areas, to handle the most serious cases.

FNS nurse-midwives were once trained in Britain, because there were no midwifery schools in this country. When World War II made overseas travel difficult, Mrs. Breckinridge started her own school.

The Frontier School of Midwifery and Family Nursing has graduated more than 650 students since 1939. They make up about one-fourth of all the licensed nurse-midwives in the United States. Graduates are practicing on every continent and in all 50 states.

FNS nurse-midwives have delivered more than 20,000 babies in these mountains, and only 11 mothers have died in childbirth (the last in 1952). Federal reimbursement rules and the fear of malpractice lawsuits have eliminated home deliveries, except in emergencies. FNS' eight staff physicians and eight nurse-midwives now practice at Mary Breckinridge Hospital in Hyden, a \$3 million facility opened in 1975.



Sandy Gross, FNS Home Health Nurse, assesses her patient's progress during a home visit.

Photo By Gabrielle Beasley 1984

One of Mrs. Breckinridge's legacies is the FNS courier staff — college-age women (and occasionally men) who volunteer for at least six weeks to do whatever is needed. In the early days, FNS was financed largely by Mrs. Breckinridge's wealthy friends in the Northeast. Their daughters often became couriers, providing FNS with a source of commitment to ensure future donations.

Once known as a "debutante's foreign legion," the courier staff now consists mostly of women studying to be health professionals. Most still come from the Northeast; some are the children and grandchildren of former couriers.

Rising costs are making it difficult for FNS to survive on fees and donations. Director David Hatfield plans a corporate restructuring this fall that will include a new for-profit business of some kind to help subsidize the non-profit nursing service.

For decades, FNS was the only medicine show in town. But now, with improved highways, many people choose to drive two hours to Lexington for non-emergency care. There are now five hospitals in the surrounding counties. A new regional hospital in nearby Hazard will open next year.

Competition may eventually force Mary Breckinridge Hospital to specialize — say, as a regional maternity center. But FNS employees think there will always be a market for their personal brand of medicine — a care typified by today's version of Mary Breckinridge's circuit-riding nurses.

Home Health Supervisor Beth Stallard and her four nurses care for more than 100 homebound patients, ages 15 months to 98 years. Most have been released from hospitals within the past year, and follow-up visits to a clinic would be difficult at best.

Each nurse makes more than 100 visits each month. But they can't rush. "Once you get to know them, they consider you a friend; you have to stay awhile and visit," Ms. Stallard says. "They're all the time making you candy, cakes, little knitted house shoes. . . ."

Before leaving the Osbornes' home near Thousandsticks Creek, Mrs. Gross admires Mrs. Osborne's doll collection. On her way out, she stops and chats with Osborne, admires his garden and feeds a pecan to his pet squirrel in the woodshed.

Then she loads her gear in the red Toyota, waves goodbye and drives off down the bumpy dirt road toward the next hollow, where somebody else is waiting.

Notes From The School

It's truly amazing how many and varied are the activities of our small faculty and students. Since November 2-9 was National Nurse-Midwifery Week our students made a large banner to hang in downtown Hyden and arranged daily film showings depicting nurse-midwifery practice.

Wendy Wagers, our Nurse-Midwifery Education Coordinator wrote press releases and arranged for local news and television coverage of our nurse-midwives at work. Another article highlighted our students and described the exciting backgrounds they bring to our program.

This fall all of us have been intensely involved in the development of our new faculty-managed Women's HealthCare Center. Our FNS maintenance staff have all the plumbing, wiring and walls in place. Cabinets and carpet will be installed within the next week or two. Then we can finally take delivery of our furnishings and examining room equipment. Our new space will have room and equipment for a greatly expanded community education program. It has been exciting to be able to plan a place that looks and feels inviting to our clients yet is functional and comfortable for our staff.

Our new center also allows us to expand into a wellness program that we hope to initiate with our own FNS family. Two new faculty, Debbie Browning, Family Nursing Instructor, and Sarah Hughes, Community Health Nurse, have assumed major responsibility for the development of this program and we plan to share the details with you later.

Meanwhile, Dr. Nancy Clark joined us as Assistant Dean this fall. With her doctorate in curriculum and educational administration, and her experience in nursing education and advanced clinical nursing practice she has already made herself invaluable. Under her leadership we are undergoing a major review of our educational program and expect to implement some much needed changes in our total program.

Just as the summer trimester ended Nancy Fishwick returned to the Frances Payne Bolton School of Nursing, Case Western Reserve University to continue her doctoral studies. She amazes us at her energy and resilience in being ready to return to the Frontier School in time to assume responsibility for the class entering January 6th.

I'm continually grateful for this creative committed faculty who see that our Frontier School and our nurse-midwifery service runs so smoothly. This frees me to take on new challenges such as helping plan for the development of several birthing centers that will provide additional opportunities to teach and demonstrate family-centered nurse-midwifery care.

So, in closing we invite you all to come visit and share our excitement. Meanwhile all of us at the Frontier School join in wishing you a joyous holiday season and happiness for the New Year.

— Ruth Beeman

BEYOND THE MOUNTAINS

It has been an especially eventful and successful Autumn for sharing the news of our work with our friends and supporters.

In the east, the FNS Philadelphia and Boston Committees held their regular fall meetings, and I was pleased to accept invitations to both and to bring our members up-to-date on the activities of Frontier Nursing Service. Reports and plans were presented by the Committees on the annual FNS gathering — A Kentucky Derby Day Party — which has attracted new friends and funds for the FNS in these two cities, as well as in Washington, DC where this benefit was introduced.

Our new Chairman of the Philadelphia Committee, Mrs. John H. Hodge, presided over a well-organized meeting at the home of Mrs. Suzanne Lammers, who had arranged for an absolutely delicious luncheon following the reports.

As always, it was great to see my dear friends and long-time FNS supporters, Bubbles and Townie Moore and Bob and Betty Gawthrop — who never fail to contribute, in so many ways, to our success in the Philadelphia area.

With dedicated and long-time friends such as these, along with enthusiastic new members like Mrs. David H.W. Dohan who will once again open her historic home on the first Saturday in May for the FNS Benefit, the future looks bright for FNS activities in Philadelphia.

An equally productive meeting was held in November at The Country Club in Brookline, Massachusetts, arranged by FNS Trustee and Boston Committee Member, Mrs. John L. Grandin and organized by Chairman Whitney Robbins. We were all thrilled to learn that Mrs. Kenneth C.A. Isaacs has agreed to serve as Co-Chairman of the Committee after three exceptional years with Whitney Robbins as Chairman.

This was my first opportunity to include my wife, Heidi Sulis on a FNS promotional trip. Heidi is the new Administrative Assistant to our Executive Director and had arranged presentations about our Courier/Volunteer Program at Tufts and Harvard Universities, as well as Wellesley College.

Nearly half-way across the country, Frontier Nursing Service was also well-received at programs in Chicago and Cleveland.

Mrs. Louis A. Smith of Lake Forest, Illinois, once again offered her home and a buffet luncheon for several area FNS friends who came to hear our National Chairman, Miss Kate Ireland, give an update and introduce a new version of the historic FNS film "The Forgotten Frontier".

The film now includes both an introduction and epilogue by our Honorary National Chairman Mrs. Jefferson Patterson, who made the film nearly 60 years ago, as well as music, and narration by Mrs. Patterson.

As is so often the case, we owe a debt of gratitude to two loyal friends "beyond the mountains" who worked diligently behind the scenes to make the Lake Forest gathering a smashing success — Mrs. Erskine P. Wilder (FNS Trustee and Chairman of our Chicago Committee) and her daughter Lydia (Courier, 1973).

This unique glimpse back into the very early days of FNS via film was also well received in Cleveland, Ohio on November 5th. Kate addressed 75 interested friends and emphasized the importance of our affiliation with the Frances Payne Bolton School of Nursing at Case Western Reserve University. She introduced two women

in the audience who have been leaders in making this exciting partnership possible — Dr. Joyce Fitzpatrick (Dean of the Frances Payne Bolton School) and Dr. Claire Andrews (Director of the School's Nurse-Midwifery Program).

Kate was joined at the podium by Erica Goodman, (FNS Class of 1984) formerly of the FNS Faculty and now a Clinical Instructor at CWRU and Christine Schenk, (FNS Class of 1976) also a Clinical Instructor at CWRU.

Our previous Cleveland meeting in 1983, organized by Committee Chairman and FNS Trustee, Mrs. Paul Vignos, helped to launch our successful "Nursing Education Enrichment Drive" — and once again we return from the midwest with a feeling of renewed enthusiasm for our fund-raising efforts and a million thanks to Mrs. Vignos for her work on our behalf!

— Ron Hallman

* * * * *



PEGASUS, the colorful Bag Pipers, who participated in the Mary Breckinridge Day parade and delighted audiences throughout the October 2-4 Festival.

Photo By John Newell

FIELD NOTES

On the 26th of September, 13 people from Union College had lunch at Wendover. They were participating in the Appalachian Semester tour headed by Jim Cox. Also on the 26th, seventeen people from the University of Kentucky had lunch and a tour at Wendover.

On the 30th of September, 8 people from Lees College Psychology Department came to lunch at Wendover after a tour of the hospital and school of midwifery.

Wednesday, October 1st began the autumn open house at FNS. Attending guests included: Dr. and Mrs. Donald A.B. Lindberg, Dr. Lindberg is the Director of the National Library of Medicine in Washington, D.C.; Mrs. Frances H. Howard, Special Assistant to the Associate Director of Extramural Programs, U.S. Department of Health and Human Services in Washington, D.C.; as well as Mrs. Winifred Moon and Mrs. Mary Thomas, both of Waverly, Ohio.

While the open house guests were at FNS they toured many areas of the Service including: Wendover, Community Health Center, Mary Breckinridge Hospital, the Frontier School of Midwifery, Home Health Agency, as well as Wooton, Beechfork and Pine Mountain Clinics. The guests participated in the Mary Breckinridge Festival Beauty Pageant, as well as the Junior Miss Beauty Pageant at the Richard M. Nixon Center. The visitors also had the opportunity to attend the Mary Breckinridge Festival Sorghum stiroff at The Nixon Center on the 2nd of October.

On the 3rd of October, the Bag Pipers known as Pegasus came to Wendover for the night. The next day Pegasus participated in the Mary Breckinridge Festival parade.

On October 16th, thirty-five people from the Northern Kentucky University Department of Nursing attended lunch at Wendover.

On the 23rd and 31st of October, twenty-five people from FNS and Hazard Community College participated in a two-part workshop entitled *Growing Professionally By Using Personality Type Differences Constructively*. Ms. Mary Morrison from Commonwealth Training Association, Inc. in Louisville was the leader of the seminar. The group had lunch at Wendover on the 31st.

On November 1st a group from the Hazard Chapter of the Daughters of the American Revolution came to Wendover for a tour.

On November 4th, thirty-two people came from the Somerset Vocational Technical School for a tour of the hospital, school of midwifery and lunch and a tour of Wendover.

As usual, the couriers have been busy providing valuable aid to FNS. The couriers who have been here through the autumn are: Cynthia Rand, (Chicago, Illinois); Kristin Reskow, (Union, New Jersey); John Adams, (Houston, Texas); Ian Edgar, (Wayne, Pennsylvania); Sarah Gates, (Boston, Massachusetts); Carolyn Mehaffey, (Seattle, Washington); Lyn Amoroso, (Boston, Massachusetts); Nina Calabresi, (Woodbridge, Connecticut); John Mason, (Wilton, Connecticut); and Tom DeKay, (New York, New York). Thanks for all the good work you guys.

— Elizabeth Wilcox

COURIER NEWS

Edited by Elizabeth Wilcox

Julie Wright (1986) Burlington, Vermont — "School's going great! I'm completing a double major in Environmental Studies and Anthropology. Graduation in May!" Note: Julie is also applying for a position with the Peace Corps. Good Luck Julie!

Susan Buckey (1986) New London, Connecticut — "As I just told Julie and Susan (Julie Wright and Susan Kaftan, summer '86 couriers), I'm feeling slightly nostalgic for Kentucky these days. I miss all you guys! I even looked at my pictures for the 40th time!"

Marge Schmidt (1986) Minneapolis, Minnesota — "Can't believe 8 weeks have gone by since my 'Kentucky Adventure'. I really enjoyed it and hope I can come back sometime."

Sally Foster (1959) Baltimore, Maryland — "Often think of the Frontier Nursing Service and wonder what it's like today . . . I remember the horses and Jeeps with a certain fondness. I remember the first baby I saw . . . and then the ones that followed in Santa Fe, New Mexico during Peace Corps Training. Some years later I visited Pat Heller in the West Cameroons where she was a Missionary, using her FNS skills."

Susan Robb Jones (1978) Burlington, Vermont — "I am currently Associate Dean of Students at Trinity College in Burlington, Vermont — and still loving Vermont! I am meeting my parents in New York City next weekend where I will be running in the New York Marathon!"

Elizabeth French Smith (1984) Silver Lake, New Hampshire — We were thrilled to see the return of my dear friend and former courier in October. Elizabeth and her fiance Shaw Smith came to Kentucky to be married in the midst of the serene beauty and warmth of Wendover. Love and congratulations to the two of you.

Hillary Behrman (1985) Seattle, Washington — "Anyway I have been job hunting for a month and this is the best position I have looked at. I really want to be working with women and before I go back to school — i.e. grad school — I want to get some more social service experience. I am torn between that and women's health care — so I think this year will teach me a lot and help me to decide."

BRIEF NOTES

Mary Dolliver, (staff nurse in 1973) now living in Bethany, Kentucky, and a friend from England, Doris Carpenter, visited FNS on September 30, 1986.

FNS Trustee and Bluegrass Committee Member, Mrs. John O. McKinstry, III and her husband recently welcomed a new addition to their family — Lucy Coleman McKinstry, born on August 28, 1986. Congratulations!

Two FNS graduates, Debbie Goldstein and Trudy Morgan, have been featured in the November issue of *Nursing '86* magazine. Debbie is a midwife on a Navaho reservation in Chinle, Arizona, and Trudy is Coordinator of the FNS District Clinics and the CFNP at our Pine Mountain Clinic.

FORM OF BEQUEST

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

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

HOW ENDOWMENT GIFTS MAY BE MADE

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

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

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

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

Gifts of stock should be sent to:
FRONTIER NURSING SERVICE
Mr. Homer L. Drew, Treasurer
First Security National Bank &
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One First Security Plaza
Lexington, Kentucky 40507

Gifts of money should be made payable to:
FRONTIER NURSING SERVICE
and sent to:
Office of the Director
Frontier Nursing Service
Wendover, Kentucky 41775

Mardi Cottage Carries On

Mardi Cottage has an interesting and varied history. In the Winter 1942 *Quarterly Bulletin*, (Volume XVII), Mrs. Breckinridge related the following:

“The new building in the grounds of the Hyden Hospital known as Midwives Quarters which is occupied by the Frontier Graduate School of Midwifery, was given by anonymous donors in New England through the efforts of our courier Mrs. Arthur Perry Jr. (Mardi Bemis). Once the Instructor, Eva Gilbert, and the assistant instructor, Hannah Mitchel, were installed with the four graduate nurse pupils of the current class, they decided to have a house-warming. This took the form of a tea for all the members of the Hyden District Committee and a few other friends, and those of the Service staff who could get the time to attend. When the invitations were out Miss Gilbert got a telephone call from one of the men on the Hyden Committee asking that a basket be put at the door, because the members of the committee had decided they wanted to drop something in it to buy a gift for the new building.

The date chosen for the tea turned out to be a memorable one in American history — Sunday, December seventh (1941). It was from some of the early arrivals at our party that we learned the first reports over the radio of the shattering news of Pearl Harbor.”

Today, the first floor of the recently remodeled Mardi Cottage is the new home of the FNS Home Health Service. The second floor provides two much needed apartments for staff.

Like the building that was named for her, Mrs. Arthur Perry Jr. continues to be active in the work of FNS. She is a Trustee and an active member of the Boston Committee.



Mardi Cottage, new home of the FNS Home Health Agency.



Edith Collett, Home Health secretary/aide, works in the attractive main office of Mardi Cottage.

MEMORIAL GIFTS

We wish to express our deep appreciation to these friends, who have shown their love and respect for the individuals named below by making supporting contributions in their memory to the work of the Frontier Nursing Service:

- | | |
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IN MEMORIAM

We wish to acknowledge our appreciation and personal gratitude to these friends who, by including FNS in their Wills, have made a continuing affirmation of interest and belief in the care of mothers and babies and their families by the Frontier Nursing Service. Such legacies are added to the endowment fund.

MR. DUNCAN LEWIS EDWARDS

Dayton, Wyoming

MR. THOMAS H. TYSON

Mt. Dora, Florida

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

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Roark, Kentucky

Former FNS staff nurse

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Washington, D.C.

Former long-time member of FNS
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Urgent Needs

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

At the District Clinics:

- 20 ft. sliding aluminum ladder \$280
- Snow Blower \$100
- 4 self breast exam models \$75 each
- 2 iris scissors \$25 each
- Suture scissors \$9
- Ear curette \$12
- Toenail clipper \$25
- Material to build pamphlet rack \$75
- Testicle model \$75
- Carpet for waiting and exam room
(Community Clinic fund paying \$350) — still need \$345
- Fabric for patient gowns \$50
(Community women will hold work-in to make gowns.)

At Wendover:

- 18 cotton bedspreads \$25 each
- 12 table and wall lamps \$25 each
- Cotton sheets \$20 pair
- Fabric for curtains in Garden House \$150

STAFF OPPORTUNITIES

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

FNS Staff. Openings may occur from time to time in both the professional and technical staffs, with opportunities for certified nurse-midwives, family nurse practitioners, registered nurses, family practice physicians, laboratory technicians, X-ray technicians, and others. For current information, write Darrell Moore, Director of Personnel, Mary Breckinridge Hospital, Hyden, Kentucky 41749 (phone 606-672-2901).

Couriers and Volunteers. This program has an ongoing need for all types of people, with all types of skills. The program is not limited to those interested in a health career. It encourages applications from anyone who is willing to volunteer for a 6- to 8-week minimum period and would like to be exposed to the work of the Frontier Nursing Service. ("You tell us what you can do, and we'll find a job for you.") For current information, write Elizabeth Wilcox, Coordinator of Wendover and the Courier/Volunteer Program, Wendover, Kentucky 41775 (phone 606-672-2318).

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.”

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