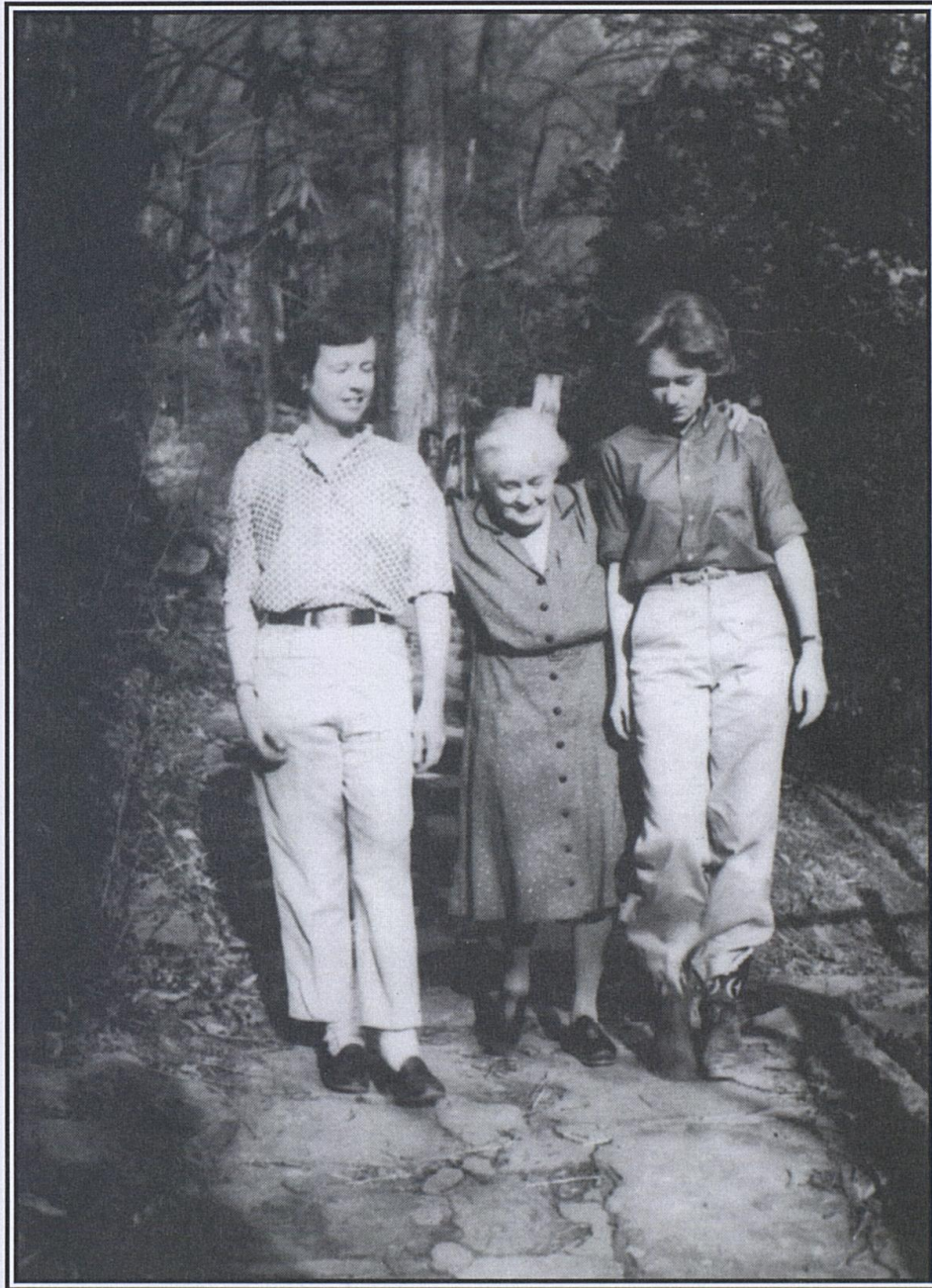


FNS FRONTIER NURSING SERVICE

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Cover: Mary Breckinridge (middle) with two Couriers. Left - Virginia Branham and right, Jane Clark.

Frontier Nursing Service Quarterly Bulletin

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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. -Deanna Severance, CEO



Mary Breckinridge - Founder of FNS



The Big House - Home of Mary Breckinridge

Beyond the Mountains

by Deanna Severance, CEO

“My interest is in the future because I am going to spend the rest of my life there.” Charles F. Kettering

The FNS Board of Governors is establishing a comprehensive strategic plan to guide our future operations. In Wide Neighborhoods Mary Breckinridge wrote, “Research is a continuing thing. As one acts, one gets an insight of what is best for the next action.” (Chapter 17, II, paragraph 1) In the last *Quarterly Bulletin* I wrote that we engaged the firm of Tichenor and Associates for data collection in the six eastern Kentucky counties of Bell, Clay, Leslie, Jackson, Owsley and Laurel. Global Business Solutions was engaged to hold focus groups with community members in these same counties. I will dedicate space in these next issues of the *Bulletin* to publish the findings.



During Mary Breckinridge's study of the Scottish Highlands health care system in the Outer Hebrides, she witnessed first hand the high quality of care given by certified nurse-midwives, the advanced practice nurses of that age. Today the Frontier Nursing Service continues to promote health care to women, children and families in rural and underserved areas of the United States through the graduates of our Frontier School of Midwifery and Family Nursing. Additionally, we continue to provide care in three rural clinics in Leslie County, Kentucky, and in one rural clinic in Clay County, Kentucky. The Board is addressing these strategic questions: 1) Do the healthcare data demonstrate need for additional healthcare in our region of Appalachia? 2) If the population characteristics and healthcare trends demonstrate a need, will it be financially possible to sustain expanded services in this area? 3) Will state and federal regulatory requirements support expansion? 4) Do the community people perceive a need for expanded service? and 5) Will advanced practice nurses be desired and welcomed by the community?

The following information represents the population characteristics of the counties in our immediate region. As one consultant told us "Think of this as an aerial view. The focus groups will give us information 'on the ground'".

<u>Counties</u>	<u>Population</u>	<u>Age 0-19</u>	<u>Age 20-34</u>	<u>Age 35-54</u>	<u>Age 55-64</u>	<u>Age 65+</u>
Bell	30,060	27%	20%	29%	10%	14%
Clay	24,556	28%	23%	30%	9%	10%
Jackson	13,495	29%	21%	29%	10%	12%
Laurel	52,715	28%	21%	30%	10%	11%
Leslie	12,401	27%	21%	32%	9%	11%
Owsley	4,858	27%	18%	28%	11%	15%
Kentucky	4,041,469	31%	21%	29%	9%	13%
US	281,421,903	29%	21%	29%	9%	13%

This age data mirrors the Kentucky and United States data. Many rural communities are experiencing aging. Only Bell and Owsley have rates higher than the state and national average.

<u>Counties</u>	<u>Gender</u>	<u>Race distribution</u>
Bell	52% male	96% white
Clay	53% male	93% white
Jackson	59% male	99% white
Laurel	59% male	97% white
Leslie	51% female	99% white
Owsley	52% female	99% white
Kentucky	51% female	91% white
US	51% female	77% white

Four of the six counties have a higher percentage of males than the national and state averages. At this time we have no information to explain this data, but there are implications for planning health programs serving a male population in these counties. 32.3% of poor males are without health insurance.

<u>Counties</u>	<u>Median Household Income</u>	<u>Unemployment rate</u>	<u>% below poverty</u>
Bell	\$19,896	7.9%	29.5
Clay	\$19,231	5.4%	33.78
Jackson	\$18,503	5.3%	30.8
Laurel	\$27,146	4.6%	20.7
Leslie	\$20,757	4.4%	30.6
Owsley	\$14,392	5.5%	40.9
Kentucky	\$37,186	4.1%	15.9
US	\$42,148	4.0%	13.3

Owsley County is the poorest county in the United States. However, all the counties have a disproportionate share of residents living below the national poverty level.

Education levels (percent of persons 25+)

Counties	9 th or <	Some High School	HSG	Some College	Associates	Bachelors	Graduate
Bell	33.5%	19.9%	26.1%	9.4%	2.0%	5.0%	4.3%
Clay	53.5	17.7	22.6	7.2	1.6	3.6	3.8
Jackson	43.6	18.1	25.2	6.5	1.7	2.9	2.0
Laurel	27.6	19.8	30.4	11.3	2.7	4.9	3.3
Leslie	38.0	21.6	24.6	7.9	1.4	2.8	3.8
Owsley	49.1	15.4	18.9	6.2	0.7	4.7	5.1
Kentucky	11.5	13.7	34.6	18.0	4.6	10.3	6.8
US	6.9	11.4	29.5	20.5	6.4	16.0	8.9

These education statistics are the most concerning of all the data. Does one question not follow the other? If the majority of the population greater than 25 years of age do not complete high school, can it not be expected that low income, unemployment, poverty and poor health outcome data will follow?

Of the population 25 years and older who have not completed high school the data is 53.4% in Bell county, 71.2% in Clay county, 61.7% in Jackson county; 47.7% in Laurel county, 59.6% in Leslie, 64.5% in Owsley, 25.2% in Kentucky and 18.3% in the United States.

Of the population 25 years and older the number who have some college or greater is 20.7% in Bell county, 15.4% in Clay county, 13.1% in Jackson county, 22.2% in Laurel county, 15.9% in Leslie county, 16.7% in Owsley county, 39.7% in Kentucky, and 51.8% in the United States.

Provider Data

Counties	Hospitals	Physicians
Bell	2	25
Clay	1	5
Jackson	0	3
Laurel	1	24
Leslie	1	5
Owsley	0	3
Kentucky		
US		

Population Enrollment Data

CNM/FNP	Medicare	Medicaid
2	21%	33%
7	15	36
9	16	28
6	14	22
13	19	33
0	22	49
	15	14
	13	12

The Medicare enrollment data is slightly higher than the Kentucky and United States average enrollment. The Medicaid enrollment is two to three times greater than the United States. This is not surprising in view of the household income, unemployment and poverty data.

In the United States 86% of the population have some insurance. In Kentucky 87% of the population have some insurance. In these six counties an estimated 73% to 77% have insurance with a disproportionate share of that insurance Medicaid and Medicare.

In the United States 14% of the total population is uninsured. In Kentucky 13% is uninsured. Regionally, 15.8% of the population in the South is uninsured. In households with incomes less than \$25,000, 22.7% are uninsured. In populations without a high school diploma 26.6% are uninsured, and 36.5% of poor people with no high school diploma are without health insurance. Using the Medicare and Medicaid enrollment and estimates for the uninsured in these counties, the insured population appears to be between 22% (30,372 people) and 26% (35,894 people). These six counties may represent as much as 6% of the uninsured in Kentucky. This data raises many questions relating to health care access and financing care for this population.

Delivery and Birth Data 1995-1999

<u>Counties</u>	<u>Live Births (2000)</u>	<u>Prenatal care 1st trim</u>	<u><2500 grams</u>	<u><20 yr old</u>	<u>Unmarried</u>
Bell	358	86%	8%	22%	29%
Clay	302	83%	10%	23%	25%
Jackson	181	84%	7%	21%	22%
Laurel	744	81%	10%	20%	25%
Leslie	163	86%	10%	20%	25%
Owsley	58	77%	10%	24%	28%
Kentucky	54,403	86%	8%	16%	30%
US	3,957,829	83.2%	8%	12.2%	33%

I am quoting from a "KIDS COUNT" press release; "There is a strong correlation between financial security and child well being. Oldham county and other wealthier areas in Kentucky have lower child poverty rates, food stamp usage, and participation in free or reduced price school lunches. The reverse is true for Owsley County and other impoverished counties. The trends for children

in these areas appear to be toward more difficult conditions. These trends translate to higher number of high school dropouts, teen pregnancies, and fewer supports for helping young children thrive. These children start out behind their peers in wealthier counties. While Kentucky has improved on several child well-being indicators, the report found that Kentucky's newborns still face significant obstacles. Since 1990, Kentucky's rate of low birth-weight babies has increased from 7% to 8%. The rate of children born to unmarried mothers also increased from 22% to 30% over the last decade, meaning that almost one in three babies is born to an unmarried mother. We know that children of unmarried mothers are twice as likely to grow up in poverty as are other children. We also know that child support collection, a proven strategy to reduce child poverty, is made more difficult when parents were not married."

Women's Healthcare (percentage of females 18+)

<u>Counties</u>	<u>Pap Smears</u>
Bell	15%
Clay	4%
Jackson	4%
Laurel	13%
Leslie	12%
Owsley	14%

These statistics may indicate the low numbers of women seeking preventive care. The 2000 nation's health objective was to increase to at least 85% women over the age of 18 with an intact uterine cervix who have had a Pap smear in the last two years.

Death Data 1999 National Center for Prevention and Control

<u>Counties</u>	<u>Heart Disease</u>	<u>Breast Cancer</u>	<u>Lung Cancer</u>	<u>Cerebrovascular Disease</u>
Bell	36%	2%	11%	4%
Clay	30%	0%	7%	9%
Jackson	26%	2%	12%	8%
Laurel	34%	2%	7%	6%
Leslie	30%	2%	7%	4%
Owsley	28%	4%	8%	10%
Kentucky	31%			7%
US	31%			7%

	<u>Diabetes</u>	<u>Unintentional*</u>	<u>MVA</u>	<u>Suicide</u>	<u>Homicide</u>
Bell	2%	4%	3%	2%	0.3%
Clay	2%	9%	6%	1%	2.4%
Jackson	3%	6%	4%	1%	0.7%
Laurel	2%	4%	3%	1%	2.0%
Leslie	4%	7%	1%	0%	0.9%
Owsley	3%	7%	3%	3%	0.0%
Kentucky	3%	4%			
US	3%	4%		1%	

Lung cancer is the leading cause of cancer deaths in women today. Breast cancer is the second. The key to surviving any cancer is early detection and treatment. The tools are available in these counties. The challenge is education of the population for self-screening, education for stop smoking, and increased screening mammograms.

Unintentional injury includes fires, falls, drowning, and firearms. The data for these counties is higher than the state and national average. In 1999 4% of all unintentional injury deaths occurred in the 1 – 14 year age group. 33% occurred in the 65+ age group.

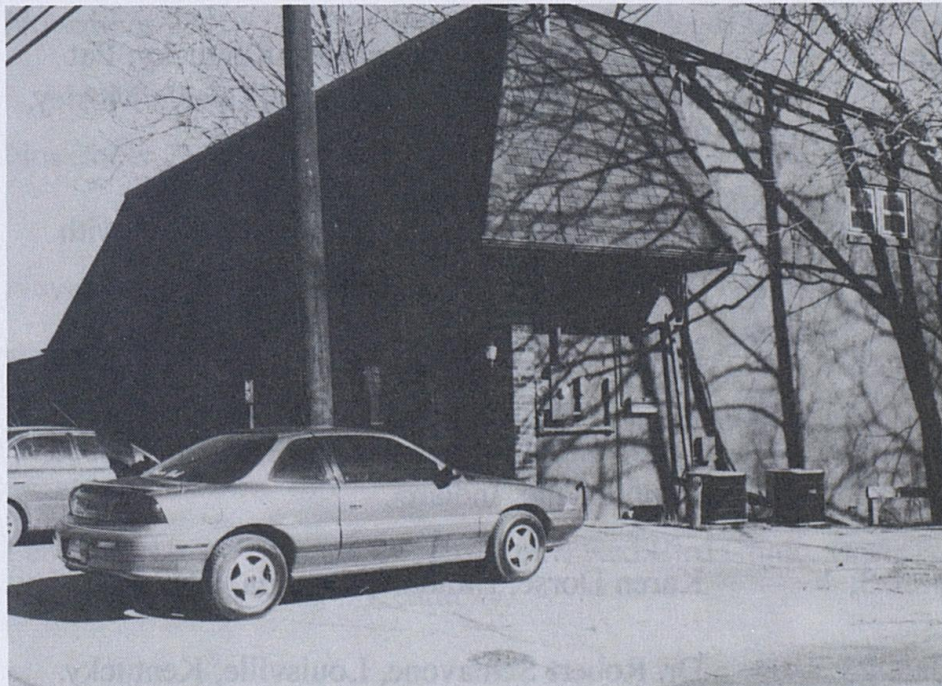
As a Board we recognize that the operation of a hospital in today's environment requires the employment of many people who have a high degree of knowledge about the federal and state rules, regulations and reimbursement policies. Unfortunately, because our numbers are too small and our patients are underinsured we cannot afford the management team necessary to compete in this environment. Therefore we are seeking a management partnership with a larger hospital organization whose mission approximates that of the FNS. Our strategic objective is to ensure that our hospital survives, supporting the healthcare and economic stability of Leslie County, Kentucky.

As you read this part of the report I know you will see as I do the great challenges facing health care providers in these counties. In the next Quarterly Bulletin I will share with you the comments from the participants of the focus groups. I would love to receive your comments on our strategic study and planning!

New Clinic Needs

During July 2001, we were informed by the Office of the Inspector General for Medicaid Services that the Kate Ireland Women's Clinic and the Hyden Clinic could not reside in the same facility. Currently, both clinics are located within the Mary Breckinridge Hospital. Therefore, we would have to move or close the Kate Ireland Women's Clinic. A decision was made to open a new Kate Ireland Healthcare Center in Manchester, Kentucky. Renovations are well under way and we expect to open April 1, 2002. Listed below are some of the "urgent needs" for the Clinic. If you wish to contribute to this project please specify on your gift that it is restricted for the new Kate Ireland Healthcare Clinic or the new clinic in Manchester. Thank you for your support!

Exam tables, otoscopes, ophthalmoscopes, stethoscopes, blood pressure cuffs, microscope, centrifuge, nebulizer, oxygen equipment, EKG machine, glucose testing machine, hemoglobin machine, baby scales, adult scales, O2 sat monitor, exam table lights.



The site for the Kate Ireland Healthcare Center in Manchester, Kentucky

Wendover News
by *Christine Collins*

We've had a mild winter with confusing temperatures. Flowers and bulbs were blooming in December and January.

December 14, we had our employee Christmas "White Elephant" party which brought a lot of fun and laughter. Also, during December, toys were distributed at the out-post clinics for all the children. Thanks to the DCWs and Jerry Santini for supplying the toys.



We are looking forward to spring and have lots of work planned with our flower gardens. We anxiously await the budding of the beautiful redbuds and dogwoods. As always, we extend to you an invitation to visit our Bed and Breakfast!

We have entertained/hosted the following guests and functions since the last report:

- | | |
|-------------|--|
| Dec. 1 | Bennie Hoppius, Petersburg, Kentucky; Pat Rice, Florence, Kentucky; and Evelyn Mosley, Hebron, Kentucky. |
| Dec. 14 | Annual Employee Christmas Luncheon with Wendover and Lexington Office staff. |
| Dec. 22 | Mr. & Mrs. Bob Joyce, Louisville, Kentucky. |
| Dec. 28, 29 | Carolyn and Ed Morgan and Pauletta Biscoe, Connersville, Indiana. |
| Jan. 3, 4 | Karen Dorse, Lithonia, Georgia. FNP interview. |
| Jan. 23 | Dr. Robert Schiavone, Louisville, Kentucky. |

-
- Jan. 25, 26 Vivien Jutsum, Kenmare, North Dakota, FNP interview.
- Feb. 12 CNEP and CFNP Level III dinner (8 students/faculty).
- Feb. 13 Heidi Froemke, FNP and FNP Coordinator; Dr. Julie Marfell, Chairperson of Family Nursing Program; and three guests for lunch.
- Mar. 1 Team Management Meeting luncheon.

Tours

- November 20 Berea College, Berea, Kentucky. 18 students/faculty.
- November 27 Carson Newman College, Jefferson City, Tennessee. 13 students/faculty.
- November 29 Hayes Lewis Elementary School, Yeaddiss, Kentucky. 13 students.
- November 30 Hayes Lewis Elementary School, Yeaddiss, Kentucky. 17 students.
- February 1 Clay County Extension Office, Manchester, Kentucky. Two guests.
- February 18 Rebecca Herr, Red Bird Clinic, Beverly, Kentucky.

Bed & Breakfast Comments

“My stay at the Big House was the highlight of my stay in Hyden! The history and background of this home will never be forgotten. The breakfast was outstanding prepared by the lovely women. I have travelled the world over and never experienced the kindness showed to me at the Big House”. -*Dr. Robert Schiavone*

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Photograph Identification Project Update

Thanks to former nurses, alumni, couriers and staff, the Photograph Identification Project was a great success! 95 photos were printed in a special bulletin and we received 47 positive identifications. We received several more “partial identifications” meaning one or two people were identified but not all. We hope to repeat this project in a few months. Thanks again for all of your help!

-*Barb Gibson*

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Dr. Anne Wasson Memorial Service

A Memorial Service will be held in Dr. Anne's memory Friday, May 3, 2002 at 12:00 noon. The Service will be held in the Dr. Anne Wasson Classroom located in Aunt Hattie's Barn upon Hospital Hill. Refreshments will be served. If you plan to attend please respond by April 26, 2002 to Barb Gibson or Christine Collins, 132 FNS Drive, Wendover, Kentucky 41775, 606-672-2317 or e-mail barbgibson2000@yahoo.com.

Frontier School of Midwifery and Family Nursing News*Susan Stone, DNSc, CNM**FSMFN President and Dean*

Our school is as busy as ever educating the nurse-midwives and nurse-practitioners of the future. I am very proud to report that I received my Doctor of Nursing Science from the University of Tennessee at Memphis on December 7, 2001. It was a very exciting day. I am so happy to have finished so I can again focus my full time energy on the School.



Our major emphasis is on achieving regional accreditation as a graduate degree granting institution. Many states are now requiring the masters degree in order for our graduates to be licensed. We currently offer a masters degree in nursing through our affiliation with Case Western Reserve University. This is a wonderful option for many students but for our students who live far from Cleveland, this is a barrier. We currently have students in Germany, Alaska, Japan, Canada and across the United States. Once we have achieved accreditation, we will be able to offer them the masters degree without requiring two trips to Cleveland. Accreditation is a long process. We must first graduate a group of students, achieve candidacy and then complete a detailed self-study. We expect the process to take at least three more years. Time moves forward and we will continue to step our way through this process.

Our students come to Frontier and stay in the Haggin Dormitory for a two-week session before starting their clinical experience. During the last three years, each group has adopted a dormitory room, repainted and decorated it. It has provided such an improvement in the look of our dormitory. Each room has a theme. In the historic room, the students actually rented horses and had their picture taken in a semi circle similar to the famous Thanksgiving photo of the nurses on horseback. Both pictures decorate this room. We also have the Moon Bow Room, Womb Room

(which is the second floor lounge), Hand Room (which has the students handprints as a border), Purple Room, Play Room (adorned with hula hoops), Lady Bug Room, Baby Feet Room and many others. I want to express our great appreciation to all of the students who worked hard to make our dormitory look so beautiful.

The big news this coming spring is the library relocation and renovation. We needed more space for our library and computer lab. We have decided to move these important student areas to Aunt Hattie's Barn. We already have the Dr. Anne Wasson Classroom located in the Barn. We now plan to renovate the rest of the space in the Barn for student use. More on this project in coming issues as the plans unfold.

WEBSITES

Frontier Nursing Service - www.frontiernursing.org

Community-Based Nurse-Midwifery Education Program (CNEP)
- www.midwives.org

Community-Based Nurse-Practitioner Program
(CFNP) - www.frontierfnp.org

Courier Program News

-Barb Gibson

The Courier Program has been restructured to provide better services to the communities and to be more rewarding to our Couriers. The future Couriers will be working in out-post clinics assisting with patient follow-up; picking up prescriptions for patients who don't have transportation; office



duties; transporting mail/supplies to different clinics and assisting with health prevention programs. Couriers will experience working in a rural healthcare environment and may be able to shadow advanced nurse-practitioners. We are excited about the new possibilities and are looking forward to new Couriers!

Former Courier News

Sonja Herbert ('91), Albany, California, wrote, "Greetings from California. It's been ten years after my Courier days and I still dream of returning to those Kentucky Hills"!

Kate Layman ('95), Tampa, Florida, wrote that she is a traveling nurse in Colorado. She still has her sights on midwifery with a little medical anthropology thrown in.

Fred Jordan ('90) called Deanna Severance to say that his wife is pregnant. Congratulations Mr. & Mrs. Jordan!

Jennifer Swisher ('98) wrote that she is finishing up her 4th year of medical school and will graduate in June. She starts her Family Practice Residency July 1.

Courier Experience

Excerpts from the book entitled My False Impressions
by *Christina Ekengren Hawkins*

. . . Footloose and fancy free, I was persuaded by my friend, Marian Shouse, to offer as courier for the Frontier Nursing Service in Kentucky.

. . . I volunteered as a courier and departed in September on a tiresome train journey of seven hours. I was met in Lexington by two members of the FNS staff and in the ladies' room of the station was told to change into riding clothes as the last part of the drive over the mountains would be on horseback. We bumped over country roads and at dusk arrived at Hyden. There we mounted and rode the last hour in darkness to Wendover.

. . . Mrs. Breckinridge and some members of her staff lived in the Big House where we ate our meals and, if time allowed, relaxed in the lounge. Here I met the other courier, Dorothy Caldwell, who knew the ropes and, most important, knew the country.

. . . Breakfast at seven. Dorothy introduced me to the ten horses and all the tack (bridles and saddles) for which we were responsible. Our days were filled with errands as emergencies arose. I latched onto a young gelding with a smooth single foot gait, that I rarely used a saddle. There were four outpost, or clinics, in the surrounding mountains and no roads.

. . . There were always babies about to be born in the little log cabins. The midwives visited the mothers at intervals, and, if possible, the women would go to the hospital at Hyden for delivery. But usually the husband appeared at Wendover to give the alarm. One night at 1:00 am, a prospective father arrived to summon help. I was roused, jumped into blue jeans, and fumbled in the dark stable to get two horses ready. The midwife and I rode off under a full moon to the little cabin some miles distant.

. . . There in a huge wooden structure resembling a bed lay the mother on a sheet covering a mattress of loose straw. The midwife was laying out her implements and encouraging the

patient who hardly let out a peep in her obvious travail. I was told to sit on the side of the bed and grasp her hand while she put her foot on my shoulder and pushed mightily. I thought my arm would fly away from my body. This went on for some time. Finally, at dawn the baby's head appeared, then the rest of it, and the mother had a son. He was washed in a basin, and a solution dropped into each eye. We wrapped him in a blanket the mother had made and put him in her arms. I was stunned by this miracle and thankful for having witnessed life's creation. I stumbled out to fetch the horses, and we rode back to Wendover for breakfast. I haven't been the same since.

. . . One evening all of us from Wendover were invited to a barn dance. It took place about a mile up the mountainside in a cabin. We rode up, two to a horse. The music consisted of several fiddles, well played, and a mouth organ. Having never attended a square dance, I was pushed and pulled into various intricate figures and shown how to shuffle from one partner to another. The pace was fast, the noise overwhelming, the corn liquor flowed, and everyone had a super time, bathed in perspiration. At last we sagged on the horses's backs and slithered down the mountain.

. . . My six weeks as a courier came to an end, and I was sorry to leave that beautiful place but grateful to have taken part in the lives of the mountain people.

Mary Breckinridge Healthcare, Inc. News
by Mallie Noble, Administrator

Mary Breckinridge Healthcare, Inc., as well as other small rural hospitals, is experiencing hard times with persistent change in the healthcare industry. Despite increasing costs of drugs and pharmaceuticals, medical supplies, equipment, a critical shortage of healthcare workers and constant changes in reimbursement, we continue to operate. Change is hard. However, the staff at MBHC, Inc. look eagerly toward the future with great expectation. We continue to complete the dedication in the mission of our Founder, Mary Breckinridge.



Employee Awards Dinner

The annual Employee Awards Dinner was held in the Big House at Wendover on Thursday, December 6, 2001, hosted by Deanna Severance, CEO, Beulah Couch, Director of Human Resources and me. Congratulations to the following employees who received awards for years of service: Michelle Roberts, Helen Begley, Kendra R. Bush, Tracie Cook, Mary Day, Tammy L. Feltner, Hargis Henson, Karen Sallee, Linda Sizemore, Christopher Williams, Misty Woods, Vivian Boyer, Mary Gillmor, Marcia Hanks, Robin Jordan, Amy Marowitz, Kathryn Osborne, Marianne L. Towler, Betty Sue Wells, Teresa Dixon, Barb Gibson, Ethel Mae Caldwell, Eunice K. M. Ernst, Kerri Durnell Schuiling, Deloris Sparks, Juanita Sizemore, Christine Collins, Jeanette Woods, Betty H. Couch and Juanita B. Johnson.

Sick Time Reward Winners

Sick Time Rewards is a way for the Board of Governors and the management of FNS to show their appreciation to those employees who have good attendance during the calendar year. This year the Sick Rewards were presented on Friday, February 8, in the Mary Breckinridge Hospital cafeteria. Congratulations to the following employees who received Awards:

William Caldwell, Pamela Napier, Deanna Adams and Patrick Gentry received \$500; Sherry Davis, Teresa Dixon and Polly Napier received two additional vacation days; Tonya Carter, Juanita Johnson, Ora Kay Osborne, Opha Combs and Melissa Joseph received \$100; and Robert Phipps, Tonya Feltner, Robert Howard, Vanesa Melton and Martha Bailey received one additional vacation day.



Left - Vanessa Campbell, Lab Technician. Right: Mallie Noble, Administrator

Travels

December 10, 2001, Debbie Karsnitz, Director of Midwifery Services and I met with management of the Kentucky River District Health Department to discuss issues regarding the midwifery visits at the health department. Present at the meeting were Karen Cooper, District Director; Betty Eversole, Prenatal Program Coordinator; Libby Banks, Clinical Care Coordinator; and Dena McIntosh, Area Supervisor. Topics of discussion included contracts, publicity and referrals. We will meet annually to keep abreast of issues regarding health department prenatal patients.

January 16, I attended the Kentucky Hospital Association Cumberland Region meeting in London, Kentucky. Topics included

in-depth briefing to the members on issues to be addressed in the upcoming Kentucky General Assembly Session and nominations to the Kentucky Hospital Association Board.

CARE Committee Activities

The CARE Committee and employees of MBHC sponsored 50 children for Christmas again this year, in participation with The Department of Social Services in Hyden and Children with Special Needs in Hazard.

Thirteen days of Christmas is a nice time when fruit, nuts, and candy are put out in the Cafeteria each day for employees to enjoy. This year, the Ladies Auxiliary sponsored this activity and we appreciate their generosity.

Departmental decorations were breathtaking with Medical Records Department winning first place; Pediatrics, second place; and Respiratory Therapy, third place. Congratulations to the winners, but all departments had beautiful decorations and deserved to win.

Employees were treated to two Christmas dinners this year. One was sponsored by Administration and the other by Providers. We thank the Dietary staff for preparation of the meals.

Arthur Melton, Jr., was chosen as Employee of the Year 2001. Congratulations, Junior!

On February 14, Valentines Day was celebrated with cookies and punch and a contest for the best "homemade" valentine. Winners were Respiratory Therapy Department - first place and Financial Counselors Office - second place. Medical Records won first place for the Valentine Door Decorating Contest.

Sympathy

We extend our sympathy to the following employees who suffered the loss of loved ones: Christy Morgan, Business Office - grandmother; Wanda Feltner, Hyden Clinic - husband; and Lois Begley, Housekeeping - brother-in-law.

Miscellaneous Tidbits

Josh Stone is Dr. Susan Stone's son (Dr. Stone is the Dean and President of the Frontier School of Midwifery and Family Nursing). The following excerpts were taken from The Pirate, December 11, 2001.

For the first time in two years a student from Berea Community High School (BCS) has qualified for All Regional Band. Playing saxophone, Josh Stone, a BCS junior, competed for a position and succeeded.

Josh was among over 100 students from around the region who came to show their musical talent and compete at the annual regional band tryouts held at South Laurel High School.

When trying out, all musicians from every category (strings, percussion, etc.), must play pre-selected music, plus one sight-read item selected by the judges and presented to the musicians the day of tryouts.

"That was the toughest," said Josh. "You get really nervous because the judges are watching you, and it's the first time you see the music."

There were 22 other saxophonists who attended the tryouts but only 8 qualified.

Once a student qualifies, he or she receives specially selected music to practice and perform at the all-regional band competition held in Middlesboro, Kentucky, on January 10-11.

A Salute to the FNS

Mrs. Jack Dawson (Liz) read this tribute to Miss Kate Ireland at the November 2001 Boston Committee Luncheon. Liz has served the Frontier Nursing Service since the early 70's in the capacity of trustee, committee member and member of the Board of Governors.

We're here to honor the FNS
and "Katie" Irelands' hardy crew.

We want to show our loyalty
and to prove that we're "true blue".

From the hills of Appalachia
to the halls of Paul Revere.
We will raise a toast to FNS
and we're glad that you're all here!

Here's to Mary Breckinridge,
the founder, now of name.
We honor her and "Katie"
and their service of Frontier Fame.

Our hearts will long remember
those climbs up in the hills.
Where deliveries were accomplished
and there would never be a "bill".

When we recall a "special time"
that is truly hard to erase.
It seems to be that happy look
upon a young child's face.

So, "climb every mountain"
that sometimes stretch from sea to sea.
As we salute the FNS
and our friendships - - long may they be!

Nursing School is WHO Center

The Frances Payne Bolton School of Nursing has been redesignated a World Health Organization (WHO) Collaborating Center for Research and Clinical Training in Home Care Nursing.

As a collaborating center, the Bolton School works with WHO and the Pan American Health Organization (PAHO) to develop and disseminate research and training programs for home healthcare nurses. It also provides support to nurse researchers and others who conduct research on community-based and home care programs.

The Bolton School was first designated a collaborating center in 1993, and was redesignated for the first time in 1997. Each designation is for a four-year period. Since becoming a collaborating center the Bolton School has brought nurses from various countries to Cleveland for intensive training and study in home health care, and sent its students overseas.

The School is one of only 34 collaborating centers for nursing worldwide, including nine in the United States. Each focuses on a different area of healthcare.

Elizabeth Madigan, Associate Professor and Assistant Dean for International health programs and for the WHO collaborating center, said that WHO uses collaborating centers as a way to extend its global reach in healthcare and build on existing strengths among member nations.

Miscellaneous Tidbits - Con't

During the summer, two of our staff had babies. Heather East, Director of the Multi-Media Department, works in our Hyden, Kentucky office of the Frontier School of Midwifery and Family Nursing (FSMFN), and Jennifer Mercer, Chief Financial Officer for FNS works in our Lexington Office. Susan Stone and I finally had the opportunity to practice what we preach, and we encouraged both women to bring their babies to work. Heather's baby, Chloe, is now six months old, and Jennifer's baby, Anna, is four months old. This has reinforced how great this is for bonding between mom and babe. As Terry M. Levy, Ph.D., has written, "The purpose and function of attachment is the same regardless of ethnic or cultural differences: to keep the baby close to the caregiver for safety and protection; to allow the child to explore and learn within a safe context ("secure base"); and to develop a loving and reciprocal relationship which can be passed on through generations."

Caring for the babies at work has also been easy. Some folks might ask if a baby's crying interferes with work. Our babies rarely cry. There's always a mom or dad figure to change a wet diaper or briefly comfort a restless baby. Babies are not a time-waster. Instead of chatting around a coffeepot, we are chatting up a baby and making a baby smile. Babies ground us in the joy of living. We are in an office environment, not hazardous, except for all of us coming in and cooing over the baby!

-Deanna Severance, CEO

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.

John C. Campbell, Sr., Yerkes, Kentucky, passed away November 19, 2001. John was a former employee of the Maintenance Department at the Mary Breckinridge Hospital.

IN MEMORY OF:**Mrs. Redington Fiske**

Janet Murray Fiske

Muriel Dayhoff

V. Louise Park

Prof. James Stephen Brown

Frank J. Winchester

Wendell W. Burton

Jr. Blackwood

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William & Laura Caldwell

A special thanks to the Community Health Center (CHC) Committee members who purchased a computer, fax machine and TV/VCR for CHC in memory of Dr. Anne Wasson (Dr. Anne helped design the Clinic when it was built).

IN HONOR OF:**Mrs. S. Russell Smith**

Mrs. Joseph Severance

Alice Hendrickson

Mr. & Mrs. Ward Francillon

Trudy Brown

Edward M. Brown

Elizabeth Ann Leach

William M. Leach

Miss Kate Ireland

Cloma Moore

Miss Anne Cundle

Cloma Moore

Marvin Patterson

Nancy E. Jones

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 _____

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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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Name _____

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Dr. Julie Marfell, *CFNP Program Director*

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(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.

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.

New Clinic in Manchester:

See page 9

Emergency Room:

Warming Blankets	657.74
Alligator Forceps (ear, nose)	560.87

Frontier School of Midwifery & Family Nursing:

Commercial Stove for Dorm	2,900.00
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Home Health:

Stethoscopes (2)	88.00
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Operating Room:

Patient Positioning Pads	580.00
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Respiratory Care:

Macintosh Laryngoscope Set	342.00
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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.

Name

Address

City

State

Phone ()

Zip

Your Gift is
Tax Deductible

Loose Item

FRONTIER NURSING SERVICE, Inc.

Its motto:

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

Isaiah 40:11

Its object:

To safeguard the lives and health of mothers and children by providing and preparing trained nurse-midwives 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