

FNS FRONTIER NURSING SERVICE

Volume 73

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Table of Contents

Introduction to the FNS - <i>Deanna Severance</i>	1
Beyond the Mountains - <i>Deanna Severance</i>	2
Wendover News - <i>Jeremy T. Bush</i>	9
Courier Program News - <i>Karen Thomisee</i>	14
FSMFN/CNEP News - <i>Susan Stone</i>	18
Tribute to Kitty Ernst - <i>Jan Davis</i>	20
Memories that Linger - <i>Georgia Ledford</i>	21
Miscellaneous	23
In Memory of Camilla Coolidge - <i>Boston Committee</i>	24
In Memoriam	26

Cover photo: This wonderful bundle of German Shepherd joy (named "Ruby") was recently dropped off on the Wendover Post Office steps. She is now a member of our FNS family. (Photo by Barb Gibson)

Visit the FNS web site: www.barefoot.com/fns

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The 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. We encourage you to share this Bulletin 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, four outpost 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

Beyond the Mountains

by Deanna Severance, Director

"Swallow, my sister, O sister swallow. How can thine heart be full of spring? Algernon Charles Swinburne Itylus (1864)

This week the first robin red breast landed on the fence, a harbinger of spring. After the snow and storms of this winter, we are all looking forward to a beautiful - and please - an early spring!

Fall is always a busy time at the FNS. Each year I think the holiday season cannot be more beautiful and special than the past year, but each year seems to surpass the previous.

October Board Meeting

The Board of Governors held their fall meeting October 17, 18 at Wendover during the graduation weekend of our midwifery students. The Board and I had a wonderful opportunity to interact with faculty, students and the families of our students. There were many children present to proudly watch their mothers receive their midwifery diplomas. Returning to graduate school in mid-life presents many changes for the family, and the Board and I are appreciative of the sacrifices these families make.

The best news released to the Board was that Mrs. Susan E. Stone has accepted the permanent position as Director of CNEP. Sue, her husband, Larry, and their youngest son, Josh, are busily preparing for the move from upper New York State! Middle son, Larry Jr., will be attending college in the fall. Oldest daughter, Heather, is a practicing registered nurse.

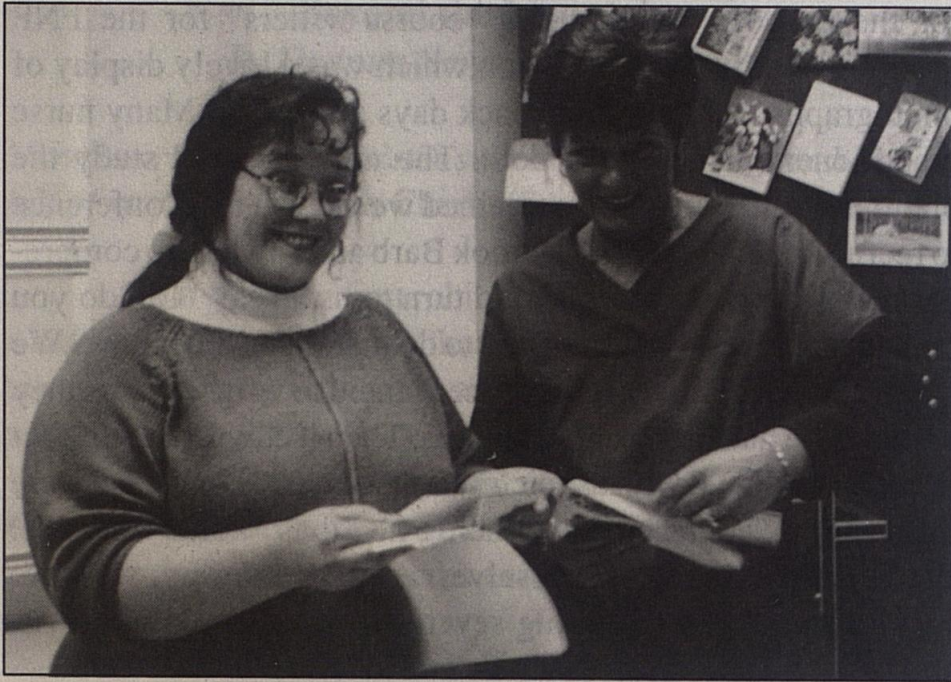
FNP Course-Writers Recruitment

November 12-15 Barb Gibson, Dr. Anne Wasson and I traveled to Washington, DC, to attend the National Organization of Nurse Practitioners Conference. We attended this time

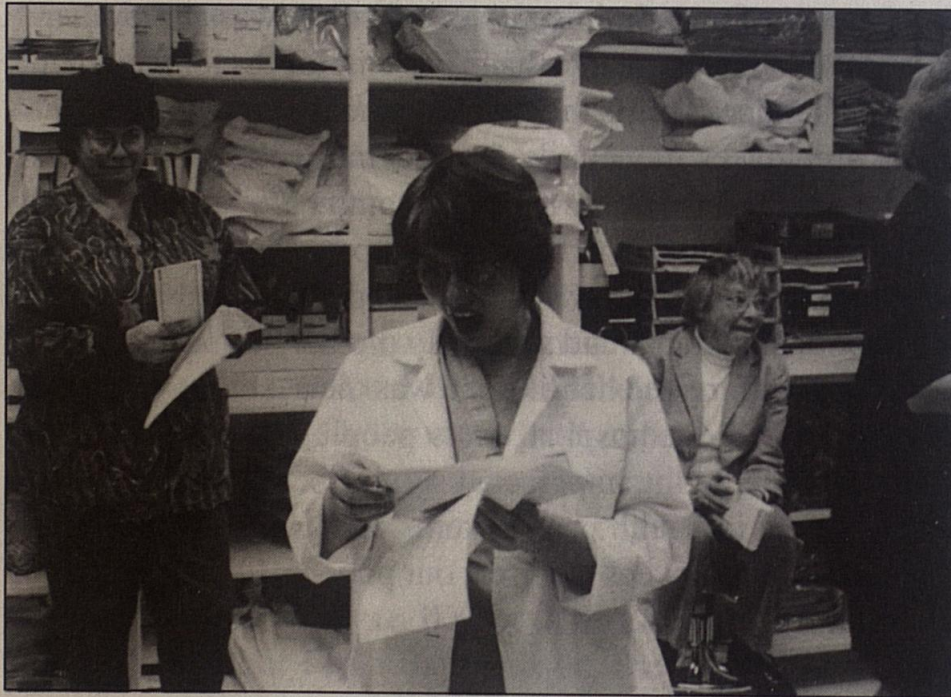
for the purpose of recruiting "course-writers" for the FNP Program. Barb set up our booth which was a lovely display of photographs from our horseback days and today. Many nurse practitioners visited our booth. The nurses would study the pictures while Barb and I explained we were at the Conference to recruit "course-writers". It took Barb and I awhile to comprehend why several nurses would turn to us and say "Oh, do you still do that? I've always wanted to do that!" Write courses? We were confused. Surely if someone wanted to write courses they would have had many opportunities. Then it dawned on us. Our accents combined with the pictures of nurses on horseback were resulting in "course-writers" being heard as "horse-riders"!!! We had a good laugh at ourselves. And, by the way, we were very successful in recruiting several wonderful "course-writers"!

Incentive Pay

Thanks to the hard work of our employees and the competence of our administrative staff, there was money available at the end of the year to thank our employees for their many years of service. This is the first time the FNS has been able to thank employees monetarily for sticking with us through the good times and the lean. I think a comment made by Toddy Mullins in our x-ray department sums up what makes our health service different in today's market. Toddy stopped me on the elevator in November and said, "My mother has been a patient here. The staff treated her like she was their mother. I can't tell you how good our hospital treats people!" When I hear the complaints about the impersonal service being received by so many people in health care systems across the country, I am thankful for employees that treat our patients like a member of their family!



Patricia (Toddy) Mullins, X-Ray Secretary, Ultrasound Tech; and Delores Sparks, Untrasound Tech, receiving incentive pay



Brenda Jones, OR Tech, was a little surprised . . .

Keeneland Association

December 16, Bill Hall, Vice-Chairman of the FNS Board of Governors; Ray Branaman, MBHC Administrator and I attended the lovely brunch and foundation awards meeting at Keeneland. Keeneland has been so very generous to the FNS. Thanks to the gift from the Keeneland Foundation, we are able to purchase a baby apnea monitor this year. Many thanks to Mr. William Greely, CEO and President; Ms. Fran Taylor, Marketing Development Director; and all the Keeneland Trustees!



Mrs. Severance and Mr. Greely

FNP Curriculum Meeting

January 15, 16 a FNP curriculum meeting was held in the Lexington offices. Attending were: Janie Huber, CNEP Quality Assurance Officer; Norma Jackson, FNP; Stefanie J. Kelley, Family Nurse Practitioner Instructor of Nursing at Frances Payne Bolton School of Nursing; Jackie Morrill, CNEP Acting Director of Student Affairs; Jeanne M. Novotny, Assistant Dean of Frances Payne Bolton School of

Nursing; Sue Peeples, FNP Consultant; Dr. Marguerite Pike, FNP Consultant; Jane Renfro, FNP; Kerri Schuiling, CNEP Acting Education Director; Dr. Theresa Standing, Director of Doctorate of Nursing Program at Frances Payne Bolton School of Nursing; Maureen Shannon, CNEP Faculty; Susan Stone, CNEP Program Director; Frances Storlie, FNP; Penny Waltman, CNEP Faculty; Debbie Cornett, CNEP Academic Resources Coordinator; Heather East, CNEP Multi-Media Coordinator; Heidi Froemke, MBHC FNP and CNEP Faculty and Barb Gibson, Assistant to CEO.

The meeting began with Ms. Debbie Cornett of our Hyden CNEP staff explaining copyright clearance procedures. Ms. Cornett is currently responsible for this very important operation for our CNEP faculty. Mr. Ken Tuggle, Chairman of the FSMFN Board of Directors, and senior law partner with the Louisville law firm of Brown, Todd & Heyburn then gave a presentation of copyright issues and copyright protection. This was video taped and will be available for future faculty. Mr. Gordon Garrett with Information Connection in Lexington then discussed the issues relating to writing for CD ROM format. The remainder of the meeting dealt with the actual course issues.

I am very grateful to all for helping with this important work, and I offer a special thanks to our partner, the Frances Payne Bolton School of Nursing at Case Western Reserve University.

Midwifery Advisory Committee

The Midwifery Advisory Committee to the FSMFN Board of Directors met preceding the Board meeting on January 22, 1998. Attending were Board members Ken Tuggle, Chairman; Dr. Anne Wasson, Secretary; Nancy Hines; Bob Johnson and Jane Leigh Powell. The Board was extremely interested in a presentation by Judith Rooks on "Douglas". "Doula" is an ancient Greek word meaning "woman who helps other women".

There are two kinds of Doulas: the birthing Doula and the post-partum Doula. We were most interested in the concept of the past-partum Doula assisting new mothers after the birth. Many are isolated in today's society.

Joyce Roberts, who is the current President of ACNM, brought the Board up to date on the challenges faced by the Association today. These included Managed Care, Professional Identity, Understanding the Nature of the Midwifery Business, Save Motherhood (an international project targeting maternal mortality issues) and the Advancement of Evidence as the basis of midwifery practice.

The Board was fascinated with the presentation by Ursula Knoki-Wilson from the Navajo Nation. The Nation is able to pursue federal funds to operate their own health services and is looking at different models of health care which will be culturally sensitive. The FNS has a scholarship fund designated for American Indian students and will be working with Ms. Knoki-Wilson in future meetings to assist in midwifery education.

January Board Meeting

The Board of Governors held their winter meeting at the Lexington office of the FSMFM. We celebrated the arrival of our new conference table made by our master craftsmen, Mr. Sam Morgan and Mr. Benjamin Pugh of our maintenance staff. The table is made from a black walnut tree from the Wendover property and required six men to carry it up one flight of stairs. The top weighs 400 pounds! We are truly linked to our roots, and it envelops one when sitting at the beautiful table.

The Board was honored to have dinner Friday night at the home of Georgia Rodes. Readers of this *Bulletin* know of the many generousities Mrs. Rodes has shown to the FNS since her days as a Courier! Mrs. Rodes' elegant home was a treat to view. Many thanks and we all look forward to viewing Mrs. Rodes' spectacular gardens this summer!!!

Ladies Auxiliary Luncheon

January 28, a luncheon was hosted at Wendover honoring the Ladies Auxiliary. These Ladies have contributed over \$118,000 since 1977 for the purpose of updating hospital equipment and generally improving the hospital facilities. Many thanks to Mrs. Jean Campbell and the ladies of the Auxiliary!

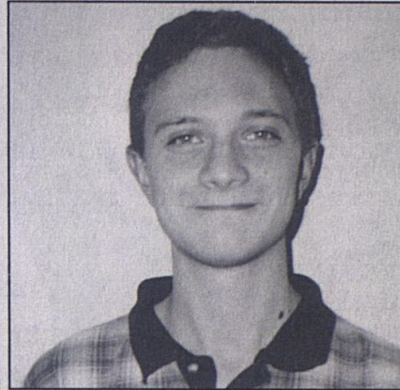
Medicaid Partnerships

Thanks to the hard work of Senator Robert Stivers, Ray Branaman and I have been to Frankfort, Kentucky's state capital, twice in the month of February to hear the latest developments on the Medicaid Partnerships. The Kentucky Cabinet for Health Services is implementing a new program which will create eight separate Medicaid billing regions in the state. Each region is expected to develop their own infrastructure. The Louisville and Lexington regions have proceeded and spent over \$16 million dollars to create these very sophisticated systems. We at the FNS are concerned about this new development for several reasons. Even with the sophistication of Kentucky's two metropolitan areas, with their large medical centers and advanced business systems, the cost has been great. The Louisville region found the best billing system in Philadelphia and contracted with them. Does the Appalachian region have the human and material resources to create and maintain such a system? The metropolitan areas are withholding 10% and 20% of reimbursement in order to meet the quotas for controlling costs. FNS operates on a no-profit margin. Such withholding would diminish our cash flow to a position where we might not be able to continue operations. There is a movement to delay the statewide implementation and the FNS is grateful to our Senator for keeping us abreast of the actions.

Wendover News by Jeremy T. Bush

More El Nino (as if once wasn't enough)

I reported last fall that El Nino was quickly approaching Wendover. It is evident now that El Nino is not a myth, legend or yarn; just the plain white-washed truth! On December 29 and 30 we had our first mini-blizzard. An



overexaggerated snow storm dumped a whopping four inches out of a possible 18 inches on our hills and roadways. We were anxiously anticipating the sweet suffocation of summer's merciless heat until a *major* snow storm struck. My sweet anticipation of summer's sweltering heat was drowned in a foot of snow from February 3 - February 5.

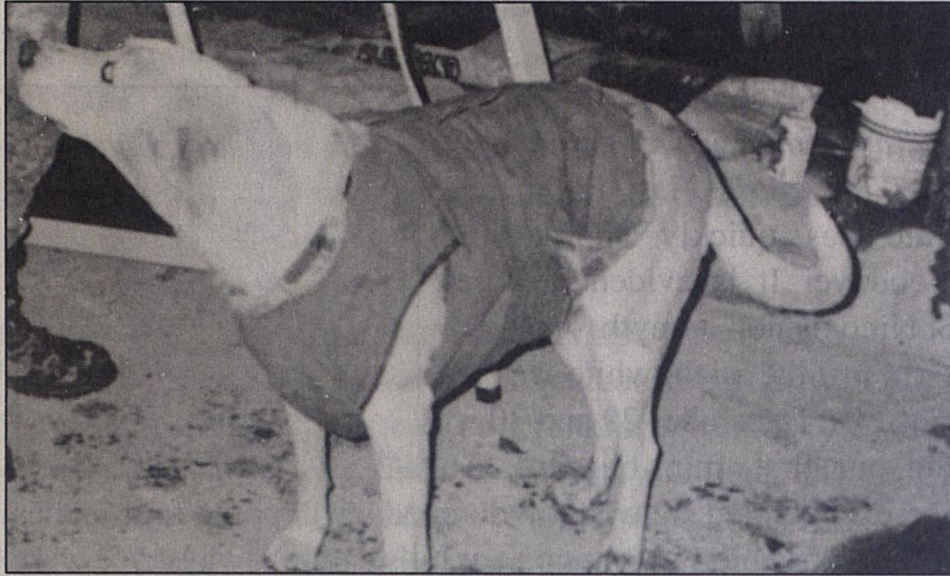
Snap, Crackle, Pop! (aka: El Nino around 3 am)

That is the sound that a huge oak tree made just before crashing under the weight of heavy snow, into our beloved Barb Gibson's mobile home on February 4, 1998. Poor Barb and a few daring souls braved the snow and ice to remove the tree from her trailer top. After hours of hard work and determination at 3:00 am, the rescue efforts were complete. They could not, however, remove the huge scarring lateral cracks in Barb's ceiling.

No Juice!

Wendover was shut down and immobilized by this paralytic snowstorm. Eastern Kentucky's electricity, or "juice" as we call it, nearly suffered a stroke with all of the heavy snow and snapping trees. Wendover itself was rendered virtually helpless (by today's absurd definition of helpless) for four days.

Canine Hysteria



As you can see from this rare photograph of Mae's wonder pup, Otis, hunting season had its ups and downs. In a conscious effort to escape frantic deer hunters in the area, Otis donned his blaze orange hunting vest. We all encourage Otis to lay low, keep his ears down, and by all means keep his tail between his legs!

Peach and Trish

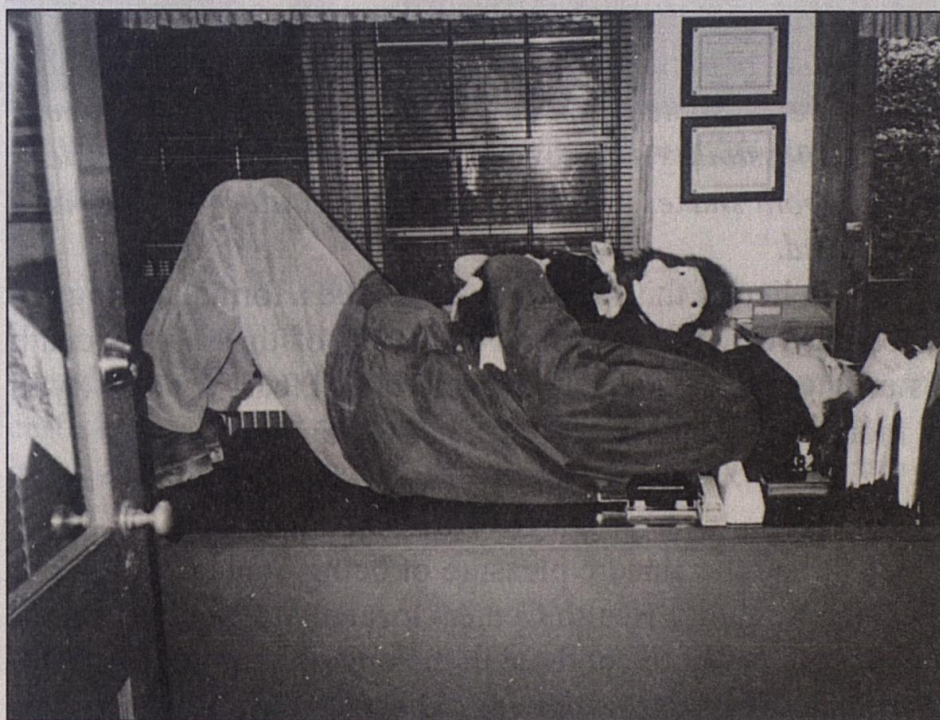
My favorite feline friend has been getting caught in the dark more than an ex-White House staff member lately. Yes, poor little harmless Peach has been getting himself locked up in several Garden House offices. He absolutely loves to sneak in people's offices and cat nap. This has, on more than one occasion, gotten him locked up after hours. One night while working late in the evening I began to hear a banging noise outside my office. Trying to keep myself sane, I wondered what it could possibly be. Was it a visitation of employees past, present, and those to come? Upon inspection, and just plain luck, I heard the noise again emitting from Dr. Anne's Office. Hearing a sad and somewhat fear stricken, "Meow", I was convinced that Peach was entrapped in Bandit Land. Barb, our

wonderful editor and all around animal lover, had accidentally sealed Peach in Dr. Anne's office. I paged Junior, our resident maintenance man, and Peachie was rescued!

Trish has been serving her county by pulling guard duty here at Wendover. She fearlessly charges and barks bloody murder at anyone approaching Wendover after dark. As a true soldier and FNS sort-of-employee, she stays on guard 24 hours a day, seven days a week. Trish, we salute you!

Return of the Great Dan

My friend and colleague, Dan Eldridge, paid us a long, overdue visit not long ago. As always, his visit was marked with much laughter and heart warming good times. If you look very closely in the photograph you can spot the elusive Dan resting in a supine position on Beulah's desk. Keep an eye out for more Dan spottings here in *Wendover News*!



Dan and "Monkey Junk" returns

Snake Update

As many of you may recall, I wrote about a snake that was killed here near the Accounting Office at Wendover. I did not imagine that it would receive any response. I was wrong. Ms. Lucy S. Schultz, former FNS nurse, was so moved by my article that she donated a Peterson's Field Guide entitled Reptiles and Amphibians to FNS's library. Thank you Ms. Schultz!

Ms. Schultz recounted in a letter to me about her own FNS snake experience and I have graciously obtained permission to reproduce that information.

"When I worked at Hyden Hospital (two or three months in 1931) we too had our snake. This large handsome fellow was discovered under the bed in one of the small upstairs bedrooms over the parking lot side. Our stable man trapped him with a pitchfork and dropped him out the high window. His final death was executed by repeated blows. He had probably been looking for warmth and food (rodents). Unfortunately, both snakes [our poor serpent and hers] (milk or other harmless reptile) were doomed as soon as they were found. But there is always a possibility if a knowledgeable nature person had been around, both snakes - had they not been rattlers - could have been saved."

In lieu of this information, I make a formal apology to all of our readers who found the news of the snake's death disturbing. Please excuse our hysteria and fear. We will try to be more observant and merciful next time.

Ho Ho Ho!

I had the sincere pleasure of being Santa Claus at our CHC (Community Health Center) located at Big Creek, Kentucky. I am proud to continue in the ongoing tradition of FNS charitable Christmas gift giving. The many bright little smiles that the children gave me were enough to remind me of what Christmas is really all about. I would like to thank all of you who made this year's contribution possible.



Santa Claus with Ethan Jacob Estep and his sister Kaitlin (Katie Bug).

Wendover Gift Shop

As many of you may know, we have a gift shop here at Wendover. We have a wide array of FNS paraphernalia and crafts by local folks for sale. If you would like to have a list of items for sale, please write or call Jeremy at 606-672-2317.

Courier Program News
by Karen Thomisee



Jennifer Swisher, Lydia Morris and Karen Thomisee

I feel a renewed sense of appreciation as I type this report; we recently regained electricity after being four days without. The snow storms that hit Kentucky left all of Leslie County without power at one point, but Wendover was lucky to have the help of a generator to keep the heat running in the Garden House.

We had quite an experience with four Couriers, Junior (maintenance man), Dr. Anne and Bandit (dog), Peach (the cat), and myself all sharing living quarters on the second floor of the Garden House. I returned home one night to find everyone crowded in the dark Courier Lounge around the TV watching a movie! Junior had alternated the generator between the heat and the VCR.

Our winter Couriers kept the atmosphere upbeat with their humor, and I must admit there was a bit of sadness when the electricity finally did return.

Winter Group

Lydia Morris from Villanova, Pennsylvania, joined us for November and December. Lydia is a psychology major at Harvard University in Massachusetts. During her stay she

explored the fields of psychology and psychiatry through the Hazard ARH Psychiatric Center. She also observed our social worker, Karen Sallee, and tutored at the Stinnett Elementary School. We are looking forward to hearing what she does next!

Susan Mathew, from Durham, North Carolina and a biology graduate from the University of North Carolina, plans a career in medicine and is interested in public health and tropical infectious diseases. While at FNS, Susan is attending rounds with Home Health nurses and shadows Beverly May, FNP at Beech Fork Clinic, Dr. Varghese at the Hyden Clinic, and Debbie Hacker, FNP in family planning at the public health department. Susan also taught English to our friend Huda (who has temporarily returned to Syria) and is tutoring Cinda Morgan. Susan, an avid traveler, has plans to volunteer with doctors in India and Guatemala upon leaving Leslie County.

Mariah Mottley, from New York City, fits in wonderfully at Wendover due to being a devoted animal lover. She is volunteering at the Leslie County Animal Shelter and caring for strays that wander her way. Mariah is taking a year off before entering Smith College in the fall. She tutors at the Leslie County Middle and High Schools and observes the work of family nurse-practitioners at the outpost clinics and the public health department. Mariah is interested in public health, education, and of course, veterinary medicine.

Jennifer Swisher joins us from Tallahassee, Florida. She is a graduate of Sweet Briar College in Virginia where she majored in biochemistry. Jennifer plans to attend medical school and stays busy shadowing Dr. Youssef and Dr. Sullivan in family practice medicine. She also assists Edith Wooton who is legally blind and has taken up the crafts of quilting and knitting.

Catherine (Cat) Thompson, from Madison, New Jersey is a recent philosophy graduate from the University of Vermont. Cat is interested in learning more about the work of family nurse-practitioners and is observing Abby Barnes, FNP

at the Community Health Center. She also enjoys working with the hospital social worker, Karen Sallee, and tutoring Ashley, a fourth grade student at the Stinnett Elementary School. In her free time, Cat quilts and helps Mariah care for stray animals.



Catherine Thompson with an adorable "stray"



Susan Mathew and Mariah Mottley

Former Couriers

Susie (Quinlan) Hill ('92) was married in April and with her husband has bought an old log home in the country "with lots of crickets and cows". Susie writes that it is a perfect place to live. She also sent news that **Amy Behrens ('92)** is living and teaching in Chile, with plans to look into graduate studies in English as a second language when she returns to the United States in April. Best wishes to Susie and Amy.

Amanda (Olivo) Minbiole ('93) was married in 1996. She obtained a nursing degree and is working at a home for terminally ill, mentally and physically handicapped children. Amanda eventually plans to become a FNP. Amanda wrote fondly of her memories of Hyden and said that Hyden is one of the most beautiful places she has ever known with some of the kindest people she ever met.

Karen Mangold ('97) recently sent word from Pueblo, Mexico, where she is studying through Dartmouth College. She writes that the weather is beautiful, the food is great and she is having a wonderful time (we are a little jealous of the 70 degree temperatures!). Karen is also undergoing the tough work of studying for the MCATS and applying for medical school.

Ashley Kidd ('97) is traveling and studying in India through Williams College. We anxiously await news of her adventures and will keep everyone posted.

Kitty (Ray) Heitzman ('62) happened through after being gone from Wendover for over 30 years! Kitty was in town to sell educational books for her company and had dinner with us. Kitty even got to experience sleeping in the renovated "barn" which was used for horses when she was last here.

Karen Playforth ('89) is back for her first visit since being a Courier. She is doing a medical rotation for her studies at the University of Kentucky.

FSMFN/CNEP News

by Susan Stone, CNEP Program Director

"Technology and Nurse-Midwifery Education"

As most of you already know, CNEP is a distance education program. Our students come from all over the United States and Canada. Our curriculum has been a paper-based one for the past seven years. Each course is written into modules or segments in which the student is guided through certain readings and activities. Students then write papers or learning activities which are mailed to an instructor. The instructor grades the written work and returns it to the student. Exams are mailed to qualified proctors in the student's community and then mailed back to the instructor for grading. After all activities are completed and exams successfully taken, the student receives a grade for that course.

In the past two years, our instructors have been actively designing learning activities that can be delivered on the Bulletin Board System (BBS). An example is one assignment in the antepartum course. Students are asked to present a case study on the prenatal class forum and other students are required to respond to the case study. The true outcome is then presented at a later time. These activities provide a method for student interaction and discussion broadening their opportunity to benefit from each other's knowledge and experience. Instructors also give feedback in the forum. It becomes a much richer experience for all involved.

In addition recently, learning activities are uploaded over the BBS. Students complete their assignments, attach them as a file to an E-Mail message, and send them to an instructor. The instructor downloads the assignments, grades them and then uploads them back to the student. This has been a great improvement for both students and faculty. Students receive feedback promptly and don't have to wait for the mail.

This year we have taken our curriculum development a step further using technology. Two of our faculty members, Kerri Schuiling, CNM, Education Director and Cindy Perkins, CNM, have been working with Heather East, Multimedia Designer, to develop a course using interactive multimedia software. In this course the students can actually see diagrams of anatomy that change as the hormonal cycles change. In addition, there are graphs that move to illustrate the change. There are also questions that students answer. If they get the question wrong, they are referenced back to the content area that they need to review. Some words in language of anatomy and physiology are not easily pronounced without hearing them first. In this program, the words and their definitions are stated verbally so that the listener can hear the correct pronunciation. A student can click on a word to have a "pop up" of its definition and to hear the correct pronunciation. These are just some examples of the methods that are used to develop curriculum using multimedia design. Not only is this course colorful and fun to use, it enhances learning with the interactive methods. Students can read, see, and hear the content which promotes learning and retention of the concepts. The course is located on a CD-ROM which students can use in their own computers.

This initial course has been developed as a Continuing Education Program for clinicians. We will be demonstrating the program at the American Nurses Association meeting as well as the annual ACNM Convention this Spring. We are sure that this will be well received and will benefit practicing clinicians. This program is the first of a series that we will be developing to assist not only in the development of new midwives but also in the continuing education of all interested clinicians. We are fortunate to have a talented faculty as well as an expert multimedia designer.

We must express our thanks to the Board of Governors of the FNS for their support of us as we explored and developed this first project.

Tribute to Kitty Ernst

Dear Kitty,

I wanted to take a moment and express my appreciation and respect for you and your tireless work and vision for CNEP, for making midwives, and for care of new families.

Three and a half years ago I was supervising a group of freshman nursing students on a library orientation. While waiting I picked up a copy of the Journal of Nurse-Midwifery (JNM). The issue had an article written by you about a program called CNEP. Previous to that time, I had started graduate work to become an OB/GYN NP, but had little enthusiasm for the course of study because I couldn't stand the thought of providing AP care and not being able to attend births. At that point, I had scarcely heard of CNMs (there were only about 12 in Indiana), knew nothing of the course of study or potential scope of care. Retrospectively, I can't believe I called for an application and started sending buckets of money to the Frontier Nursing Service based on the little information that I had. In large measure, I was hooked by the vision you communicated.

CNEP has been an interesting adventure and one of the most difficult things I have ever done. Difficult, not because of the course of study, but because of the challenge to master self. The self-confidence that was built as a result of CNEP is proving essential as I solo in a community unfamiliar with the model of care.

Recently, I was hired by a young, independent OB/GYN. We, along with another independent practice are introducing nurse-midwifery care to a university community of 136,000. In addition to the goal of providing custom client care, a birthing center is in the long range plan.

While you handed a torch for CNEP (or energizer bunny) to Sue Stone, I am confident that you have transferred a magnificent obsession for the care of mothers and babies to many students.

-Jan Davis, CNEP Class 11 graduate

Memories that Linger

by Georgia Ledford

It seems that, more than any other time, the time before and after Christmas brings back memories of childhood and the love that surrounded those times.

Those were the days of fireplaces, wood-burning stoves, cellars full of canned



food, potatoes in the bins and sometimes "holed" up under dirt or soft dry hay and boards. These kept well all winter and when spring came one could open up the potato hole and have almost fresh potatoes. So many of us did not have a lot of money but, when surrounded by love, it wasn't realized so much.

I remember when the nurses came to our area. We became acquainted with them and they with us. They always planned a Christmas program at the Center (ours was Flat Creek) and also gave gifts to all the school children. We were delighted with hot chocolate which was made on a large pot bellied stove in the school room. Parents did what they could to make a happy Christmas which always consisted of lots of home baked pies and cakes and old fashioned ginger cookies. When the nurses came, everyone had something and for some, those were their only gifts. To this day there is no hot chocolate that will ever taste like that out of the lard can!

I remember Miss Tenlin who was at the Caroline Atwood Butler Center (Flat Creek). I was a young girl at that time and I had learned to cut hair from my dad and mother. I became brave enough to cut Miss Tenlin's hair or maybe she became brave enough for me to do it.

Miss Wiliford, Miss Peacock and Miss Osgood were some of our first wonderful caring angels. Then there was Miss

Broomfield and Miss Penny. These were the 1942-1945 years.

Miss Penny delivered my first baby. That delivery took place in the home of David and Ollie Ledford. David Ledford, my father-in-law, I think was the first grown up that rolled up his sleeves and got his shot at school. He was mentioned in "*Wide Neighborhoods*". He always helped and was so thankful for the nurses and so was my father, Walter R. Mullins. Then there was our dear Miss Joyce Stephens. The large garden at Flat Creek was a beautiful sight to behold. My sister was the maid at the Flat Creek Center when Miss Browne was there and she also helped out at Peabody, Kentucky when Miss Summers was there. Can you imagine how loved these ladies were who rode their horses and came to check on all of us no matter what kind of weather?

Most mothers tried to have clothes for their new babies but for some it was hard. The nurses again stepped in bringing clothes and blankets in addition to all the needed medicine without charge.

How fortunate we have been to have had educated, caring and knowledgeable nurses to come to our homes. We cannot ever return the blessing.

Let's cherish all our memories and these are really only a bit of them as compared to what we can remember and recall.

Miscellaneous

We have fond memories of Kate Ireland and wish to honor her very devoted service to FNS over many years. I believe it was she who taught me how to drive a jeep and stay on a horse when I first came to work in Hyden as a nurse in 1965.

We still use, every day, the lovely lamp she gave us for our wedding in 1969.

We read with interest the new developments going on at FNS and witnessed the many physical changes on the old hospital hill when we visited in September 1996 with our son, Ted, who is currently living his own adventure as a Peace Corps Volunteer in the deep jungles of Panama.

Wendover has been well preserved and looks much like it did during the four years I was a FNS nurse or in the Frontier Graduate School of Midwifery. I could practically "see" Miss January, Peggy Elmore, Miss Browne, or Betty Lester sitting at the long rustic dinner table in the dog trot.

My Easter 1965 visit to meet Mrs. Breckinridge remains as clear as if it was yesterday. I have many wonderful memories of my days with the Frontier Nursing Service. We continue to follow with interest the spirit and good will that continues to this day.

-Carolyn (Coolidge) Godfrey (1968 Graduate)

In January 1997, we slipped off for a "winter escapade" in Switzerland, a Northwestern Alumni tour. We were at the Jungfrau with daily rides on the ski train to Grindelwald and Wengen, far up the mountain to tiny Kleine Scheidegg, and one day to Jungfrauoch, the summit and ice caves. We had come to see the Swiss celebrate winter and were not disappointed. Families flock out with sleds. We had a three day ski pass and a day tour to Berne, Gstadt and Gruyere, stayed in a lovely hotel in Interlaken and each evening had dinner in a different fabulous hotel dining room.

-Carolyn Booth (ex-staff 1948)

In Memory of Camilla Coolidge
(deceased January 14, 1998)

Mrs. Camilla Coolidge, Boxford, Massachusetts, became associated with the Frontier Nursing Service in 1977 when she became a member of the Boston Committee. In 1989 Ms. Coolidge became an associate member of the Committee but continued her devoted support to the Service.

Mrs. Coolidge became an enthusiastic supporter of the Frontier Nursing Service when the Boston Committee was "jump-started" at a luncheon at the the Country Club in May 1995. It was Mrs. Coolidge who volunteered with Ms. Lois Cheston, to organize and update the membership list and manage the checks for the annual luncheons until 1997.

The Boston Committee will miss the enthusiastic support and organizing ability of Mrs. Coolidge.

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 acknowledgments sent:

Name: _____

Address: _____

In Honor of

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: _____

Contributor's name: _____

Address: _____

Person(s) to whom you wish acknowledgments sent:

Name: _____

Address: _____

IN MEMORIAM

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

Mallie Collins, Hyden, Kentucky, age 97, died on January 12, 1998. Ms. Collins was the grandmother of Mallie Noble, Medical Records Director and Judy Roberts, Transcriptionist at MBHC. Ms. Collins was also the grandmother of MBHC Board member John Henry Sizemore.

Pleasie Sizemore, Bearbranch, Kentucky died January 14, 1998. Mr. Sizemore was the father of Patricia Sizemore, Home Health Agency at MBHC.

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.

Ida B. Lewis

Mr & Mrs. Frederick W. Thiele

Ed Gay

Ruth Blevins

Gladys B. Roberts

Willis S. Roberts

Mrs. R. F. Dunlap

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Linda Eggeman

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FORM OF BEQUEST

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

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

HOW ENDOWMENT GIFTS MAY BE MADE

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

1. **By Specific Gift under Your Will.** You may leave outright a sum of money, specified securities, real property, or a fraction or percentage of your estate.
2. **By Gift of Residue under Your Will.** You may leave all or a portion of your residuary estate to the Service.
3. **By Life Insurance.** You may have life insurance made payable direct to the Service.

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

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

Gifts of stock should be sent to:

FRONTIER NURSING SERVICE
Mr. William Hall, Treasurer
Fifth Third Central Kentucky Trust
250 West Main Street, Suite 100
Lexington, Kentucky 40507

STAFF OPPORTUNITIES

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

Staff Opportunities: Family Nurse Practitioners, Registered Nurses, and Physicians. For current information or to apply for a position, contact Department of Human Resources, Wendover, KY 41775 (phone 606-672-2317).

Courier Program: This program has an ongoing need for all types of people, with all types of skills. The program is not limited to those interested in a health career. It encourages applications from anyone who is willing to volunteer for a minimum of 8 weeks and would like to be exposed to the work of the Frontier Nursing Service. For current information, write or call Courier Coordinator/Courier Program, FNS, Inc., Wendover, Kentucky 41775 (phone 606-672-2317).

Nursing Volunteer Program: This is a program that has been recently designed to meet the needs of nurses and nursing students who only have a short length of time in which to come to FNS and gain experience. In this program if accepted, there is no required amount of time. For current information, write or call Director of Nursing, Mary Breckinridge Healthcare, Inc., Hyden, Kentucky 41749 (phone 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. Send to Frontier Nursing Service, 132 FNS Drive, Wendover, KY 41775.

Community Health Center:

Ear Thermometer	290
Ex-Large Blood Pressure Cuff	30

FSMFN - Lexington Office:

TV/VCR	400
Desktop Computer (partial matching gift)	1,000
Digital Camera	500
Database Server (partial matching gift)	1,000

Home Health:

Portable O2 SAT Machine	200
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Hyden Clinic:

Two Speculum Lights	1,100
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Kate Ireland Women's Center:

Two Fetal Heart Dopplers (hand held)	500
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Medical Surgical:

Two Medicine Carts	650
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Obstetrics:

Digital Baby Scales for Nursery	1,500
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Operating Room:

One Fetal Doppler (hand held)	500
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Wendover Big House:

Vacuum Cleaner (Canister with Attachments)	500
Sheets/Tablecloths/Dishes	800

FRONTIER NURSING SERVICE, INC.

Its motto:

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

Isaiah 40:11

Its object:

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

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