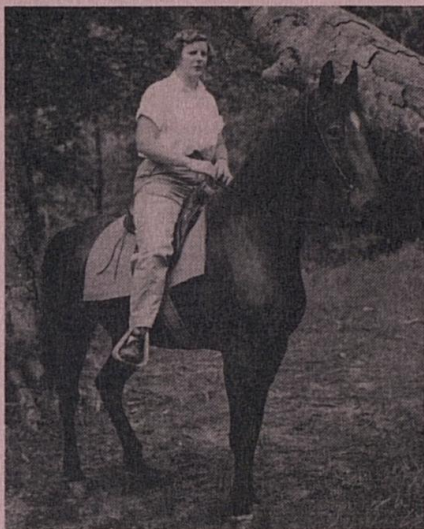




Miss Kate Ireland



Courier 1951

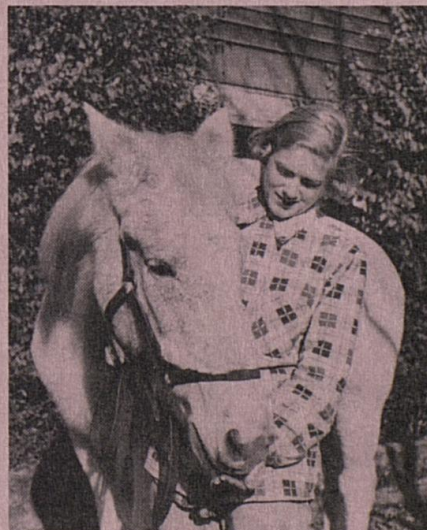


June 1992

Miss Jane Leigh Powell



June 1992



Courier 1955

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Kate Ireland Retires as National Chairman of the Frontier Nursing Service

Kate Ireland has been associated with the Frontier Nursing Service since 1951 when she first came as a Courier. She returned several times between 1951 and 1961, and became the Director of the Courier Program from 1961 to 1975. She was elected as a member of the FNS Board of Governors in 1963, Vice-Chairman in 1968, and Chairman in 1975.

During the April 10th and 11th Board meetings at Wendover, Kate announced her retirement as Chairman of the FNS Board of Governors. Kate has also retired from several other boards on which she has served for many years, e.g., Chairman of the Berea College Board and the Cincinnati branch of the Federal Reserve, fourth district. She will remain as a member of all the FNS corporate boards and will continue as Chairman of the Frontier Nursing Service Foundation Board.

Kate says she first talked about retiring and moving south to Florida in 1989. However, at that time FNS had decided to restructure and incorporate the subsidiaries. The Board asked her to stay and assist the newly appointed Director and CEO, Deanna Severance, in meeting the challenges of the organization. Kate has sold her home at Wendover to a local attorney and plans to sell her plane since she won't be needing it for travel to meetings as much.

Kate says, "The Frontier Nursing Service could not be viable today if it wasn't for our many friends all over the United States and other countries who support our programs, not just to run a hospital but to run this unique health system founded by Mary Breckinridge in 1925." Last summer we had visitors from Mongolia, Kenya and Columbia, and throughout the year we've had visitors from several other countries who came just to observe our methods. Some people feel they should only support the hospitals in their own home towns but because of our Midwifery and Family Nursing Program we have their support.

To show our deep appreciation for all Kate has done for the Frontier Nursing Service and the people we serve, a huge reception is being planned during the weekend of the September Board Meeting at our local recreation center. At the reception, Miss Jane Leigh Powell will be recognized and welcomed as the newly elected Chairman of the Frontier Nursing Service Board of Governors.



Leigh Powell and Kate Ireland at the Big House

Leigh Powell

At the Annual Board Meeting this year Miss Jane Leigh Powell was elected Chairman of Frontier Nursing Service Board of Governors. Leigh has been associated with FNS since 1954 when she was a Courier. She has been a Board member since the 70's and has served as Vice-Chairman of the FNS Board for the last three years. She is also the Vice President of the Maternity Center Association in New York City and is on the Board of the National Association of Childbearing Centers. She is currently President of her family corporation in South Carolina.

Leigh was born in England and has lived on Long Island, in New York, for many years. Leigh says, "I have tremendous faith and respect for FNS, and it still serves as a model of health care to the U.S. and the world." Leigh is looking forward to serving FNS as Chairman of the Board in the best interest of our organization, and we are looking forward to working with her!

Kate Ireland and Leigh Powell have both given many years of service to the Frontier Nursing Service. We want them to know we deeply appreciate their dedication.

-Barb Gibson

Notes From the School

Frontier School Facts:

We've had many calls from Alumnae and others who want to know about our current program. These are some of the most common questions we get. I thought if everybody else wants to know, you too would like this information.

Did the School close?

We did not close. Our program has gone through a few changes over the years, but that's because we're growing so rapidly. The school never plans to close. The role of educating nurse-midwives is too important. Where once we had 8-12 students in a class, we now have 150! **The difference is CNEP.** The Community-Based Nurse-Midwifery Education Program is a "first" of its kind program for health/medical education. CNEP is the example and leading the way for other programs.

What is CNEP?

CNEP is a new concept in nurse-midwifery education. Four internationally respected organizations in education and maternal-child health service responded to the challenge of providing nurse-midwifery care for women in an environment of diminishing access and availability. FNS, Frances Payne Bolton School of Nursing at Case Western Reserve University, Maternity Center Association, and the National Association of Childbearing Centers created CNEP. The first 22 students graduated in October, 1991. Students live in almost every state and bring a rich background of experience to the program.

Is this a Correspondence School?

No, no, no.

How does CNEP work?

The best way to describe this program is a "college without walls." CNEP is a self-paced program that allows students to remain in their home community. Students follow a modular course of study, closely monitored and evaluated by regional coordinators and faculty. Students also do clinical work that allows a hands-on approach, much like an apprenticeship. This clinical training is also done in the community

under the guidance of well-qualified CNM's. These preceptors are sought out by the CNEP student herself and then become a part of the Frontier School clinical faculty.

How can Students learn outside of a classroom?

Really, CNEP isn't all that different from the former program. Students just don't have to move. They still must study the required course-work, do graded assignments, take tests, mid-terms and finals. They still do highly supervised clinicals and are required to take the ACNM Boards to be certified.

Why did you change?

CNEP was brought about to meet the need for more nurse-midwives. Students keep family stress to a minimum by helping them meet their family obligations while training. CNEP allows students to serve their community. This solves the problem of training and keeping qualified nurse-midwives in rural areas and other areas where access to care is limited. If students are educated in their community, there is less likelihood of them moving. CNEP is also more cost-effective for the students because they don't have to move for two years. Many students find financial support from their community and local hospitals. They can work, earn much-needed income, and go to school at the same time. Some employers help pay for their education and many have State or Federal Scholarships.

Why did you move to New Mexico?

Only three faculty went to New Mexico and the move was for one year only. The move to the University of New Mexico was for two main reasons. We set up a pilot program so the U.N.M. could have a nurse-midwifery program of its own. It already had a masters FNP program, but wanted to expand into nurse-midwifery. FNS successfully "guided" the development of this program for U.N.M. Secondly, there was not enough clinical base in Hyden to train large numbers of students. It became too expensive to move all the students elsewhere to get their clinical training. New Mexico was rural and had a greater need than other sites we considered, making it an ideal situation. FSMFN is still the oldest nurse-midwifery school in continual operation in the U.S.

- Judith Treistman

Dr. Ruth Watson Lubic Honored

On Saturday, March 7th, the Alumni Council of Teacher's College of Columbia University sponsored the College's first Academic Homecoming. A high point of this special day was the presentation of 1992 Distinguished Alumni Awards to six outstanding alumni of Teacher's College. One of the awardees was Dr. Ruth Watson Lubic. Dr. Lubic is the General Director of Maternity Center Association in New York. She received her midwifery training at MCA-SUNY Downstate Medical Center and has had a career as a Nurse-Midwife, Childbirth Educator, and Parent Advocate for over 30 years. She has served on many public boards and private committees and commissions.

- Barb Gibson



Correction

In the Winter '92 *Quarterly Bulletin* article "Appalachian Health Care" Candles in the Darkness I repeated a story in which I told about Mrs. Breckinridge's son, Breckie, telling the foreman he was a bird and could fly. I had a nice letter calling to my attention the fact that Breckie was in fact talking to his cousin, Brooke Alexander, who was visiting with Mrs. Breckinridge and Breckie. I am sure Mr. Alexander has some very interesting memories of his time spent with them.

- Deanna Severance

Nurse Practitioner of the Year - Kathie Cook

The first week of November was proclaimed "Nurse Practitioner Week" by the Governor. In connection with this, each year the American Academy of Nurse Practitioners approve the selection of a "Nurse Practitioner of the Year" in each state. Selections are based on excellence of clinical practice and community involvement. Nominations are made by the Practitioner's patients and peers, then the final decision is made by a panel of Nurse Practitioners from



Kathie Cook

around the state. Kathie Cook, FNP, was named the 1991 "Nurse Practitioner of the Year" in Kentucky. She works in the Hyden Clinic and ER at the Mary Breckinridge Hospital. Kathy will be recognized at the American Academy of Nurse Practitioners National Conference to be held in Washington, DC June 11th - 14th.

Kathie was born in Worcester, MA. She did her training at the Fall River Diploma School of Nursing, Fall River, MA, and her Family Nurse Practitioner training at the East Carolina University, Greenville, NC. She is currently the medical director of our local high school football and basketball teams. She is a Kentucky Colonel, a member of the Lions Club, (in 1990 she was the Lions Club "Woman of the Year"), a chartered member of the Chamber of Commerce and a member of the Kentucky Coalition of Nurse Practitioners and Nurse-Midwives.

When Kathie first came to Mary Breckinridge Hospital, she was seeking a job as a FNP in a rural area where people needed quality health care and every day the provider made a difference. She says, "I have worked here since July 1988 and have remained at FNS because of the people. I love my patients, they have accepted me and take just as much care of me as I do them. FNS is alive and well, I plan on staying here for a long time. We have a very talented, dedicated administrative team who is helping us grow and adapt to the changes in today's ever changing health care."

Kathie lives at Hurricane Creek, Wendover, KY and enjoys horseback riding, cross stitching and sports in her spare time.

- Barb Gibson

Employees of our Organization

Juanetta and J.G. Morgan have dedicated many years of their lives to Frontier Nursing Service.

Juanetta originally starting working for FNS in 1951. She was the secretary to Agnes Lewis (Executive Secretary) and Miss Helen Browne (Director). In 1955 she resigned and married J.G. Juanetta says, "when I first met J.G. he was sitting on top of the paddock fence at Wendover watching the girls. Back then that's where the boys came to "catch" the girls."

Juanetta came back to work in 1962 for Mrs. Breckinridge, typing her great-grandfather's diary for possible publication. He was the Vice-President to President Buchanan. After that, Juanetta held several different positions including Executive Secretary succeeding Agnes Lewis who retired in 1967, Transcriptionist at the Wooton Clinic when it first opened, Payroll Clerk, Business Office Supervisor and is currently the Administrative Assistant in the Maintenance Department at Mary Breckinridge Healthcare.

Juanetta remembers that she came to FNS the same year Kate Ireland did. Juanetta said she has cherished the memories she had with Mrs. Breckinridge. She says, "Mrs. Breckinridge commanded respect from everyone; she was firm but very kind."

Juanetta was born at Morehead, KY. She first heard of FNS through an ad in the newspaper advertising for a secretarial position. She applied and was accepted.

J.G., on the other hand, was born and raised on Camp Creek of Wendover. His grandparents lived in a cabin located near the Big House. Jahugh was the maintenance person and Belle was the cook/gardener. They both retired from FNS. J.G. recalls spending much time with his grandparents and became well acquainted with Mrs. Breckinridge. She visited with Jahugh and Belle often and J.G. said, "Mrs. Breckinridge was one of the most respected women in the United States."

J.G. began work at FNS in 1968 in the Maintenance Department at Wendover. For a period of time he worked at Mary Breckinridge Hospital but returned to Wendover as the crew chief



Juanetta and J.G. Morgan

of maintenance. He does beautiful wood working and with the assistance of Junior Phipps, does all the remodeling at Wendover.

J.G. recalls that many years ago, he and a friend asked permission from Mrs. Breckinridge to have a square dance in the basement of the Garden House since so many of the employees were young and most of them lived at Wendover. Mrs. Breckinridge gave her consent and the square dances continued most Saturday nights for the next three years.

J.G. and Juanetta both say, "we enjoy the people at FNS and love working with the organization." Juanetta says, "in the early days I learned so much by just sitting and listening to visitors from all over the world who came to visit FNS to learn about this unique organization first-hand." J.G. says, "I told Miss Browne in 1968 that I was going to retire from FNS, and I still plan to do just that!"

- Barb Gibson

Patient Transport - *Yesterday and Today*

Recently I had the privilege of meeting Betty Powell, admitting manager, and the Skycare Team from Jewish Hospital in Louisville during their trip to Hyden to show off their new air ambulance. I found this article in an old Bulletin to use as an introduction to Betty's story. Patient-transport has improved tremendously over the last several years!

- Barb Gibson



Patient transport in the early days

(Reprint from the Spring 1935 Bulletin) March 17, 1935

This has been a funny week. I think I told you Miss Harris and I were so busy that another nurse, Miss MacDonald, had come to help us. Well, on Tuesday we had one of the biggest "tides" since I came out. Our creek was just all over the place, and was flowing so swiftly that rocks and trees were being carried down with it. Fortunately, there were no midwifery calls that day, and we did not go out at all. On Wednesday the flood had gone down a bit, but the trail up the creek was entirely different. Where there had been mud was water; where there was water there were rocks and trees; in place of small stones was a layer of sand; and in other places the sand was washed off and stones remained. I had some work to do a good way off, and was not in till nearly 5 p.m.

That night, about 10, the phone rang. It was Miss Worcester from the next district, the Margaret Durbin Harper Center, 10 miles away at Bowlingtown in Perry County. She was with a maternity case who was not getting on very fast, and had had a call to another maternity case where she was expecting serious trouble. Could we "hang on" to the first patient? Of course we said we would. As it was really out of our district Miss MacDonald was to take the case, and I rode over to show her the way, and to wait if the patient was quick, but come back if she was slow, in case of other calls. It was a very dark night and we made rather slow time going up the still scarcely recognizable Bullsken Creek, and on up Leatherwood. However, we got over our 10 miles eventually.

We had not been at the patient's house long when there came a boy with a message from Miss Worcester at her second patient saying she was in difficulties, had tried unsuccessfully to get our doctor, and if a nurse from Brutus had arrived, would she go to her when possible. So off I went this time. It was a cold night, and I had my sheepskin, thick gloves and mittens and raincoat in case of rain. The boy said we would have to leave "Lady Jane" where she was, as it was impossible to cross the river except by boat. So we trundled into the boat, about 1 a.m., and all in the dark he paddled me over. He took me to his father's house, where his father was wrestling with the phone, still trying to get Dr. Kooser. I gathered that a man named "Mack" was to take me to Miss Worcester. In the ordinary way it was only a few minutes horseback ride on the road, but the river was so dangerous, and all over the road, that it was necessary to go over the mountain to reach her.

Off we went and "Mack" was excellent. We went slick up a hill and slick down again, no sort of path, just plunging headlong through bushes, mud, thawing snow, briars and brambles, slippery leaves, holes and what not. I had my flashlight and clutched that in one hand and "Mack" with the other. I fell down lots of times and was covered in mud from head to foot. It took us nearly an hour, instead of 10 minutes by the road. Miss Worcester and I were there for the rest of the night. The woman was very ill, but by the morning her general condition seemed improved, and as it was impossible to get a doctor we suggested that she might go to the Hyden Hospital. In the ordinary way she would be "stretchered" all the way, about 17 miles, but the rivers were up, so we had to put our brains together to think of something else.

Miss Worcester thought we might return to the Bowlingtown Nursing Center for breakfast and to make transport arrangements, by a worse bit of the hill but a shorter way. Well, if the way with "Mack" was a nightmare, the other was perfectly ghastly, right down the face of a cliff. Every twig and branch broke in our hands, all the stones or rocks we tried to hold on to came away in our hands, and in several places the only thing to do was to sit down and just slide over the mud on our pants. We were in a mess, hair streaming, hands cut and bleeding, and plastered with mud. We felt ready for our breakfast by 7 a.m., when we got in. Miss Worcester did a lot of masterly organizing, and it was arranged that she would go back to the patient and fix her up, and I would be back at the patient's house, after a clean up and slight rest, at 11 a.m. in order to take her to Hyden. Miss Worcester, being on a single district, could not be away. We knew that from a place about four miles away, called Gay's

Creek, there should be a "bus" some time during the afternoon, that connected with a train at Chavies, which would go to Hazard. There, some of the hospital nurses could meet the train and take the patient by car for the last 25 miles. Of course we both had to cross that hill again, but we did not repeat the performance of the cliff. The other way (Mack's way), was not so bad by daylight, and the snow was gone, and even some of the mud had dried up.

Just after 11 a.m. I was back at the patient's house, and they had made a stretcher of poles, two sacks and some quilts. The patient was well wrapped, but was in such a poor condition that she could not keep warm, so we put my sheepskin on, which was fine for her. We started off, four men carrying the stretcher and other men to be picked up en route. There was talk of going part of the way to Gay's Creek, down the river by boat, but at first it was uncertain whether the men considered it safe to take a boat. We were about a mile from the river in any case, so we started off. We had four men carrying the stretcher, and Nancy (the patient's sister) and I brought up the rear. Of course the track was very rough, just down a creek. We had a long rest on someone's porch near the river. We put the stretcher in the sun, and Nancy and I busied ourselves with the patient. While there some of the men decided the river was all right, so we proceeded down to the river. The boat looked very small, and the river very swift. However, hoping for the best we discussed the best way of arranging the patient. An extra piece of wood was nailed across, and the stretcher was put endwise on the boat, the poles resting on two seats. One man sat in front of the boat, then the stretcher, then Nancy and me together on a very small seat, and at the back another man for the steering. We just went down on the tide.

It was a glorious day and the four-mile trip was really lovely, with mountains all around. The rest of the men rode down on muleback. At the mouth of Gay's Creek we got out, about 2 p.m., and waited for the "bus".

At Chavies we had to go into the waiting room till the train came, then four more men carried her out, and we hammered on the goods car door (baggage car) and up we leaped. The stretcher had to be on the floor, and I shall never forget that hour's ride. Nancy and I had to get a little amusement out of something, and we were nearly helpless over the dead pigs, the crates of live chickens, and boxes of eggs. At Hazard two nurses from Hyden Hospital met us with a large car. They managed to get the patient on to the back seat, and they drove the last 25 miles. We have heard since that the patient is doing well but the baby was dead. We knew

that before she left home.

At last I arrived back at Miss Worcester's nursing center at midday. We had a jolly lunch together, than I was put across the river in a boat, retrieved "Lady Jane" with many thanks to her host, and tripped back the 10 miles to Brutus.

So you see it is not very easy getting a patient to a hospital when the rivers are up. The total distance the patient had to travel was 50-60 miles instead of 17 if we could have "stretchered" her direct, crossing the rivers.

- Gwladys E. Doubleday, RN

"Hitching a Ride"

The Invitation

"Barb Gibson is on the line." "I haven't talked to Barb Gibson in some time, I wonder how she is." As fellow members of Kentucky Hospital Admitting Managers and counterparts at Jewish Hospital - Louisville and Mary Breckinridge Hospital - Hyden, Barb and I, as Admitting Office Managers, have become friends over the years.

It has been a while since I have talked to Barb and I learn she has changed jobs and currently is in Public Relations at the Frontier Nursing Service. I tell Barb about our new SkyCare Helicopter and how the crew will be logging some hours while they become acclimated with the aircraft. They are planning to take it to various Hospital Emergency Rooms for staff and local E.M.T.'s to have a look. Barb extends an invitation to come to Hyden.

The Day of Ascent

As I drive to work this morning I can see from the expressway for a mile or so the SkyCare Heliport, the wind sock is lazily responding to a rather calm atmosphere, and I notice the rotors are turning on the new Dolphine (my ride to Eastern Kentucky). My heart picks up a beat, and a sense of pride fills my very soul. (In an hour or so I will be flying away.)

I arrive at the Heliport early, excited and happy to meet my fellow passengers. There is Chris, the Nurse, Chris, the Paramedic, Mary Helen, the Communications Specialist, and Jack, the Pilot. All are as excited to fly out to Eastern Kentucky today to show off their new aircraft as I am to get to ride along.

I climb aboard the helicopter and am strapped into a seat directly behind the pilot but facing the rear of the aircraft. I receive the proper

safety instructions and am given a headset with a voice activated microphone to wear. The jet engines pick up momentum and suddenly we begin the ascent. Gently, we are lifted into the aircraft's natural element, the air.

We are suspended in midair now looking down on the city. Folks are going about their daily routine, traffic stopped for a red light, a fire engine in the distance. We are moving up and starting now to move forward and the view becomes panoramic. We experience the aimlessly wandering river bed of the Ohio, the Louisville skyline, and the open fields of Jefferson County. The view is breathtaking, I look around at my fellow passengers and see that they are likewise awed by the experience. The only sound we hear is a crackle in the headset followed by "This is SkyCare One....." and then hushed silence. Soon I am losing at a game I am playing of being able to recognize land marks.

We are flying South and East now through open country side, over a patchwork of variegated green fields mixed with acres of rich brown soil. Quilted together by fence rows dotted with barren trees, covering the gently rolling terrain. The continuity is interrupted only by an emerald river meandering along between tree lined banks, and a distant highway directing the journey of a bright yellow school bus.

Nearing Eastern Kentucky now, from this vantage I can see the mountains popping up on the horizon, nurturing stately trees that are stripped of leaves by winters icy fingers. Their starkness against the blue grey February sky reminds me of a pen and ink etching. Between these majestic mountains the hollows are clearly defined. Mountain homes are dotted randomly along on either side of a creek bed, smoke spirals upward the remains of a morning fire stoked to ward off winter's chill.

The Arrival

The itinerary for the day is Appalachian Regional Hospital in Hazard, Mary Breckinridge Hospital in Hyden and Appalachian Regional Hospital in Harlan.

At Hyden we spot the Mary Breckinridge Hospital from the air and notice a neighboring school. The two are connected by a school yard scattered with children at play. Our pilot is concerned about the children and we circle the area again. This time when we come around the mountain the children disburse and are watching from behind the school yard fence. We hover briefly and gently descend onto the baseball diamond. As I look around I see children peering out the classroom windows and know that we have caused some young ones to be distracted

from their studies.

As the jet engines whine down, the rotors slow to a stop, Chris the paramedic walked to the school yard fence to see if the children want to have a closer look at the aircraft. As I climb out of the Helicopter I hear a cheer go up and then silence as Chris explains the functions of the Air Ambulance to a captivated audience. A single file of children thread through the school yard fence to "check out" this magnificent flying machine.



Skycare-at Hyden

I walk through the crowd of curious children and am greeted by Hospital Employees who are expecting us. I find Barb Gibson and we are off to Wendover. That beautiful breathtaking clearing on the Middle Fork of the Kentucky River. As Barb and I walk along the path leading to the "Big House" I am overcome by an acute case of nostalgia. As we pass the old blacksmith shop I can hear the hammer striking that "white hot" metal, shaping that perfect shoe for the horse that will be taking a nurse or courier up the mountain trails. Passing a massive log barn I can smell the sweet fragrance filling the air above the hay mow and hear the gentle whinny of an equine partner settling in after a long day with the Frontier Nursing team. A red bone hound joins us on the path now and I learn his name is Big Red and that he just wandered in one day, and stayed. With Big Red in tow we reach that steadfast two story log structure, the "Big House" where the name of Mary Breckinridge is spoken with reverence.

Moving about from room to room I am told about the "Big House," the descent of Mrs. Breckinridge down that grand staircase, the afternoon teas, and the gathering around the fireplace in the evening for fellowship with guests and a sip of sherry to warm the spirit.

The Return Trip

Back at the school yard we say our good-byes and I climb aboard the helicopter for the return trip.

Flying into the sunset now I notice the hollows are filling with vapor as the warm afternoon sun fades into the cool saturation of dusk I think about all I've seen and learned this day.

Cruising at 184 MPH in the worlds fastest Air Ambulance Helicopter, I reflect on the Healthcare Delivery System of another era, when nurse-midwives and couriers equestrian skills needed to be as astute as their nursing skills in order to deliver health care. Their "people skills" also had to be honed to perfection to gain the trust of the mountain people for whom they cared.

I look around me at the Cardiac Defibrillator, the oxygen ports, the wall mounted suction, the chest tubes, the IV and other equipment secured away in cabinets that are strategically placed along the walls. I realize that this "set up" is equal to an Emergency Room or Intensive Care environment. Looking back I can appreciate the ingenious planning that had to go into equipping saddle bags with enough medical instruments/ equipment and medication for the trip in the mountains.

Taking a final, farewell glance at the mountains being enveloped now in darkness, I ponder the patients being brought down the mountain side on a litter to a clinic or hospital, and imagine that same patient being transported by this Air Ambulance which accommodates two patients, four nurses and paramedics.

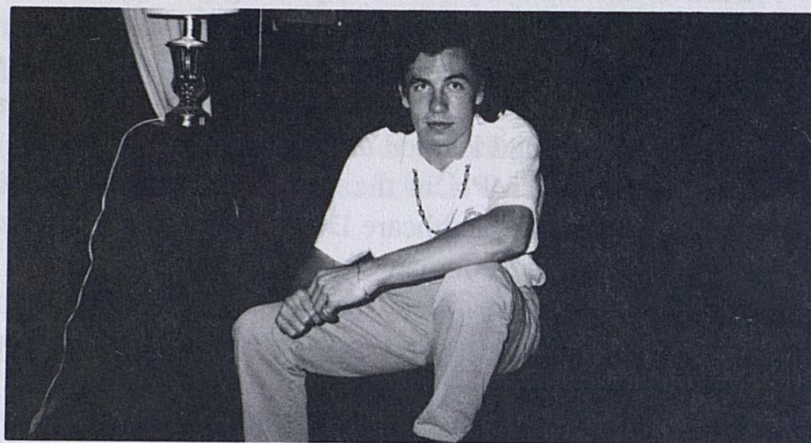
In the mountains Mary Breckinridge pioneered a new and different kind of health care delivery. She was a visionary with a real grasp of the future, a genuine love and concern for her fellowman. She was truly a person ahead of her time.

We are approaching the landing light on the helipad at Jewish Hospital. As we gently begin our descent, I wonder had Mary Breckinridge lived in the 1970's and 80's if she would have helped pioneer health care delivery via air ambulance?



- Betty Powell

My Experience as a Courier



Todd Russell - Courier

Experience is one of those things that most everyone wants and needs. The acquisition of experience is often one that is all but impossible to achieve. I had previously attended two years of college but had not focused on a major. I decided that I needed to take some time off from school to get the "needed desire" to complete a major. One summer I worked in the ghettos of Omaha, Nebraska. There my desire to work with children surfaced. Upon arriving back home I contacted a firm which offers various internships around the country where I first learned of the Frontier Nursing Service. I applied to become a Courier and was accepted - I arrived at FNS.

I am now involved in various aspects at three of the local elementary schools. In each of the schools I do many different tasks. I aid in the teaching of art in grades one through eight, but mostly I teach the fourth and lower grades. Art is something that all children seem to have a true passion for but many do not always have the opportunity to learn this.

Actually, teaching art is the smallest segment of my school experience. I also assist the teachers in grades one through three by tutoring in reading, math, writing, science, or anything the children may be having difficulty with. I like doing this because this often allows me to teach the child in a "one-on-one" situation. This helps me to better understand how to cope with the problems other children may be having. I am constantly surprised at the intelligence of children at these ages. There are often questions asked that I can not answer.

The schools are now developing drama classes. This is an area in which I've had a lot of experience and I am more than happy to share this with someone else. This program is done on a volunteer basis and is conducted after school. The kids are very dedicated in their theatrical pursuits. The only regret is that the timing of this class has not allowed us to have time to complete a production of any sort. We do feel that the next classes will already have a foundation from which to work.

Working in the schools is not the only opportunity I have had since I've been here. One of the things I enjoy most is to go on home health visits. I have always been told that I am a "people" person. I feel that working in home health is a great opportunity for someone like myself. I have been able to see the same patients each week and have built true relationships with them. By visiting the patients each week I am able to see the impact of my visits. The desire to work with people and their problems is the one "true desire" that I have.

The Frontier Nursing Service has allowed me to be able to get the full effect of a rural health care system and of the local school system. In fact, this magnificent program even allowed me to view the birth of a child, something I did not feel I would be able to see for a long, long time. I love the friendships that have occurred because of this. Except for my own home I have never felt so "at home" and so much at ease as I do here. I feel that my experience here at FNS has definitely increased my passion for learning!

-Todd Russell

My Experience as a Courier

I still remember sitting in my friend Laura's bedroom four years ago, reading about FNS couriers and thinking, "I want to do that someday." I have always had an interest in medicine and wanted to work in a rural area. After I graduated from college last May, talking to Susie Hudgins (that enthusiastic and easy-going Courier Coordinator) was all I needed to know that I wanted to come this year. Being a courier who would "wear many hats" and become involved in the community appealed very much to me. So, after finishing my summer job at Johns Hopkins Hospital in Baltimore, I set off for Kentucky, excited to live in a small community in the mountains and to find out if the health care profession was for me.

Beyond my courier duties of carrying the mail, being on call, serving Monday night tea, and other assorted responsibilities, I worked primarily in Health Care in the fall and became progressively involved in the local schools by November. On the health care side of things, I went on rounds with various providers and saw patients, sat in on prenatal, post-partum, and well-woman visits with several nurse practitioner/midwives, and accompanied nurse's aides on Home Health rounds. I loved talking with the patients and learning how to look and listen for symptoms of various health problems.

I have become especially interested in community health because I had such a positive experience going on Home Health rounds. I learned to take vital signs, shave, and sponge bathe people with a variety of ailments. Seeing patients in the comfort of their own homes was a pleasure because I became acquainted with so many interesting and wonderful people. Each week, I looked forward to working with the Home Health aides and going to see the patients and their families.

Another highlight of my week was working in the schools. I started by developing a poetry and creative writing class for the advanced 7th and 8th graders at Beech Fork Elementary School. They were shy at first, but soon they opened up and impressed me with their ability to write creatively. We had fun discussing the poems we read and learning about the time periods in which they were written. I was glad that I had majored in American Studies in college so that I could draw upon the range of courses I had taken to make the poems more meaningful to the students.

I helped out in an ungraded primary class by tutoring, and I also assisted in 7th and 8th grade art classes. I began to realize that I was even happier teaching than I was working in health care. I loved the children and the freedom to be creative while teaching subjects I have always enjoyed.

The end of December came too quickly for me because I wanted to continue my work in the schools and to spend more time with people I had met in Leslie County. Then when Susie Hudgins asked me to fill in as Courier Coordinator for the months of February and early March, I gained a whole new set of experiences as I processed maintenance and food orders, gave tours, corresponded with prospective couriers, and scheduled couriers to work in the hospital, to go on Home Health rounds, and to teach in the schools. My favorite part of the job was getting to know the other people who work at Wendover and working with both present and future couriers.



Amy Behrens - Courier

I grew to appreciate the luxuries of being a courier while Susie was gone because I didn't go on Home Health rounds or to the schools full-time. In March, I expanded my role as a teacher since education had become my focus of interest. I began teaching poetry to the whole 7th and 8th grades at Stinnett Elementary and I picked up some new art classes at Hyden Elementary School. I also worked with this spring's enthusiastic group of couriers to create a Drama Workshop which we held biweekly at Stinnett and Hyden Elementary School. I combined my interests in health and education by working with Hyden's Project ASK (Additional Support Services for Kids). This involved teaching weekly Drug Prevention and Awareness Classes to the 3rd and 4th graders at Hyden Elementary with Susie Quinlan, another courier. Working in the school system has been a terrific experience for all of the couriers. It was powerful enough to make me start looking for a job teaching next year.

FNS couriership leads one to a breadth of new experiences, more than I had ever imagined. Not only have I worked in the fields of health and education, but I have practiced my cooking skills, met remarkable people, seen breathtaking starry nights on evening walks, removed bark from a tree and learned a bit about woodworking, toured the coal mines, hiked in beautiful areas, and had many good talks with new friends I want to stay in touch with for a long time. I learned a great deal from the people I met in Kentucky - couriers, people at Wendover and in the community, patients, students, home health aides, teachers, nurse practitioners, midwives, and doctors. This experience will always be a part of me. I'm already thinking about when I'll be able to return.

-Amy Behrens

A "Professional Swimming" Midwife



Bunny Adler with Patient and thier newborn

Midwives are unique people to begin with, but this midwife competes in national swimming games. Bunny Adler was born in Brooklyn, but now lives in Plattsburg, NY. Her family lived near the ocean so she was raised around the water and started swimming when she was still in diapers. When she was seven, the life guards noticed her. She was timed for her swimming and became the first in her age group.

Bunny entered into a novice race at the age of ten and broke the state record in breast stroke swimming. She became a safety instructor for the Red Cross in 1960 and continues to teach swimming. At the age of 40, Bunny broke three state records in the Empire State Competition. In 1989 she competed in synchronized swimming and won a Gold Medal. Bunny plans to attend the National Meets in June 1992 and has signed up for the World Games in Indianapolis this year where she will be competing.

Bunny attended the Bellevue School of Nursing and received her masters in Marriage Counseling from Plattsburg State University. She plans to attend Case Western Reserve University in Cleveland, Ohio to obtain her masters in nursing.

Bunny came to FNS through Jackson and Coker, a "locum tenens" agency. She worked in our Obstetrics Department for six weeks and says "this was really a neat experience, FNS is great and I am thrilled to be able to work in a place that is steeped with such great history."

Bunny has been married to Robert Adler, a private practice Ophthalmologist, for 26 years and they have one son who is a senior at the University of Colorado, majoring in environmental studies.

Bunny said she enjoys midwifery but considers swimming a "life sport" and plans to continue competing. *-Barb Gibson*

Courier News

Reflections on the FNS Couriers

My husband and I lived at the "Big House" for two weeks encircled by an entourage of youthful enthusiasm, friendships, and the selflessness of eight FNS Couriers.

Representing New York, Vermont, Maryland, Massachusetts, and Texas, these young men and women volunteered two to six months of their lives here in the Kentucky hills. Their rewards were obvious each evening around the dinner table. Triumphant Todd" ... I've finally won the deaf-mute boy's trust, he really likes me. Wonder how the Home Health Nurse will get along when I leave?" Betsy, reading a note from one of her students, beamed as she related her tutoring efforts. Marnie, working in the midwifery library, confessed" ... it was a tedious job, but the books were so interesting!" Artistic Anna, who delved into art books at the Public Library, discovered budding artists in a school without art teachers. Amy, wistfully reflected on the students' poetic potentials "I want to give them some inspiration to continue their poetry. I can't believe how responsive they are!"

A spontaneous spirit of cooperation - no job was too small-pervaded the atmosphere. If a "stat" job was announced after dinner, you could hear cool-hand Luke say, "it stinks - but I'll do it. An hour of stuffing envelopes is a piece of cake!"



FNS Couriers

On Saturday evening we discovered one of the couriers, Susie, eating dinner alone in the kitchen. "Everyone is at the fish fry, I volunteered to stay on duty. It's never been so quiet here before!"

Attachments are strong among the Couriers "We don't know whether we'll meet again - hugs and farewells - planned reunions. Lizzie was the first of the group to leave and that night Susie, the courier, realized "...there's a hole in Lizzie's space!"

Each one of you leaves your indelible space which can't be replaced....and can't be forgotten.

-Carol Carey Leblique, May 1992



Dr. Horace Henriques III

Dr. Horace Henriques, III has joined the staff at the DartMouth-Hitchcock Medical Center. Dr. Henriques, is a general surgeon who specializes in kidney transplantation. He graduated from the University of Cincinnati College of Medicine in 1982, and served an internship and residency in general surgery at the George Washington University Hospital. He developed his specialty as a fellow at the Medical College of Virginia in Richmond. He later joined the faculty of the George Washington University in Washington, DC and the clinical staff of their teaching hospital. In addition to his general surgical abilities and considerable experience with laparoscopic surgery, Dr. Henriques brings the training and experience necessary to lead the surgical component of a transplantation program at the DartMouth-Hitchcock Medical Center.

Dr. Henriques was a volunteer Medical Student at the Mary Breckinridge Hospital during the summer of 1976. He served as a trustee in 1988, became a Washington Committee member in 1982 and became an associate member in 1989. His mother, Claire, was also a member of our Board of Governors for many years. We are proud of Dr. Henriques and of the fact that he worked at the Frontier Nursing Service.

-Barb Gibson

National Commission - Honorary Chairman

We have been informed that Mrs. Kitty Ernst, Chairman of the newly formed National Commission of the Nurse-Midwifery Education program, has asked Miss Kate Ireland to serve as Honorary Chairman of the Commission. What an honor!

Kitty and Kate have known each other since 1951 when Kitty was a student at the Frontier School of Midwifery and Family Nursing and Kate was a junior courier.

Kate says that she encouraged Kitty to come to a Board of Governors meeting and talk about "a University Without Walls", and this helped to get the CNEP program started at the Frontier School of Midwifery and Family Nursing. Kate is proud to serve as Honorary Chairman of the Commission.

-Barb Gibson



Former Staff News

Rhonda Johnson: FNP graduate 1988, and Frontier School of Midwifery and Family Nursing Faculty in 89-90, accepted a position as Clinic Coordinator/FNP Clinician with the North Pacific Rim (part of the Native Health Care System) in Seward, Alaska beginning April 92. She will also be working with the Community Health Aide Training Center in Seward which prepares natives to be primary providers in their own communities. Her husband, Don Bertolette, will be working with the US Forest Service. Her new address is: P. O. Box 1831, Seward, AK 99664. Members of the FNS community are welcome to visit. Seward is a fishing town of about 3,000 people.

Joanne Rizzo: Greetings from Lima, Peru! I finished my tour in Romania - - what an experience, both medically and personally. I did some language training in Washington, DC (Spanish) and visited in MA with my family. I am enjoying Peru, there is lots to see and do. Again, a country with its store of problems, between the deteriorating economic conditions and poverty, lack of clean water supply, increased cholera and lots of infectious diseases. I am rapidly increasing my knowledge of Tropical Medicine and Infectious Diseases. The country is quite beautiful.

- Barb Gibson

Local Spotlight - Teen Leaders



Teen Leaders of Leslie County High School

Teen Leaders is a Club consisting of about 25 kids focusing on positive peer pressure and convincing school kids that you can still have fun and be drug and alcohol free. All members of the Club must sign a pledge saying they will remain free of drugs and alcohol.

This Club goes to all the local schools performing their skits. To date they have won two video contests, "The Day We Will Always Remember" and "The Night of the Zombie."

The Special Education teachers are Mrs. Carol Lewis, who has taught at the Leslie County High School for 12 years, and Mrs. Elizabeth Hoard. Mrs. Lewis became involved in Teen Leaders six years ago, and Mrs. Hoard became involved five years ago. The Club started through the "Champions Against Drugs" Program in Berea. Periodically Mrs. Lewis and several of her students go to Berea for training sessions. The trainees return to teach other members of the Club to become Teen Leaders.

A great honor was given to the Club when they were chosen among 300 applicants and invited to present one of their Youth Workshops at the 15th Annual "Pride World Drug Conference" in Houston, Texas held April 30th - May 2nd. The title of the workshop was "Organizing a Teen Leadership Club." The students performed several anti-drug skits and energizers involving the audience. They ended their session by singing "Anymore". Mrs. Lewis says, "the trip was a great educational experience." The students received three days of intensive leadership training.

Once a year Teen Leaders sponsor "Project Sober". This is a party where high school kids are "locked" in until midnight to prove that you can have a party without drugs and alcohol. Mrs. Lewis reported

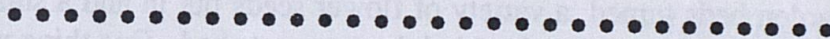
"there was real good participation this year".

She says through the Teen Leaders Program she has seen a lot of self- esteem, promotion of leadership, and speaking skills.

- Barb Gibson



Carol Lewis and Elizabeth Hoard - Teen Leaders Directors



Sayings of the Children

David Southern, Chief Operating Officer of the Frontier Nursing Service, is the father of an outgoing, happy son named John. We were privileged to have John with us during his spring break. One Monday evening after dinner, several of us were drinking coffee and lamenting over the wet, cold weather. School in Leslie County had been out for a few days due to icy mountain roads. John, who is always ready to participate in adult conversation, said they had no school days off due to bad weather or snow. "In Kansas City," John said, "there must be 5 inches of snow before school is released." "Well, John," I inquired, "how many inches of snow have you had?" "About four and one-half inches!" he replied in great disgust. How often do we think that the half inch beyond our control would have make all the difference?

- Deanna Severance

Field Notes



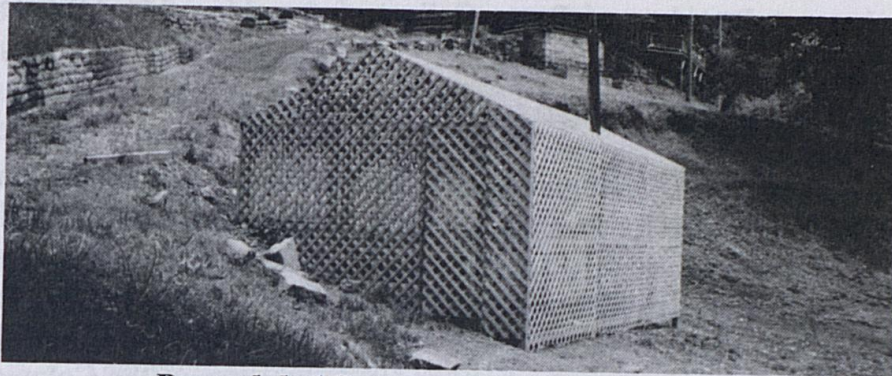
Flower Garden - Megan Bushnell (Courier)

Spring may have had a hard time arriving this year, but the past few months have flown by. All of the yard work and clearing we did earlier really showed in April, so this year we were able to get ahead instead of trying to play "catch up". More azaleas have been planted, the garden beds turned, a variety of flower seeds put in and a small vegetable patch was planted behind the compost shed. One thing we haven't lacked is rain and I'm sure as soon as the sun arrives for more than three hours a day, everything will grow along with the weeds!

While it poured, we finished the Big House kitchen. It looks wonderful with the new counters and table tops, fresh paint, cabinet doors and bright curtains. Shortly after this project was completed we "guttled" the two baths upstairs. Within a couple of weeks all was finished so Marilyn and Christine started on a big spring clean up. Everyone has complimented on how well everything looks, both inside and out.

Once we were able to work outside, J.G. and Junior constructed a latticework shed over the sewage treatment plant and the ground was graded over the new leaching field. Though no septic system is esthetically beautiful, the work we did is a vast improvement over having to look at that rusting hulk of machinery. Future plans include planting various flowering shrubs around the building.

Once again the Board of Governors held their April meeting at Wendover. We enjoyed having a full house and seeing everyone. Cassie kept the meals coming and the couriers were busy serving and cleaning up. It's always sad to see the Board leave so soon but we're looking forward to having them all back in June.



Remodeled Sewage Treatment Plant

The highlight in May was the marriage of Regina Messer, who works in our accounting office, to Robert (Junior) Phipps, of Wendover's maintenance crew. The wedding was at Junior's family home on Camp Creek and the reception was held at the Big House. The weather was perfect and a superb time was had by all. We all wish them the best of everything in the years to come.

- Susie Hudgins

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Beyond the Mountains

March 26 and 27 the Berea College Appalachian Fund Affiliates Conference was held at Berea College. Once again I found their conference particularly inspiring. David Southern and I attended. Each affiliate is from Appalachia and shares briefly with the group the status of their programs and how the Berea Fund has enabled the continuation of their work. The Fund has been particularly generous to the FNS. Within the past month we purchased a Saturn vehicle for the home health nurses. I met Justine Harris who said to say "Hello" to Jane Leigh Powell. Justine's husband Charles was a physician at FNS in the 1960s. He relieved doctors Wiss and Fox. Carol Lamm presented information on the Brushy Fork Institute. This institute provides leadership training for local people in Eastern Kentucky. I was asked to nominate attendees from the FNS. I am pleased to announce that Miss Barbara Gibson and Mrs. Pam Shepherd were accepted and will be attending the institute at Berea the second week in June! A special thanks to Mrs. Norbert Stammer, Executive Director of the Berea Fund and to Mr. John

Stephenson, President of Berea College, for making this Affiliates Conference possible.

April 19th, Dr. Judith Treistman traveled beyond the mountains to Washington, D.C. for the annual meeting of the Daughters of Colonial Wars. Mrs. Breckinridge had great respect for the Daughters of Colonial Wars and for the charitable works unto which they dedicate themselves. I thought our readers might find excerpts from the Winter, 1935 *Quarterly Bulletin* of interest. "The Patriot Service Committee of the Colonial Dames of Pennsylvania, inspired by Mrs. Henry Pease of Philadelphia, started the ball rolling...In many of our Indian reservations the condition of the childbearing mother, and of the baby, is not good...The Pennsylvania Dames thought that if they could train superior Indian girls as nurses and put them back on the reservations, they would supply the necessary link between Uncle Sam and his wards...two (young Indian women Adeline Clark, Cherokee, and Virginia Miller, Chippewa) were placed at the Pennsylvania General Hospital in Philadelphia, where they went through three years nurses training and took their Pennsylvania State Boards. At this point the Frontier Nursing Service came into the picture...The Frontier Nursing Service was asked to take them for a year as graduate students and give them graduate training.... We appealed to the Colonial Dames of Kentucky, who voted an appropriation to cover the maintenance and allowance of one Indian nurse. The Dames of other states are at the time this goes to press evincing equal interest in the Indian nurses. A big movement is under way." The Daughters of Colonial Wars carry on the ministry begun so long ago by the Colonial Dames. They continue to provide funding for scholarships, Christmas Childrens Parties, equipment, and of course, the wonderful vehicle Home Health received in November, 1991.

April 27 and 28, I traveled to Cambridge, Massachusetts to attend a Program on Negotiation sponsored by the Harvard Law School, Massachusetts Institute of Technology and Tufts. I am appreciative of this opportunity. The course was particularly insightful and will be helpful in everyday life at the FNS. My husband, Dr. Carl Severance, and I left Cambridge and traveled to New Hampshire where we spent two nights and three days with Dr. Anne Wasson, member of the Board of

Governors. This was my first trip to New Hampshire and Dr. Anne acted as tour guide as we drove into Maine and witnessed the rugged beauty of that coastline. Friday, May 1, Carl and I had a chance to explore the Wellesley campus. This was quite a thrill for Carl because his great aunt, Emily Jones Barker, was the first physician at Wellesley. The archivist spent some time with us and later mailed us several pieces of information.

The Boston Committee Derby Day Party was Saturday, May 2. Many thanks to Mr. and Mrs. Dudley Willis for once again opening their beautiful home, Charlescote Farm, for the party. The weather held until the end of the day. Special thanks to Mrs. Nicholas LaVerghetta and Mrs. Helen H. Bond, co-chairman, for the great success. Although there is not room here to list all the wonderful people with whom I visited, I do want to say a special hello to Mrs. John Dawson, Mr. and Mrs. John L. Grandin, Mr. and Mrs. Charles Heinle, Mr. and Mrs. John Kiley and Mr. and Mrs. Peter Coffin.

Miss Kate Ireland attended the Derby Day Party in Washington, D.C. at the home of Mrs. Jefferson Patterson. Miss Ireland extends thanks to Mrs. Kate Sedgwick, chairman and member of the Board of Governors, for the work done by this Committee. Being at the home of Mrs. Patterson blends the history of the Frontier Nursing Service with the progress of today's FNS. Were it not for the generosity of our supporters, the energy so many give to the ministry they have never witnessed first hand, and the hard work which goes into fund raising, many programs of the FNS would not exist. This was true in 1925 and is true today.

The Philadelphia Committee of The Frontier Nursing Service held a fund-raising at the Sedgely Club May 30. Mrs. John H. Hodge, chairman of the committee, once again opened her home to me for the weekend. The party was uniquely successful. Artwork was displayed by Susan Leroux and Jamie Umstattd. The Sedgely Club provided an air of intimacy for this rather large group. It was wonderful to be able to visit with so many friends. A special thank you to the committee: Mrs.

Nicholas Chimicles, Mrs. James M. Cohen, Jr., Mrs. David H. W. Dohan, Mrs. Spencer Ervin, Mrs. Robert S. Gawthrop, Jr., Mrs. William J. Helm, Jr., Mrs. Edward B. Hodge, Mrs. E. Norton Hunt, Mrs. George B. Kneass, Mrs. Joseph C. Kohn, Mrs. Suzanne K. Lammers, Mrs. E. Townsend Moore, Mrs. Joseph P. Moore, III, Mrs. Daniel F. Russell, Mrs. John Sommer, Mrs. Ernest R. von Starck, and Mrs. Gary A. Horn

May 19 and 20, Miss Jane Leigh Powell, Chairman of the FNS Board of Governors, Dr. Anne Wasson, member of the FNS Board of Governors, and I joined Dr. Judith Treistman, president of the Frontier School of Midwifery and Family Nursing at the convention of the American College of Nurse-Midwives in Phoenix, Arizona. Miss Gabrielle Beasley, Ms. Debbie Cornett, and Ms. Kathy Pennington of the Frontier School staff also attended. 1200 nurse-midwives had been expected for the convention and 1800 were registered! On May 19, Dr. Anne Wasson, CNEP student Rhonda Benjamin, and I attended a committee luncheon meeting of the Arizona Daughters of Colonial Wars. We were invited by Mrs. John M. Birmingham, National Historian. Thanks to Mrs. J. Paul Russell, State President, Mrs. Joseph J. Mira, Vice-President, Mrs. Frederick Wiener, Chaplain, Mrs. James M. Goggin, Recording Secretary, Mrs. Phyliss Briggman, Treasurer, Dr. Joseph J. Mira, Speaker, Mrs. Frances Dilley, Parliamentarian, and other members and guests. Many thanks for the privilege of addressing the group.

- Deanna Severance



Mrs. Severance, Dr. Anne Wasson and DCW Officers at the luncheon in Phoenix.

Meet Barb Gibson
Quarterly Bulletin Assistant Editor



Barb Gibson

Barbara Kay Gibson, (Barb), was born at Hyden Hospital on April 4, 1957. She was delivered by a midwife. Barb says she was born with FNS in her blood, and she wants to always be a part of this great organization. Barb graduated from Leslie County High School and went on to attend the Leslie County Vocational School. At the vocational school she turned her attention to business and office skills development in areas of typing, shorthand, and accounting.

At age sixteen Barb obtained her first job with the FNS. She became the cashier at the old hospital. Since then Barb has worked for FNS off and on for the past 19 years. She has held various jobs including admitting supervisor at Mary Breckinridge Hospital, a position she held for ten years.

In September 1991, the FNS office at Wendover was lucky enough to recruit this very talented person. Barb began performing clerical duties in the donor office. It soon became apparent that Barb had a talent communicating with people. She presented many new and creative ideas about the layout of the *Quarterly Bulletin*. Miss Sheila Allen had recently resigned as Director of Development. One of Miss Allen's duties was assistant editor of the *Quarterly Bulletin*. Barb said she felt very positive that she could, with training, edit the *Bulletin*. I had a great deal of confidence in Barb! She is one of those rare, fearless people who will move forward to learn new skills and incorporate new ideas into traditional patterns. In the few months Barb has been in this position she has continued her education in several areas. Three days were spent with Tom Preston of The Preston Group in Lexington. Mr.

Preston focused on community relations and writing techniques. Barb also attended a writing workshop at the University of Louisville School of Business. She is also a member of the Kentucky Society of Public Relations and attends their meetings. In June, Barb Gibson and Pam Shepherd, from the Mary Breckinridge Hospital business office, will be attending the Brushy Fork Leadership Institute at Berea College. This three day workshop focuses on leadership development in counties. County teams will work together on designated projects for the betterment of the community. Although several people were nominated from Leslie County, Barb and Pam were two of the eight chosen.

Because Barb is from Leslie County she has a unique understanding of the people we strive to serve in these mountains. Her inquiring mind, true sense of interest in people from beyond the mountains, and great appreciation for the fact that FNS would not be able to provide the services we do without the support of our friends and supporters make her a great addition to the FNS corporate team!

Barb is currently assistant editor of the *Quarterly Bulletin* and community relations specialist. If you have questions, comments, ideas, or corrections regarding the Bulletin, do not hesitate to bring them to Barb's attention. She would love to hear from you!

- Deanna Severance



Corrections

In the Winter, 1992, *Quarterly Bulletin* article Appalachian Healthcare-Candles in the Darkness (page 28), Mrs. Severance, quoting from *Wide Neighborhoods* page 188, stated that Ellen Halsall was the "first Wendover nurse-midwife". Many thanks to Stephen Rockstroh for bringing to our attention that his aunt, Edna Rockstroh and Miss Freda Caffin were the first nurse-midwives engaged. The following is an excerpt from Mr. Rockstroh's letter to the editor. "According to records in my possession, Mary Breckinridge was nurse-midwife #1, the second, who arrived in the spring or early summer of 1925, was my aunt, Edna Rockstroh. The second was her friend, Freda Caffin. They were recruited by Mary Breckinridge in France, and at her urging attended midwifery school in England. They stayed for two years, and then moved on to California."

-Deanna Severance

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.

Caleb Morgan, Stinnett, KY

Mr. Morgan was the father of Eva Morgan, Human Resources Manager, FNS, Inc. Wendover, KY.

Mae Rasmusen, SD

Ms. Rasmusen passed away at the age of 100. She was the second Vice President of the South Dakota Daughters of Colonial Wars at the time of her death and was a supporter of the Frontier Nursing Service. One of the highlights of her life was being able to visit FNS in 1976.

Jean Cranston Hodupp, Philadelphia, PA

Mrs. Hodupp was a member of the Philadelphia Committee and a great friend to FNS.

Alberta Morgan, RN, CNM, BS

Ms. Morgan was a 1943 graduate of the Frontier School of Midwifery and Family Nursing.

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:

**Alice Whitman Memorial
Library Fund**
Mr. and Mrs. Clifford Rafson
Bradley Baker
Clara Hunt
Holly Petersen
Jim and Mary Coyle
Jean Cranston Hodupp
Philip Hamann
Marie and Allen Rogers
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Dr. and Mrs. Rogers Beasley

Perle and Ida Asher

Grant E. Beverly

Katharyn Z. Beverly

Edna Rockstroh

Mrs. Eveline J. Rockstroh

Anna Mae January

Linda Eggeman

Mrs. Lewis J. Holloway

Mrs. Henry R. Heyburn

IN HONOR OF

From time to time, we receive donations "In Honor Of" individuals who have made an impact on the lives of others. We wish to express our appreciation to them.

Jean Clarke

Mr. and Mrs. R. J. Zucchet

Barbara Post

Mrs. Charles W. Chatfield

Egan Marie Short

Beatrice A. Pask

Jonathan and Christine Gold

Mr. and Mrs. Larry Gold

Deborah Bowditch

Mrs. Nathaniel Bowditch

Wenderline MooreMr. and Mrs. David Fothergill-
Quinlan

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Administrative Assistant: Virginia Roberts

Business Office: A. Ray Branaman, Director

Plant Operations: R. C. Osborne, Supervisor

Accounting/Fiscal Services:

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Public Relations Secretary: Barb Gibson

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Manager: Eva Morgan

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Manager: Susie Hudgins

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(the foundation)

President: Deanna Severance, BSN, MS

FNS REAL ESTATE, INC.

President: Deanna Severance, BSN, MS

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Respiratory Therapy: Peggy Lewis

Social Work: Ruth Ann Dome, BSW

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Med/Surg: Marie Maggard, RN, Head Nurse

OB: Sidney Baker, RN, Head Nurse

Medical Staff:

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Karen Baucom, OB/GYN

Roy Varghese, Internal Medicine

Hector Ortiz, Pediatrician

Hyden Clinic:

Kathleen Cook, RN, CFNP

Kate Ireland Women's HealthCare Center

Elizabeth A. MacMillan, RN, AA, CFNM

Kathleen Isaac, RN, AD, CFNM

Home Health Agency:

Margaret Jones, RN, Director

Carolyn Myers, RN

Diane Nicholas, RN

Clara Jefferis, RN, BSN, CFNP

Sonya Burkhart, RN

Stephanie Webb, RN

Renee Whitaker, RN

Beechfork Clinic:

Sr. Sonia Miley, FNP

Pine Mountain Clinic:

Gertrude Morgan, BSN, CFNP

Wooton Clinic:

Dr. George Mills

Community Health Center:

Linda Stephens, FNP

District Clinic Manager:

Sharon Koser, FNP

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 Frontier School of Midwifery and Family Nursing, Hyden, Kentucky 41749, 606-672-2312

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SIXTY-SEVEN YEAR TOTALS-SELECTED DATA

Each year for many years, the Annual Report issue of the Quarterly Bulletin provided cumulative totals of patients registered, maternity cases delivered, and other information of historical interest. As a result of changes in record keeping procedures several years ago, some of this information was reclassified and accounted for differently. It became impossible to develop the data in exactly the same form in which it had been presented for many years.

However, because there continues to be interest in these figures, we now reconstruct the essential information necessary to cover FNS' sixty-seven years of operation. These figures should not be understood as audit totals. They are reasonably close approximations as of the close of the fiscal years that ended April 30, 1992.

Patients registered from the beginning in 1925	115,168
Children (estimated)	56,420
Adults (estimated)	59,243
Maternity cases delivered	23,455
Maternity deaths (9 puerperal, 2 cardiac)	11
Number of days of occupancy in FNS hospitals (including old Hyden Hospital, which opened in June 1928, and Mary Breckinridge Hospital, which opened in February 1975)	532,455

* Figures exclude newborn.

	Total Contributions	
	YTD 1990-91	YTD 1991-92
Non-Restricted	406,598.23	435,371.12
Restricted	169,466.78	156,702.00
Derby Benefits	<u>33,700.00</u>	<u>32,987.25</u>
Total	609,765.01	625,060.37

Special Thanks to our Committees

Committee Benefits	
Boston	11,388.50
Philadelphia	6,000.00
Washington	<u>15,598.75</u>
Total	32,987.25

Also special thanks to: Daughters of Colonial Wars 11,094.83

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. John Foley, Assistant Treasurer
First Security National Bank & Trust Co.
One First Security Plaza
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.

FNS Staff Opportunities:

Current Opportunities include: certified nurse-midwives, family nurse practitioners, registered nurses, x-ray technicians, physicians, and laboratory technicians. For current information or to apply for a position, contact Eva Morgan, Human Resources Manager, Wendover, KY 41775 (phone 606-672-2317)

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 Susie Hudgins, Coordinator of Wendover and the Courier / Volunteer Program, Wendover, Kentucky 41775 (phone 606-672-2318).

URGENT NEEDS

FNS has an urgent need for the items listed below and hopes that its friends will wish to contribute toward their purchase. Because of your generosity, we sometimes receive more gifts for a particular item than we need. In those instances, your gift will be applied toward another urgent need listed below. Donations should be sent to the Development Office, Frontier Nursing Service, Wendover, Kentucky 41775, where they will be gratefully received.

	Estimated Cost
Medical Surgical:	
Mattresses	4,000
Ice Machine	2,700
New Patient Call System	1,800
Emergency Room:	
Patient Stretcher with Radiology Capacity	4,500
Wheel Chair	400
Maternity:	
Electronic Fetal Monitor	12,000
Automatic Infant Scale	2,200
Operating Room:	
4 Needle Holders (7 1/2 in.)	140
4 Metz Scissors (7 in.)	140
First Temp Ear Monitor	600
Bair Hugger (Patient Warming System)	1,400
Laboratory:	
Centrifuge	500
Microscope	1,800
Computer	1,800
Hyden Clinic:	
Wheel Chair	400
Two Manikins (Adult and Child, for CPR Certification)	1,600
Home Health Agency:	
4 Oscopes	800
7 Hairdryers	140
7 Electric Razors	140
Community Health Clinic:	
First Temp Ear Monitor	600
2 Cassette Recorders for Dictation	50
Beech Fork Clinic:	
VCR for Patient Health Education	250
Kate Ireland Women's Clinic:	
1 Set Steel Shelves for Teaching Material	225
Wendover-Big House:	
Treated Lumber For Fire Escape	300
Wendover Promotion and Development Office:	
1 Laser Printer	950
Wendover-Human Relations:	
TV/VCR Combination for In-Service	400
Frontier School of Midwifery and Family Nursing:	
Lighting Units	765
Shelving	300
Carpeting	718

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