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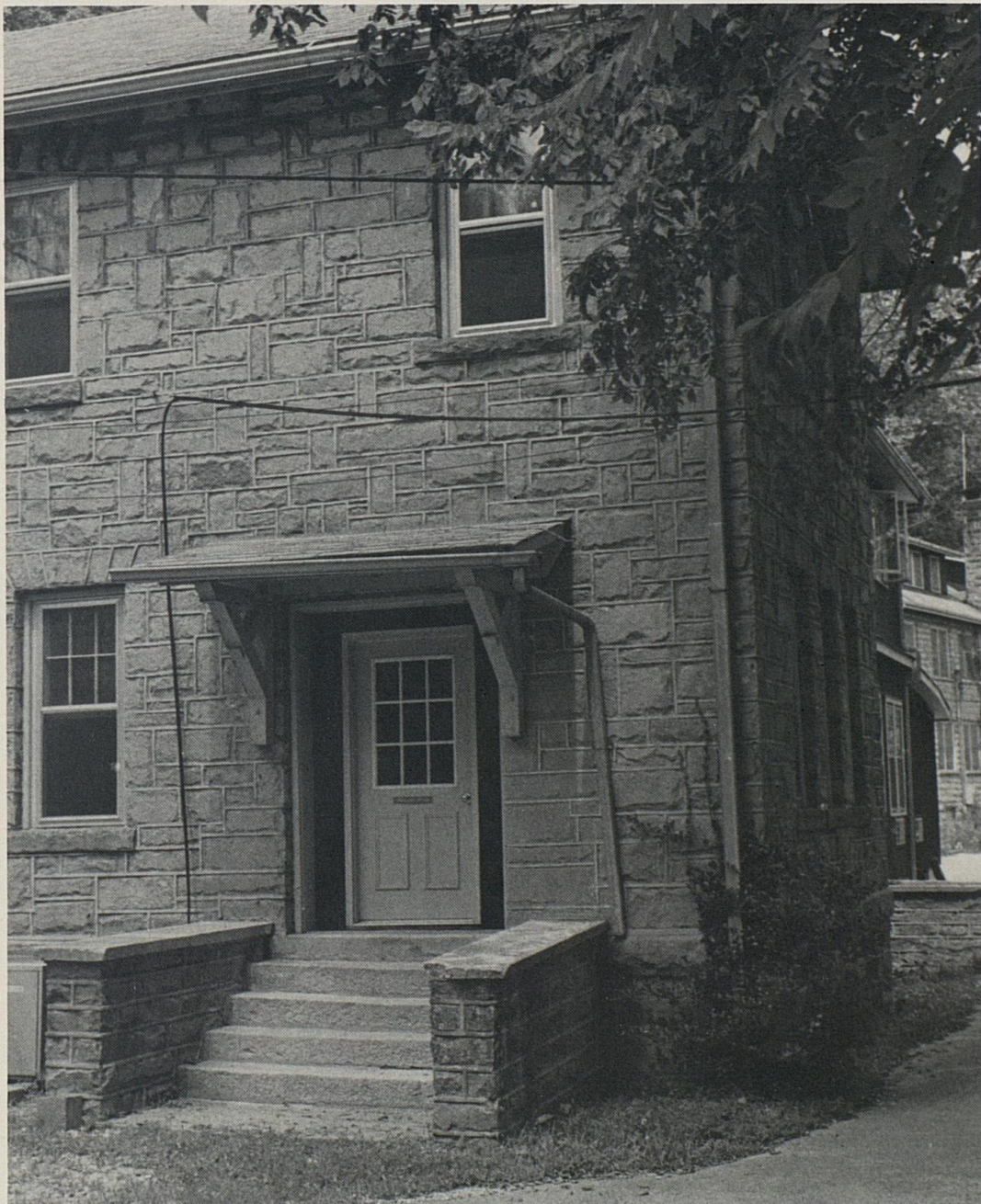
FRONTIER NURSING SERVICE

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QUARTERLY BULLETIN



Frontier School of Midwifery and Family Nursing 50th Anniversary

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COVER:

Frontier School of Midwifery and Family Nursing headquarters, Hyden, Kentucky.

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Frontier Nursing Service Welcomes New Director

Frontier Nursing Service's Board of Governors is proud to announce the appointment of Deanna S. Severance as Director. Mrs. Severance replaces David M. Hatfield, who retired on May 11th. She is the sixth Director of FNS since the Service began in 1925.

The new Director brings a wealth of experience in public health administration to her new position. She comes to Frontier Nursing Service from her post as Director of the Maternal, Child and Family Health Division for the Missouri Department of Health. The Division, comprising over 150 employees, conducts statewide public health programs relating to prenatal care, child health care, nutrition, children with special needs and dental health.

Prior to her assignment in Missouri, Mrs. Severance worked for the City of Dallas as Assistant Director for Public Health at the Department of Health and Human Services. She entered the health care field in 1971 as a pediatric staff nurse, and later worked as an instructor in child development.

Mrs. Severance has served on a variety of health care boards, and is currently a member of the Board of Directors for the Missouri Public Health Association. She has been recognized as an outstanding health care professional with a variety of awards, including the "Honorary Nurse Practitioner Award," presented to her by the American Nurses' Association in 1976. Additionally, she has published several articles related to nursing and children's health.

The search for a new Director began during the winter of 1988 and involved the Board of Governors, several members of the staff and many local citizens.

Mrs. Whitney Robbins, Vice Chairman of the FNS Board and Chairman of the Search Committee for a Director, coordinated an extensive national search for a "nurse executive" to fill this vital role.

Mrs. Severance will assume her responsibilities at FNS June 15th. She will make brief remarks at the Annual Meeting of the Frontier Nursing Service on Saturday, June 24th, in Hyden.

She comes to Leslie County with her husband, Carl Severance, a veterinarian and science educator, and their 11-year old daughter, Sarah.

- Ron Hallman

Frontier School of Midwifery and Family Nursing Celebrates 50th Anniversary 1939-1989

Mary Breckinridge once said, "if we do the best we can to meet each crisis as it arises, then that crisis becomes an opportunity that opens yet another door to better things."

By the late 1930's hardships and crises weren't new to Mary Breckinridge — nor to the organization she had founded in 1925 — the Frontier Nursing Service (FNS)— for it had just weathered the rocky times of the depression and survived.

However, Europe's entry into World War II in 1939 dealt FNS an almost staggering blow. Since the Service began operation, FNS had staffed its clinics and hospital with British nurse-midwives or American nurses trained in British midwifery schools. This arrangement was made because there were no midwifery schools readily available in the USA and Mrs. Breckinridge felt that the nurse-midwife was uniquely qualified to care for the needs of rural families.

England's entry into the war meant FNS would no longer be able to safely send Americans abroad for training, while at the same time, many British midwives on the FNS staff were making plans to return to their homeland to serve the war effort.

A solution, and one Mrs. Breckinridge had been wanting to implement for several years, was to establish a midwifery school as part of the Service. After consulting with various committee members, national nursing organizations and nursing schools, Mrs. Breckinridge, with her famous organizational speed, announced the opening of FNS's midwifery school.

The Frontier Graduate School of Midwifery (as it was then called) enrolled its first student in November, 1939, merely months after England's declaration of war. The program was housed in a section of the Hyden Hospital, with FNS staff doubling as faculty. Mary Breckinridge reported:

"We were already so short staffed, that it was a real burden to expect the remaining midwives to add teaching duties to their already extensive list of responsibilities. However, between the medical director, the remaining midwifery staff and our volunteers we were able to make a go of the venture."

Times were hard, and lack of proper facilities, enough faculty and adequate funds were just a few of the initial problems the School had to face. But, as Mary Breckinridge was frequently heard to say, "We just expect the best to happen and usually it does."

And it did. By 1941 the federal government had become interested in FNS's latest venture. America was now directly involved in the war, and medical doctors were scarce. The government recognized that nurse-midwives were an ideal solution to fill the gaps left in rural areas by the departure of physicians. Federal government scholarships were made available for nurses, living in the midwest and southwest, to move to Hyden and train in midwifery; with the agreement that they would return to their home state after graduating and provide care for the people there. By 1955, FNS had graduated over 150 midwives who were practicing in numerous states and at least 10 foreign countries.

In the ensuing years, change was rapid and the school's growth reflected the nation's ever-changing health care needs. From such small and humble



Early in the School's history, midwifery students traveled with instructors to patients' homes to provide prenatal care.

beginnings, the FNS School was emerging as a nationally respected leader in nurse-midwifery education.

In 1970, thirty-one years after its founding, the Frontier School added a family nurse-practitioner (FNP) certificate program. The first class entered in June of that year, and the school changed its name to the Frontier School of Midwifery and Family Nursing (FSMFN) to reflect its broadening educational role.

The basic philosophy behind the new course, as quoted from FSMFN's

catalogue, was that the "...FNP would be a blending of nursing with selected medical and public health functions...a broadening of the traditional nursing role to include basic diagnostic, treatment, and preventive skills...so that FNP's would be able to provide assistance to families, whether they be living in Appalachia, inner cities, or developing countries..."

Such national and international utilization of midwifery and FNP skills has always been the motivational force behind FNS's very existence. Mrs. Breckinridge had always envisioned the nurse as playing a more vital role in preventive medicine. In fact, FNS has the only program in existence that combines the FNP certification with the nurse-midwifery education. This enables a student to be certified as a family nurse-midwife. Just as FNS has always seen itself as a model for providing rural healthcare, the Frontier School has advanced the expanded role of training nurse-midwives and family nurse practitioners to provide care in varied settings, all over the world. To date, FNS has graduated a combined total of approximately 700 practitioners. These graduates are currently practicing in 47 states in the USA and more than 50 foreign countries.

However, the number of graduating nurse-midwives is not keeping pace with the national demand. Indeed, studies show that enrollment in basic midwifery programs has declined in recent years. The Dean of the Frontier School, Nancy Clark, Ph.D., notes, "For every nurse-midwife who graduates



FNP Instructor, Debbie Browning (right) works with a student in a classroom at the Frontier School.

from our program, there are at least 6-7 jobs available for them to choose ."

Recently the Office of Technology Assessment, in a report to the Senate Committee on Appropriation noted, "historically certified nurse-midwives (CNM's) must be credited with improving the geographic distribution of care ...increasing access to primary care ...providing effective low cost maternity care and ...providing care where quality is equivalent to that of care provided by physicians."

Concurrently, the Institute of Medicine issued a report stating that "[the current] maternity care system is fundamentally flawed, fragmented and overly complex." They urged that a "new system be established, based on a wide area of providers, including both physicians and CNM's...each of whom may practice in a variety of settings and within a variety of systems. Such a system, if implemented, would have to rely heavily on the use of FNP's, CNM's and other mid-level practitioners."

The call for greater utilization of advanced nursing skills is also heard more and more frequently from groups studying the status of infant mortality and prenatal care in the USA. This, combined with the decreasing enrollment in basic midwifery programs, has created an unprecedented market demand for midwifery skills. With the same determination that FNS faced its midwifery shortage in 1939, the FSMFN has assumed a leadership role in finding new, innovative ways to address the current health care crisis, and make midwifery training more accessible.

Expansion of the school's existing programs was the most obvious first step in a multifaceted effort to increase the number of practicing midwives. However, Hyden, the town where the School is located, doesn't have the population base necessary to provide clinical experience for large numbers of midwifery students. So, the decision was made in the late 1970's to establish off-campus clinical bases with on-site preceptors to monitor students. "Students must have access to an adequate clinical base," notes Dr. Clark. "This expansion into a variety of settings has had the benefit of not only enabling us to accept more students into the program, but also of increasing student flexibility and affording them an opportunity to experience different practices, organizations and settings." FNS currently has arrangements with over 40 clinics, hospitals, and birthing centers, throughout the United States where it can send students (often with their families along) for hands-on clinical experience.

Another need being addressed by the FNS School is the demand for graduate prepared FNP's and CNM's. FSMFN has had a formal and mutually beneficial affiliation with the University of Kentucky College of Nursing since 1977 and with Bellarmine College of Louisville, and the Frances Payne Bolton School of Nursing at Case Western Reserve University (CWRU) of Cleveland, Ohio, since 1985. Through these affiliations, students from the Frontier School

are able to earn graduate credit for courses taken at FNS and apply them towards a Masters Degree in Nursing at these institutions. As the need for CNM's grows, these Masters prepared nurse-midwives can serve as faculty and future leaders.

The 1980's brought another challenge for the Frontier School. Since the addition of the FNP program to the School in the 1970's, FNS had received grant funds from the U.S. Department of Health and Human Service's Division of Nursing (DON). With the governmental budget cutbacks of the '80s, the Frontier School faced severe funding reductions. However, through the generous support of numerous FNS friends, a \$3 million dollar endowment fund was established to supplement the reduced DON funds. Further, FNS's National Chairman, Kate Ireland, and Honorary National Chairman, Mrs. Jefferson (Marvin Breckinridge) Patterson, established the first endowed faculty chair of midwifery in the nation. Mrs. Ruth Coates Beeman was the first to hold this chair. When she retired in 1987 she was succeeded by the School's current Dean, Dr. Nancy Clark.

These endowment funds, together with the reduced DON grant funds, have enabled FSMFN to expand its original programs and take steps towards establishing new, pilot projects that move FNS further towards the goal of addressing the serious shortage of midwives.

In March 1988, FSMFN began the only American "Refresher Course" for non-practicing or foreign-trained nurse-midwives who wish to hone their skills, become certified by the American College of Nurse-Midwives (ACNM), and return to practice in the USA.

This Precertification Program can be completed in just 4 months at a much lower cost to the student than the full 20 month course required for basic midwifery training. Ms. Wendy Wagers, FSMFN Education Coordinator states, "Without doing any formal advertising the School received over one hundred inquiries about the program; and within the last year FSMFN has admitted close to 20 applicants to the pre-cert program." "A future goal of the School," adds Ms. Wagers, "is to



FSMFN Dean, Dr. Nancy Clark

expand this program to serve even more students...as soon as sufficient funding and faculty are available."

The Frontier School's newest pilot project is the Community Based Nurse-Midwifery Educational Program (CNEP). This program is being jointly sponsored by FNS, Case Western Reserve University, the Maternity Center Association in New York and the National Association of Childbearing Centers in Pennsylvania. While the Dean of the Frontier School heads the program, the day-to-day operation is directed by Kitty Ernst, Assistant Dean of CNEP, and a graduate of FSMFN. "This program offers greater flexibility in graduate education to people who prefer independent study or, who are unable to relocate to existing midwifery schools," explains Dr. Clark. The program may take between 18 months and two years to complete, depending on the pace decided by the student. About 1/3 of the student's time will be spent in self-study, the other 2/3 will be spent at clinical sites in or near the student's home community. Dr. Clark adds, "One of the most frequently mentioned hardships of attending midwifery schools is that the student has to leave her home and family to relocate for at least a year, sometimes longer. This new program addresses this concern and for the first time, offers a viable solution." CNEP began its first class in April, and already has close to 20 students, with hopes of expanding to at least 30 in the coming months.

While national support has increased since Mary Breckinridge's inception of the school in 1939, schools and universities haven't kept pace with the rising demand for trained midwives. Indeed, today there are still only 24 midwifery training programs in operation that are accredited by the ACNM. When Mary Breckinridge opened her midwifery school she noted that...

"We [FNS] opened our first post-graduate course for American nurses in midwifery and frontier technique with two pupil nurse-midwives.....although this course is set up primarily to meet our acute emergency caused by the war, it is also part of our permanent program. When our emergency has been met, we will be able at last to respond to the calls to provide frontier nurses for American outposts from the Caribbean to Alaska."

Mrs. Breckinridge's dream reached out beyond the mountains. Her vision was of leadership in providing nurse-midwives to a critically failing health care delivery system. Today, 50 years later, the demand for nurse-midwives is paramount; the requests for graduates unprecedented. The Frontier School must continue with Mrs. Breckinridge's vision and utilize the resources of FNS in the most efficient way. The challenge is ours.....

- Sheila Allen

**Kate Ireland Elected
Treasurer of Foundation Board
for Hospice and Homecare**



Miss Kate Ireland, FNS National Chairman

Kate Ireland of Leslie County, Kentucky, has been elected Treasurer of the Board of Directors of the Foundation for Hospice and Homecare. The Foundation, which is located in Washington, D.C., serves the dying, the disabled, and the disadvantaged through a broad range of programs.

The Foundation promotes the humane alternatives of hospice and home care, trains caregivers, and educates consumers. Among its most visible activities are the Caring Awards, a national program designed to identify, recognize, and reinforce the activities of "the most caring people in America."

Miss Ireland is Chairman of the National HomeCaring Council in Washington, D.C., National Chairman of Frontier Nursing Service in Wendover, Kentucky and Chairman of the Board of Berea College, Kentucky. The Foundation is chaired by former Senator Frank E. Moss of Utah. Former Senator Charles Percy of Illinois is Vice Chairman.

Illinois Health Care Officials Visit FNS



The Frontier Nursing Service (FNS) welcomed six visitors from Illinois this spring who came to talk with personnel from the Mary Breckinridge Hospital (MBH) and the four district clinics. Pictured from left to right: George Wyatt, MBH Administrator and David Hatfield, President of FNS, their hosts here in Kentucky. Larry Ramsey, Chief Financial Officer, Massac Memorial Hospital; Barbara Dallas, Executive Director of Small and Rural Hospital Section at the Illinois Hospital Association; Al Grant, Special Assistant to the Director of Public Health, State of Illinois; Loren Erwin, Chief Executive Officer, Massac Memorial Hospital; Jack Taylor, Chairman of the Board, Massac Memorial Hospital; and Christopher West, Senior Vice-President of NKC Management of Louisville, Kentucky. Their goal was to study the effectiveness of FNS's decentralized model of health care in order to determine if such a system could be an effective means of providing health care in rural areas of Illinois.

FNS welcomes health professionals from numerous states and foreign countries each year. Their common goal is to learn about the organization and return home with new ideas and approaches to the provision of health care.

- Sheila Allen

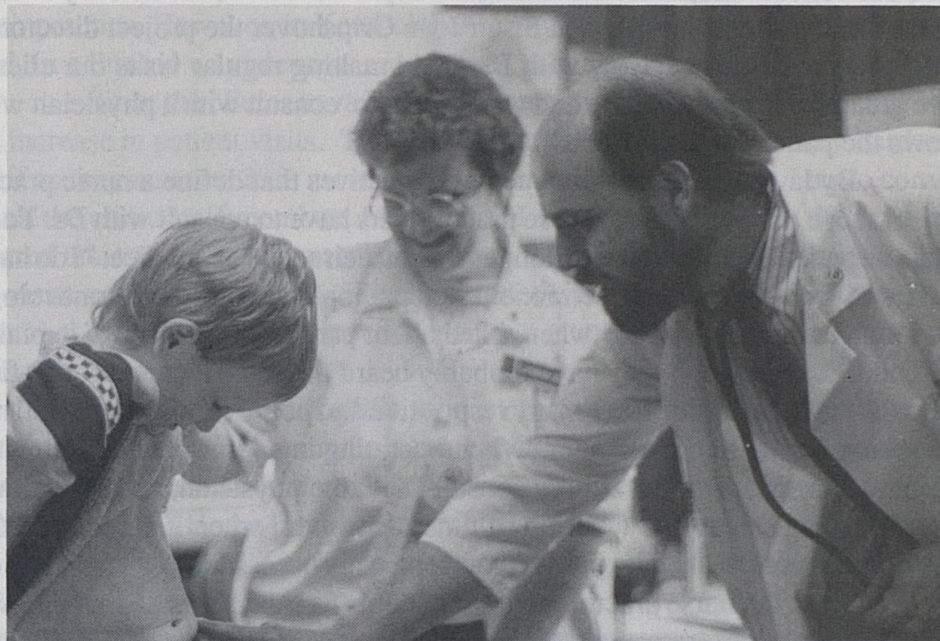
District Doctor Makes a Difference

Family Practitioner/General Practitioner/Pediatrician -
Needed to work with a unique, internationally renowned rural health care system network in Kentucky, which includes a hospital, satellite clinics, a home health agency and a school of advanced nursing. Physicians and advanced registered nurse practitioners work in joint practice teams; interaction with students is encouraged. The rural population presents a wide range and intensity of medical problems...

In November, 1987, a young general practitioner working in Memphis responded to the above ad that appeared in the American Public Health Association's journal. Frontier Nursing Service (FNS) was looking for a doctor to work in rural southeastern Kentucky to service its four outlying district nursing clinics. "It pushed all my buttons," explained Dr. Tim Todd. "The opportunity to work with nurse-practitioners and home health nurses and to do some teaching was very appealing. It was an opportunity to get out of the urban rat race."

After visiting FNS the following January with his wife and two children, Dr. Todd could see that health care providers were really needed in the area, "Because neither my wife nor I had ever lived in a rural area we had some concerns. In fact, my wife had lived in London, Chicago, and New York and when she moved to Memphis thought she was relocating to a small town! I, on the other hand, was born and raised in Tennessee. I completed my undergraduate work at the University of Tennessee (U.T.), Knoxville and my medical training at U.T. Memphis. Still, we both felt we were meant to come here - and our two young children confirmed it by pleading with us to move!" By March 7th the family had sold their house in Memphis, packed up and relocated to Hyden.

In the four years since finishing his medical training Dr. Todd found an awareness growing in him, "My calling in life is to bring compassionate and competent care to people who, for whatever reason, have little or no access to health care." Before joining FNS, Dr. Todd had worked in urban health clinics with nurse practitioners. "I fully support the concept of joint-practice with nurse practitioners. So many segments of the population don't have a doctor or can't afford to see one. I see nurse practitioners as an excellent solution to the problem. They can provide so many of the services that doctors traditionally have provided, and do it in a much more cost effective way. Nurse practitioners see the patient as a whole individual, not a collection of diseased organ systems. Nursing training includes formal education on how to talk to people and stresses the importance of caring and treating patients with dignity - something you don't get in medical school. I have learned a great deal about the humanistic approach



Dr. Todd consults with nurse practitioner, Sr. Joan Gripshover, on the care of a clinic patient.

to patients from watching the nurse practitioners.”

Before starting his day as district physician at the FNS outpost clinics Dr. Todd sees his patients at the Mary Breckinridge Hospital. His first clinic patient is usually scheduled for 10:00a.m., and more often than not he is late! “I may have had a patient admitted to the hospital the night before or, I get tied up in the emergency room. It is becoming more and more common for me to have patients in the hospital,” he explained. However, the clinic patients that are kept waiting don’t seem to mind. “I am told my patients understand when I am detained and see it as a reflection of my being a good doctor,” smiles Dr. Todd. He spends one day a week at each clinic (Monday-Wooton; Tuesday-Pine Mountain; Wednesday-Community Health Center; Thursday-Beechfork). Friday mornings are split between the two busiest clinics and the afternoons alternate between the Home Health Agency and administrative meetings.

Providing physician service to six nurse-practitioners at four different FNS sites makes it possible for Dr. Todd to deliver health care, directly and indirectly, to far more people than he could were he based at just one site. “I may see 10 or 11 patients a day and spend as much time again on the phone doing consults with the nurse-practitioners at other clinics.” Before Dr. Todd’s arrival the clinics had to rely on coverage from a hospital-based physician. “The clinics had to schedule patients at a time when it was convenient for the physician to

drive out from the hospital. This arrangement provided little consistency of care for the clinic patients," explained Sister Joan Gripshover the project director at FNS's Wootton Clinic. "Now with Dr. Todd making regular visits our clients have greater continuity of care and we are able to consult with a physician who knows the patient's case history."

By law, or protocol (the medical directives that define a nurse practitioners scope of practice), the nurse practitioners have to consult with Dr. Todd when the patient's condition is no longer within their scope of practice. "I do have a series of five to ten minute sermonettes on pathophysiology or pharmacology that I tend to 'spit out' on cue when asked about particular problems," explains Dr. Todd, "even though they have probably heard the same lecture four or five times the nurse practitioners are very responsive and polite enough not to tell me I am being boring or obnoxious!" When operating in a joint-practice situation the nurse practitioner often simply consults with the physician, and sometimes they co-manage a case for a period of time. However, when it is required the patient is referred to the physician for as long as is necessary.

Since the nurse practitioners see patients five days a week in their own clinics they select those patients who need the expertise unique to a physician. Dr. Todd spends most of his time seeing patients with chronic illnesses and the elderly who have multiple diseases involving different organ systems. High blood pressure, diabetes, coronary artery disease, thyroid disease and depression are some of the most common problems Dr. Todd encounters. "Of course, pulmonary and lung problems are top of the list," he adds. "Because of the prevalence of coal-mining in the area and the high incidence of cigarette smoking, these particular patients tend to become more susceptible to illness than anyone else. One of the doctors practicing in the area before me was quoted as saying he had never seen anybody who had black lung who wasn't a smoker."

Dr. Todd went on to say, "Research published in preventive medicine literature states that three-quarters of all human illness is either influenced or directly caused by lifestyle. It is extraordinarily difficult to get people to change their lifestyle and good communication is essential. The challenge is to be successful in obtaining the patient's compliance without coming across in a dictatorial manner. It is important to establish rapport with your patients to let them know the value of changing certain habits such as - giving up smoking, moderating use of alcohol, exercising, and losing weight. I try to let them know I care about them even if they are not always successful."

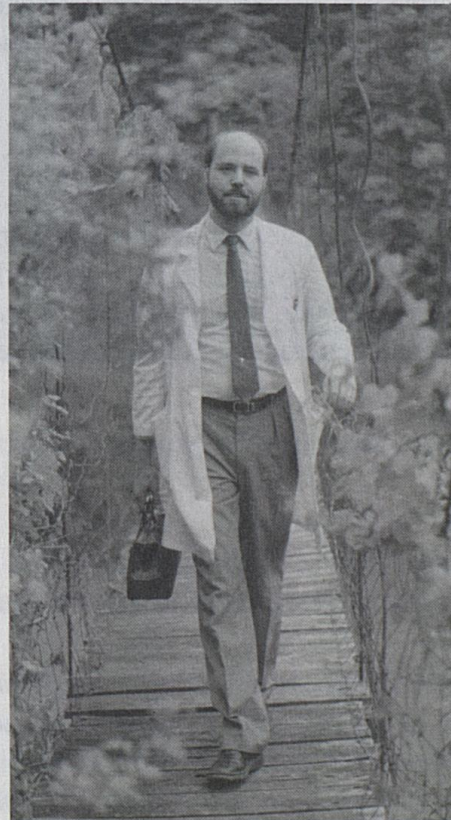
When the nurses make a diagnosis that requires a specific medication they must consult with Dr. Todd by calling the clinic he is assigned to on that day. After obtaining his approval, the prescription can then be called to a pharmacy. Dr. Todd feels it is unfortunate that in Kentucky nurse practitioners are not allowed to write prescriptions under any circumstances. There are twenty-three

states where nurse practitioners can prescribe medications within the scope of their practice. However, in Kentucky only physicians, osteopaths, veterinarians and, in a limited way, dentists are allowed prescriptive authority.

Since the clinics have had consistent physician back-up they have seen an increase in patient visits. This places more demand on an already burdened staff as they now see 30% more people. "In my own small way I try to convey to all the clinic staff members I work with I value and appreciate their work. I started taking clinic staff out to lunch when they had a particularly high volume of visits within one month. Five hundred visits was the criteria; however, in March three of the four clinics exceeded that number so I may have to consider raising the limit!"

Even though Dr. Todd's primary role at FNS is to provide physician care at the four district clinics, he is also contacted by the home health nurses and, when needed, makes home visits with them. "Because of my role as Medical Director at the FNS Home Health Agency I have patients referred to me if they have no physician locally." The home health nurses cannot visit a new patient unless that patient has been assessed by a physician who takes responsibility for the health care and signs the required papers. "I find visiting patients in the home very rewarding. I gain greater sensitivity to what I can reasonably expect the patients to do," states Dr. Todd. "There is no point in my asking a patient to soak in a hot tub three times a day if they have no bathtub."

Clearly the importance of home health services and of having a physician who is willing and has the time to see patients in the home is many fold. Most patients that qualify for home health services would be in a nursing home if it weren't for the availability of the FNS Home Health Agency. Medicare and Medicaid have very rigid requirements regulating the standards that qualify a person for home health care. There is the short-term patient who, after being discharged from the hospital needs



Dr. Todd crosses a swing bridge to make a home visit.

some follow-up care for a week or two, and the catastrophic and/or chronic cases who are totally dependent on others for their care on a long-term basis. "Generally, the patients are overwhelmed that a physician would actually take the time to make a home visit," explains Dr. Todd. "In fact a courier once told me that one of the most amazing experiences she had while with FNS was discovering that there were actually doctors who carried little black bags and went to people's homes." An added bonus when making visits with the home health nurses is that Dr. Todd doesn't have to do the driving, "It is a real treat for me to be able to relax and enjoy the natural beauty of the surrounding area."

It takes Dr. Todd approximately 5 to 6 hours a week, an average of 300 miles to drive between the hospital and the clinics. Even though the hours spent driving decreases the amount of time spent devoted to direct patient care, Dr. Todd enjoys the variety his routine provides him, "I feel immensely fortunate to have the time to be outside driving. The drive to each clinic gives me time to think and pray and get focused on the next part of my day. The same is true of my return trip to the hospital in the evening." Because Dr. Todd is one of three physicians working with adults at FNS he takes his turn "on-call" at the hospital. "This usually involves one night per week and one weekend a month averaging about 120 hours a month. I can remain home when on-call, as long as I stay within earshot of the phone."

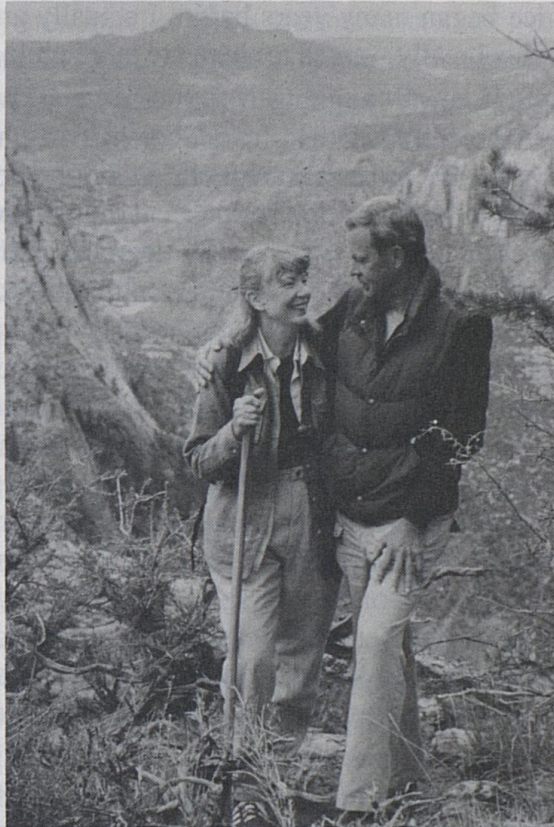
Reflecting on the time he has spent at FNS since he arrived in March, 1988, Dr. Todd said, "I have been really touched by the reception I have received from the patients and am continually amazed at the growth of the clinics. The relationship I have with the nurse practitioners, nurses at the hospital and at home health is very rewarding. I enjoy working with them and they seem to enjoy working with me. I find my practice immensely fulfilling and appreciate all the help and encouragement I have received from the people with whom I work."

- Angela Todd

Reflections from Sharon and David Hatfield:

"Nursing" is Alive and Well at the Frontier Nursing Service

David (David Hatfield, Director of FNS) and I have looked forward to our retirement with enthusiastic anticipation for some time, but as the packing boxes mount up and the time to really leave FNS draws near, we find ourselves filled with mixed emotions. This is not unusual we tell ourselves, for after all, this move is not to another job in another place, but an ending of one phase of our lives which requires a "letting go" of career related goals in order to begin a new cycle with a very different purpose. We have yet to clearly define that purpose, but we sense that it is more related to inner than outer development and is more oriented to personal rather than worldly pursuits. That, we find, is a very profound issue to deal with in addition to the sadness and loss we feel as we leave so many good friends and these beautiful mountains behind.



Sharon and David Hatfield hiking in their beloved Mt. Zion Park.

When I was asked to write a farewell piece for the *Quarterly Bulletin* I was delighted to comply. It should be no problem, I thought, given my involvement in so many different capacities with Frontier Nursing Service. But that became the problem! Which hat should I wear when reflecting on my experiences? At different times over the last seven years I have been coordinator of the Wendover facility; public speaker, tour guide and general PR helper to the Director of Development; preceptor for University of Kentucky Allied Health students; editor of the

Quarterly Bulletin; manager of the Kate Ireland Women's HealthCare Center and general administrative assistant for special tasks at the Home Health Agency and District Nursing Centers. There was enough material in each area for an article in its own right. This dilemma blocked my creative juices for about a week - just long enough for me to realize that my relationship with the Frontier Nursing Service began many years before I actually arrived seven years ago and the thoughts I really wanted to share are more philosophical than specific in nature.

I knew I was going to be a nurse when I was eight years old. Nellie Spink, my red-headed, Canadian-born, Scotch-Irish grandmother was a nurse and a lay-midwife. My most powerful childhood memories are of my times with her, listening to her tales of birthings and dyings and what, for her, nursing was all about. For Nellie it was about learned skills and "something else." The "something else" had to do with an attitude of compassion, a capacity to reach out to others in a nurturing, caring way, the ability to empathize and the strength to comfort and support others during difficult and painful times. These subjective concepts were difficult for a child to understand, but I did *know* at some level what she meant because she was a person who possessed those qualities. When I came to her (as I always did) with my problems, I experienced them first hand. I always felt safe with my grandmother. "Anyone of good intelligence can learn the skills," she would tell me, "but, if you do not already have the 'something else' part you'll never make a nurse." I worried a lot about that "something else" part and I can remember my relief when my grandmother assured me I'd make a fine nurse. Nellie lived just long enough to see me graduate from nurses' training and it was a proud and special moment for both of us.

It didn't take long for me to discover that Nellie's and my concept of what nursing was all about was not generally practiced - for oh-so-many good reasons. Here and there I found individuals who shared (or used to share) my vision of nursing. I got very tired of hearing, "You have lovely ideals but this is the real world and you'd better learn to adjust." My skills were admired, but when I practiced the "something else" part I was told I was "wasting valuable time." In thinking back to those years I realize that I was probably experiencing my first true value crisis. I was very young, but I *knew* what a nurse was and I *knew* I was being asked to compromise my standards. I was not willing to do that. And I confess that thirty-five years later I still resist compromising my standards with a self-righteous vigor that comes with years of practice at digging my heels in when one of my basic values is threatened. I still *know* what a nurse is and that brings me to my first introduction to the Frontier Nursing Service.

It was 1952 and I was a twenty-two year old, recent graduate working as a labor and delivery nurse in a large Chicago hospital. Mary Breckinridge was in town, recruiting nurses, talking about the Frontier Nursing Service and autographing her recently published book *Wide Neighborhoods* for those who

wished to purchase a copy. A friend invited me to attend one of her presentations. The first thing I noticed was she spoke the word **nurse** the same way my grandmother always did and although she lacked the red hair, her eyes twinkled and she spoke with great intensity and a fiery enthusiasm of her nurses and their work in Kentucky. She had me hooked from the first and I sat spellbound, hanging on every word. Like my grandmother, she was a marvelous story-teller. I knew I wanted to be one of her nurses and without a moment's hesitation or a second thought, I walked right up to her and said, "I want to come to Kentucky and be a midwife." She looked at me a moment, smiled and said, "How old are you, child?" In the ensuing conversation, she explained that her nurses worked on their own with little physician contact and she needed me to work for at least two more years to gain the necessary experience before coming to her. I was disappointed - two years is an eternity at twenty-two - but she made it very clear she did want me to come and I had every intention of doing so. And I did - thirty years later.

Do you believe in destiny? In 1982, David, my hospital administrator husband, accepted a position as Director of the Frontier Nursing Service. "This was surely meant to be," I told myself, as I swallowed down the sour grapes and did my best to repress the "this was supposed to be my job" thoughts that kept popping into my head. Still, it was exciting to be coming at last to the "Mecca of Midwifery" in the United States but it is important to note here that by this time the world of experience had done its dirty job and I had all but lost hope that there was any place where a nurse could fully be a nurse. I was almost afraid to hope things would be different here, because, with my natural optimism, I had entered many a situation with high expectations and exited feeling disappointed and disillusioned and that is a painful process. So I came to Kentucky, trying my best to keep my expectations "realistic," but in my breast, hope always manages to "spring eternal." After at least a dozen readings of *Wide Neighborhoods* over the years, I knew that down inside I was really counting on finding skilled nurses with that "something else" quality practicing their art at the Frontier Nursing Service.

I am pleased to be able to tell you that **nursing** is alive and well at Frontier Nursing Service. That "something else" quality is exemplified by the nurse-midwives, family nurse practitioners, home health nurses, the hospital-based nursing staff and the faculty of the Frontier School of Midwifery and Family Nursing. It is taught here and it is practiced here. It is present and observable throughout the organization. You hear it in a receptionist's voice when she answers the phone and, see it in the work of the housekeepers when visitor after visitor remarks, "This is the cleanest hospital I've ever been in." And that, I have come to learn, is the whole point. Many individual's possess those special qualities, but, unless the organization they work for finds them valuable

and sets them as a standard of care, the individual is often unable to express them.

I have toured hundreds of visitors through this organization and almost without exception, they all "feel" the difference. It excites them and they want to know "what makes this place so special?" And I tell them, "skilled providers and because this organization's philosophy of care is based on nursing rather than the traditional medical model." It has always been interesting to me that most folks understood immediately what I meant and I often found myself listening to someone's story of a difficult medical situation and the remark "...but I had this really wonderful nurse and I just don't know what I would have done without her caring and support..."

I do not mean to imply that all is total perfection here at Frontier Nursing Service for it is not. We will no doubt continue to struggle through periods of change - much of which is imposed from outside ourselves i.e.: government rules and regulations, the malpractice/insurance crisis, difficulties recruiting health care professionals to the rural setting. Change is always disruptive and creates a degree of anxiety and discomfort that rumbles - and occasionally - roars throughout any organization. I try to remember that stagnation awaits those who refuse to change. I believe growth is positive but I sure have discovered that growing pains are not fun. I wonder about the future of the Frontier Nursing Service. Will it expand its mission? Will it grow beyond the mountains? Will it seek new challenges for its school? Speaking strictly for me, I certainly hope so!

However, whatever future direction this organization takes I hope it chooses to remain the Frontier Nursing Service, for in my mind, that is what sets it apart from other health care systems. Its dedication, as an organization, to the nursing model as a standard of care is its uniqueness and in this, I hope, it will stand firm and uncompromising. Some things don't need to change.

- Sharon Hatfield

School Notes

The spring semester is coming to an end and students, faculty and staff at the school are busy planning for the American College of Certified Nurse-Midwives' convention. This year the convention will be held in San Diego, California, June 2-9th and our 50th anniversary celebration party will be held there on June 7th.

A traditional graduation ceremony will be held at Wendover August 12th for eight of our students who are scheduled to graduate. The featured speaker this year will be Kitty Ernst, herself a former FSMFN graduate. Four of our graduates from the 1988-89 school year went on to complete their Masters degrees at the Frances Payne Bolton School of Nursing, Case Western Reserve University (FPB/CWRU). I attended their graduation in Cleveland on May 14th.

Recently, I received notification that the Frontier School was awarded a continuing education grant for \$187,000 from the U.S. Department of Health and Human Service's Division of Nursing. There still has been no word concerning the continuation of government supported student traineeships; however, we expect notification in the very near future.

FSMFN has begun a new pilot program - the Community Based Nurse-Midwifery Education Program (CNEP). The first class of seventeen students met in April in Perkiomenville, PA., for two days of orientation. This year's orientation theme was "Midwifery Bound." The faculty and the Assistant Dean, Kitty Ernst, are to be commended for all their hard work and planning in initiating this project.

Inquiries regarding another of our new programs - the Precertification (Refresher) program continues to keep our registrar, Teresa, very busy. To date we have graduated eight students from this program and currently have admitted eight more to the third class; they should complete their course work in October.

We have scheduled a special Health and Education Board of Directors retreat in New York, June 10-11th to discuss further long-range planning for the future of the Frontier School and its programs. Current acceptance and the recognized need for greater utilization of nurse practitioners and nurse-midwives beckons to the wisdom of our Board. The course of our school's future must meet the challenge of a rapidly changing healthcare delivery system.

- Nancy Clark

FNS District Nurse Practitioner Honored

Susan Hull Bowling, a family nurse practitioner at Frontier Nursing Services's Community Health Center, was named "Outstanding Nurse Practitioner of the Year" in the State of Kentucky for 1989 at a recent meeting of the Kentucky Coalition of Nurse Practitioners and Nurse-Midwives. The Coalition presents this award to "the outstanding practitioner chosen as an excellent role model by their colleagues."

Susan earned her family nurse practitioner (FNP) degree - an advanced educational and clinical program of study which qualifies nurses to provide primary health care - at the Frontier School of Midwifery and Family Nursing. She has worked for Frontier Nursing Service (FNS) since 1978 at the Red Bird district clinic in Clay County. "When you live in a place for that length of time you begin to become an integral part of your patients' lives. They aren't just faces, they're your friends and neighbors," Susan explains. "We call each other by our first names. I think this makes the patient feel less intimidated by the medical process and more in control of the health care decisions being made."

Susan has certainly become a part of her "adopted" community. In



FNP, Susan Bowling (right), examines a patient at the FNS Community Health Center.

addition to her role as a health care provider, Susan helped organize the Redbird Volunteer Fire Department, and even served as a volunteer fireman for a few years!

As a member of the Kentucky Coalition for Nurse Practitioners and Nurse-Midwives, Susan has been very active in lobbying for the passage of legislation granting prescriptive privileges to advanced registered nurse practitioners. If passed, this Bill would enable nurse practitioners to write prescriptions for illnesses they are trained and licensed to diagnose and treat under written protocols.

"Access to health care in Kentucky is at a critical period," Susan asserts. "Fifty-five percent of the doctors in Kentucky are in Lexington or Louisville, with only 5% practicing in eastern Kentucky. Nurse practitioners and midwives are a viable solution to filling this gap in health care providers." "However," Susan adds, "lack of prescriptive privileges is a deterrant to many practitioners who might otherwise be interested in working in rural Appalachia, Kentucky. Because not only are doctors hard to recruit, family nurse practitioners and midwives are also becoming harder and harder to find."

David Hatfield, former President of FNS, commented, "Susan is one of FNS's most active family nurse practitioners. This type of recognition by her professional peers reflects not only Susan's skills and abilities, but also serves to highlight the overall tradition of Frontier Nursing Service and the quality of care all our practitioners strive to provide to the community we serve."

Congratulations Susan, from everyone at the Frontier Nursing Service!

- Sheila Allen

Skip Spell Celebrates 26 Years with FNS

Unlike her fellow nursing students Mable "Skip" Spell was not allowed to go home for the weekend. Instead she was being disciplined for putting peanut butter on the faculty toilet seats! She had been given a number of reading assignments to complete but instead started looking through the American Journal of Nursing. "Well, there I was, looking through the pages of the journal when a picture of a Frontier Nursing Service (FNS) student nurse-midwife saddling a horse caught my eye. The student was getting ready to see patients in the outlying district and I decided then and there - if I have to work that's the way to do it!" So as Skip neared the end of her nurses training in the fall of 1959 she immediately wrote away for more information and an application to the FNS Midwifery School. "I received quite a bit of material and a word of advice from Mrs. Breckinridge. She suggested that I get some basic nursing experience before applying." With that, Skip went on to graduate from the Gordon Keller School of Nursing at Davis Island, Florida in September, 1959 and over the next four years worked in Tampa and Miami gaining the much needed nursing experience before relocating to Hyden in May, 1963.

She entered the midwifery program at the Frontier School in July, 1963 and after completing the course went on to be a primary provider at the FNS Red Bird Clinic where she also made her home. "During my years at Red Bird I went from riding horseback to motorcycle when visiting my patients in the district," explained Skip, "Of course the nurses were known for their love of dogs and horses and Mrs. Breckinridge insisted that all the outpost clinics have their own milk cow - whether they wanted one or not! Not only did I have a cow but also horses, rabbits, ducks, chickens and cats - in fact the Red Bird clinic was known as the Red Bird menagerie! Whenever the mountain people were having trouble with their sick animals they would always call the midwives for help, especially if their cows or pigs were not having their babies on time. It was quite an experience examining a cow and trying to figure out what was going on inside!"

During her tenure at the Red Bird clinic Skip took on the responsibilities of overseeing all six FNS outlying clinics as district supervisor. At one time Skip set up a small clinic at Bob Fork which was housed in the local elementary school's boy's shower room because that was the only room available until the building for the clinic was completed. "I remember one morning a little girl came in, very pathetic looking with snow plastering her hair down," Skip reminisces. "She was holding a small bundle in her arms. There didn't appear to be anyone with her and when I asked her what I could do for her she told me her teacher had told her to bring her 'baby' to us and maybe we could help. When I uncovered the bundle I discovered a baby lamb who had obviously broken its



Not long after joining FNS, Skip Spell (left) posed with Miss Agnes Lewis FNS's former Executive Secretary.

foreleg! I was so touched by this little girl that I decided that as we couldn't do anything at the clinic, we should take the 'baby' to the hospital. So off we went. I had decided if I was dramatic enough I could get away with this. I went running in the front doors of the hospital with a bundle in my arms and a little girl grabbing the ends of my coat tails! We ran down to the x-ray department and I told the technician I needed a picture of a leg. When she went to position the 'baby' and saw it was a lamb she told me I had to be kidding! I pleaded with her to help the little girl and she proceeded to take the x-ray. After that I put a cast on the leg and everything turned out okay."

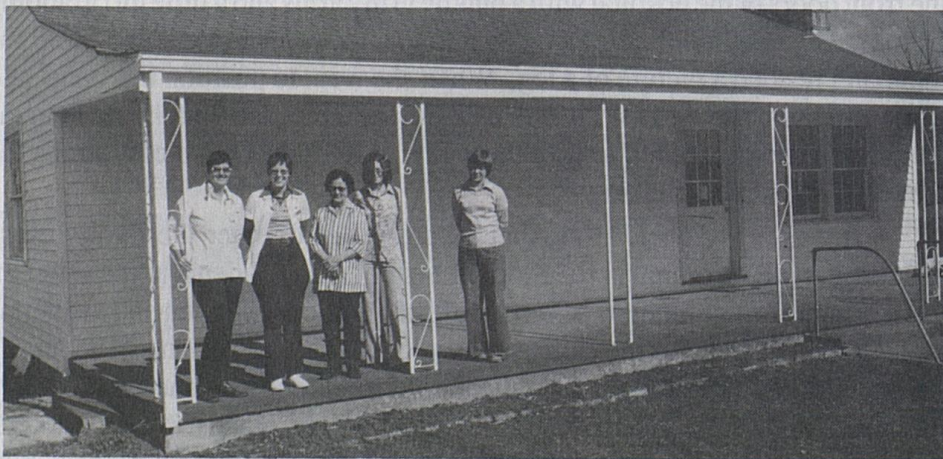
It was in October, 1971, that Skip decided to enter the family nurse practitioner (FNP) program at the Frontier School. The students in the program are taught to perform functions beyond those of traditional nursing and to assume responsibility for some of the care usually provided by physicians. The family nurse practitioner provides direct patient care to individuals and families and collaborates with other health care professionals - physicians, social workers, nutritionists, etc. - in planning and instituting health care. Productivity studies indicate that FNP's working under physician supervision can increase total practice output by some 20-50%. Skip completed her FNP course work while

still performing her duties as district supervisor. "After I graduated from the program I became the first clinical nurse instructor at the Frontier School in the FNP program - along with all my other responsibilities out in the district!"

When the Mary Breckinridge Hospital opened in 1975 Skip was asked to work as the Director of Outpatient Services. One of her first tasks was moving patients and staff down from the old FNS hospital and, at the same time, ensure that there were no interruptions in the patients being seen. "I stayed up at the old hospital until the call came through to close the doors," she explained. Skip then directed the activities of the outpatient clinic and the emergency room (ER) at the Mary Breckinridge Hospital.

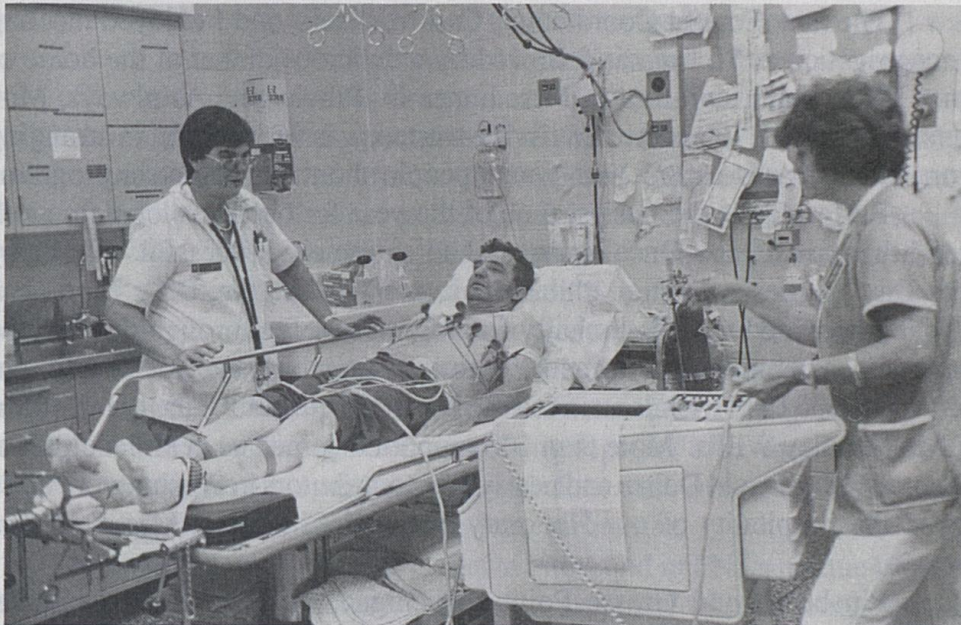
The new hospital had been open and running for a year and Skip decided if she was ever going to leave FNS now was the time. However, fate stepped in when a group of people in the Oneida community petitioned FNS to start a clinic. "Needless to say, I was asked to set up the clinic," Skip said. "I told FNS that I wanted to do things my way. We would have to change the image of being 'mother' to everyone if we were to stay solvent." Well, it worked and after the first year of operation the clinic had collected more monies than it had actually billed! "This was due to our having the community involved and doing such a good job that our clients were paying their old FNS bills," Skip explained. After 4 1/2 years as the Program Director and seeing patients at the Oneida clinic Skip no longer felt challenged. So in 1981 she returned once again to Hyden and began working as a primary provider in the emergency room of the Mary Breckinridge Hospital ... and she has been there ever since.

Skip thoroughly enjoys her work in the emergency room. "It is such a



Skip Spell (far left) with other staff members soon after the opening of the Oneida Clinic.

challenge and keeps me on my toes. I know so many people and their relatives from my time as district supervisor and having made home visits with the nurses. When people come into the ER they are very frightened but I walk in and they see a familiar face - one that they have known over the years - and they know I am here because I really care and it makes them feel a little less scared." Skip feels it is a real advantage to the community having a family nurse practitioner working the emergency room, "The people who come through the ER get care



Family nurse practitioner, Skip Spell (left), runs an EKG on a patient in the emergency room of the Mary Breckinridge Hospital.

from a provider who performs all nursing functions as well as functions of the advanced nursing practice, plus there is great continuity of care having referral of patients within the FNS system."

Despite Skip's long association with FNS and all the work she has done in the surrounding area over the years she firmly believes that the people have done more for her than she has for them. "They have given me a purpose," she explains, "a reason for being. It is a privilege to be here and I feel very blessed."

- Angela Todd

Beyond the Mountains

The spring of 1989 was filled with many opportunities to meet with our friends and supporters beyond the mountains. Our travels began in April with a presentation about our work at St. Francis in the Fields Church in Louisville, Kentucky. The Outreach Committee at St. Francis has been most generous in supporting Frontier Nursing Service (FNS). Our good friend and trustee, Mrs. James Christie, has been a tremendous advocate to the Committee on behalf of FNS.

The new Courier Coordinator, Cari Michaels, and I enjoyed meeting the congregation at St. Francis followed by a delicious dinner at the home of former FNS courier and trustee Mrs. James N. Rawleigh. As always, Mrs. Thomas D. Lockett, II, another Louisville trustee, was very helpful in arranging opportunities for us to speak with young people about our volunteer program.

Early May is the busiest time of the year for our Development work beyond the mountains. Once again we had extremely successful "Kentucky Derby Day" parties in Boston, Philadelphia and Washington, D.C. More than \$30,000 is provided to FNS annually from these benefits through the devoted efforts of our committee chairmen, committee members and, of course, our hosts! Over 300 FNS friends attended the Boston event held at the home of Mr. and Mrs. Dudley Willis. More than 100 supporters joined us in Philadelphia at the home of Mrs. David Dohan and nearly 150 contributors in Washington, D.C., enjoyed the hospitality of our Honorary National Chairman, Mrs. Jefferson Patterson.

Pittsburgh and Grosse Pointe, Michigan, were next on our travel schedule. Kate Ireland and I showed a new video about the Frontier School of Midwifery and Family Nursing to many new and long-time friends including Freddy Holdship, Mrs. Spencer Hackett and Mrs. John F. Walton. Two relatively new but special friends, Mr. and Mrs. Charles Burke from the Grable Foundation also joined us. Our hosts in Pittsburgh were Mr. and Mrs. Howard M. Love, and Mrs. and Mrs. Henry Hillman.

In Grosse Pointe we were greeted by many familiar faces at the home of Mr. and Mrs. Warren Shelden. Kate gave an overview of our work, including the Courier/Volunteer program. We were pleased to meet several new friends and to "catch up" with our long-time supporters: Mr. and Mrs. Charles Begg (courier, Polly), Mr. and Mrs. W.F. Finkenstaedt, Mrs. William C. Ford, Mr. and Mrs. William W. Wotherspoon and Miss Margaret Watkins (courier and trustee).

Without the generous assistance of our friends and donors throughout the U.S., the work of Frontier Nursing Service would not be possible. As always, we remain deeply grateful to our many loyal contributors.

- Ron Hallman

Field Notes

Hello! My name is Cari Michaels and I recently assumed the position of Coordinator of Wendover and the Courier/Volunteer Program. I arrived here on April 7th and since then have been orienting with David Lee.

Last August I was here working as a courier. While going about my regular courier duties I spent time researching childhood obesity in Leslie County. I returned to the University of Minnesota to finish my bachelor of science degree in public health and child development. Seven months later, I returned to Wendover and as I drove up the lane to the Big House I felt I was coming home. I am happy to be back and looking forward to a busy summer.

Several former couriers have come to visit in the past few months. Ken Zanick, who was here in 1986, spent several nights in March. The area provided him with a quiet place to rest and study. Cynthia Rand, also here in 1986, returned to do her family practice rotation at Beechfork clinic, one of Frontier Nursing Service's (FNS) outlying district nursing centers. She has since returned to the University of Chicago Medical School to prepare for her graduation. Two '88 couriers, Melissa Johnston and Nick Gazzolo, were also here for a brief visit.

We were fortunate to have June Kohl and Norma Jean Johnson with us as couriers this spring. Ever since they attended nursing school together in 1944, June and Norma had planned to do something together after their retirement. They held to their promise and, even though June still works, we were lucky enough to have them join us as couriers for two months.

Several groups of nursing students interested in FNS's unique history, have been out to tour Wendover. One of the students, who currently attends Hazard Community College, is the granddaughter of the man who sold the Wendover land to Mrs. Breckinridge! Jennifer Bobbitt, a nursing student from Berea College, has been spending one night a week at Wendover while working at FNS's Wooton Clinic doing her clinical rotation.

The annual Spring Tour of FNS facilities was held April 19th and 20th. Members of the tour visited the Frontier School of Midwifery and Family Nursing in celebration of its 50th anniversary. They also toured the Mary Breckinridge Hospital, several of the outlying district clinics, and spent the night at Wendover.

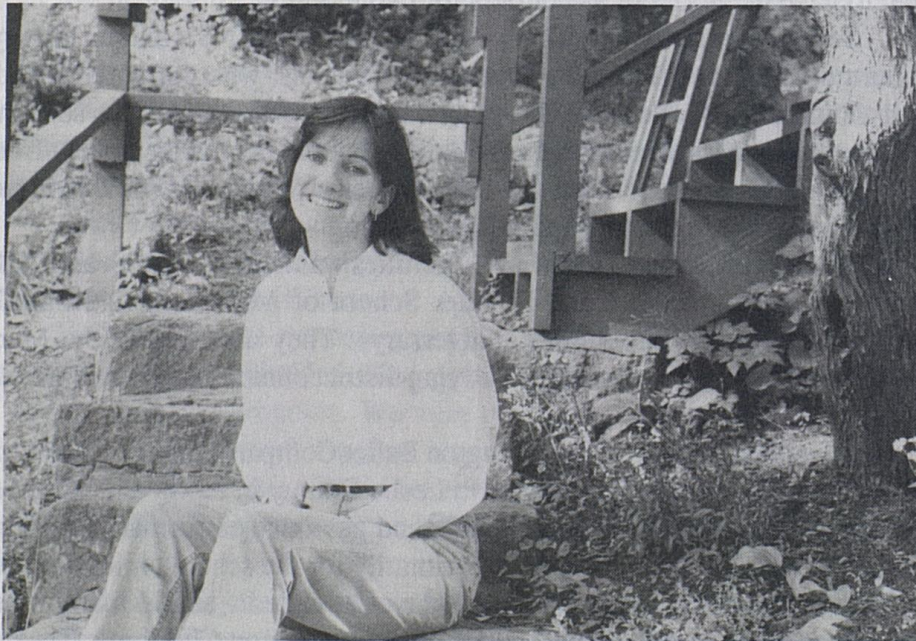
Two theater groups, the Lexington Ballet Company and the Lexington Children's Theater Company, traveled to Leslie County in April and stayed at Wendover. The ballet company arrived first and gave two performances of Cinderella at the Nixon Recreation Center, primarily for the school children in the area. However, almost everyone at Wendover attended - as did many other adults! Later in the month five members of the Lexington Children's Theater Company joined us overnight as they prepared for performances of several skits

depicting the history of eastern Kentucky. One of the members played the part of Mrs. Mary Breckinridge. They spent the evening before the performance browsing through the books and photo albums in the Big House.

The couriers have been kept busy this spring visiting with the local people and working on various projects around Wendover. Couriers and staff both joined in to paint the Big House kitchen. One evening, FNS midwifery students, staff and several people in the area joined us for a barbeque and an evening of banjo music. On March 10th, everyone joined Cecil Morgan and his family to celebrate Cecil's 79th birthday. He is a local chairmaker who has spent a lot of time teaching couriers his craft. Despite the fact that Cecil has been seriously ill for the past few months, he thoroughly enjoyed his birthday celebration. Perhaps the biggest event to date was the Board meeting held the last weekend in April. The Big House was once again filled with people enjoying Cassie's culinary talents and the Wendover grounds were showing signs of the glorious spring we have had here in Kentucky. Recently, we have been kept busy saying our good-byes to David and Sharon Hatfield, David Lee and his wife Stacey Wilson... they will be missed by everyone.

It has been an exciting two months for me and each day brings new challenges. The Big House continues to be a gathering place for numerous visitors who come to FNS. I have enjoyed meeting everyone and feel privileged to be a part of this organization.

- Cari Michaels



Cari Michaels, the new Coordinator of Wendover

Courier News

Ken Zanick (1986) - Visited Wendover for a week earlier this spring. He is currently in the Nursing Doctorate Program at Case Western Reserve University. The week was a restful one for him, even though he had to spend most of his time studying.

Cynthia Rand (1986) - Spent the month of March back at FNS doing her family practice rotation at Beechfork Clinic with Sue Lazar. She is graduating from the University of Chicago's Medical School this spring and will be doing her residency in pediatrics at the Children's Hospital in Pennsylvania.

Nick Gazzolo (1988) - Visited Wendover and Cecil Morgan in April. He enjoyed home cooked meals, rediscovered the pleasure of reading on a screened porch, and fishing. He said his visit here helped put his academic endeavors in perspective. Nick is currently taking an EMT course and is working in an emergency room. This summer, he will work with Outward Bound in New Hampshire, helping teenagers to gain confidence and interpersonal skills. In the fall, he will transfer from Shimer College to St. John's College. He hasn't ruled out the possibility of a medical career.

Rachel Hopkins (1988) - Graduated from Wesleyan University this spring. She recently had lunch with former courier Jodi Wenger. Rachel is not sure what she will do next year, but is exploring her options.

Jodi Wenger (1988) - Also graduated from Wesleyan University this spring. She is currently applying to medical schools and hopes to enter in the fall of 1990. She will be spending the summer in Amherst, MA., doing "mindless work" while studying for the MCAT's. In her year before medical school, she hopes to do work related to diabetes in Washington, D.C., or with juvenile delinquents in New York.

Ingrid Smith (1988) - "I have been volunteering at a crisis center for women and cooking at a restaurant. I will be graduating in June from the University of California at Santa Cruz. During the summer I hope to do some travelling in Mexico and Guatemala to study Spanish. In the fall, I hope to be doing an internship with the California Legislature and exploring a career in law. I am thinking about doing public policy work that will provide health care and housing for those who need it."

Tina London (1988) - Is currently working at the undergraduate office for

mental health at Columbia University. She was accepted to the Columbia Graduate School of Nursing, but has decided to pursue a career in medicine instead. She is currently fulfilling her premedical requirements. Nick earned a scholarship to the University of Indiana's graduate program in anthropology. In the fall, Tina and he will be saying farewell to the Big Apple and moving to Bloomington, Indiana.

Cari Michaels (1988) - Graduated from the University of Minnesota and is back with FNS serving as the Coordinator of Wendover and the Courier/Volunteer Program.

Mariette Alfano (1988) - Is still in New York City, but has changed jobs. She is now a nurse on an intensive care unit in a teaching hospital.

Jessica Lee (1988) - Enjoyed a trip to the Bahamas and saw two barracudas and some stingrays while snorkeling. She is working as a waitress in Charlottesville, Virginia and renting a mansion with some friends. Earlier this spring she attended a seminar in Washington, D.C., that has given her a very positive outlook on life. She will be starting at William and Mary in the fall.

Josh Ledwith (1988) - Is touring around Spain this summer. He is still practicing the martial arts with discipline and regularity. In the fall, he will be starting at Rhode Island University.

Joanna Coolidge (1988) - Is enjoying herself in Hawaii and will probably be starting at Harvard University in the fall.

Melissa Johnston (1988) - Came to visit Wendover in April. Her parents are in good health now. She is thinking about a career change from staff nursing and is looking for opportunities in home health and administration. She has been kind enough to adopt our mutant black cat, Atticus.

Ann Simonsen (1989) - Will be graduating from St. Olaf's nursing program in Northfield, Minnesota. She hopes to be a labor and delivery nurse at Yale, where her boyfriend is attending medical school. Ann has aspirations of becoming a nurse-midwife.

Brad Powers (1989) - Has had a great time skiing with his father in Colorado. Brad was last sighted on the University of Vermont's campus in the internship office. He encouraged Christine Burdette to come to FNS as a courier, and she is with us now.

Ellen Mallory (1989) - Is still contemplating medical school and will be taking physics at the University of Massachusetts, Amherst, this summer.

Anne Knott (1989) - Is living in the wilderness somewhere in the North Country capturing and banding birds and surviving on peanut butter and noodles! She will be starting medical school this fall at either the Rochester School of Medicine or at Case Western Reserve University.

June Kohl and Norma Johnston (1989) - Are driving back to Minnesota and visiting family members along the way. They write, "We passed a freeway sign and Norma said, 'There's good news and bad news. The good news is that we are really making good time - the bad news is we are going in the wrong direction!'"

Elizabeth Wilcox, Wendover and Courier Coordinator 1986-1988 - Is doing well in New Hampshire. She is working with toddlers in a day care and finding it entertaining and intriguing.

David Lee and Stacey Wilson (1985) - "I guess it's time to add my name to the list of former couriers and courier coordinators. May 10th was my last day as the Coordinator. This summer Stacey and I will be watching my sister graduate from Yale Medical School and then visiting with Tina London and some other former couriers in New York. We will then be travelling west to Minnesota to see Stacey's family and on to Oregon to see my family. We hope to spend time camping and fishing. I will be starting at Dartmouth Medical School this fall, and Stacey will continue working as a nurse. She hopes to go to graduate school in midwifery in a year. Some of my life's best memories have been here at Wendover with FNS. I find it difficult to leave a place of such character, peace and natural beauty, an organization and county with such genuine and caring people...until we meet again!

- David Lee

- | | |
|----------------------------------|-------------------------------|
| Mr. Joe P. Newell | Willetta DeLong Tucker Klaren |
| Mrs. Jane L. Cannon | Ms. Lois M. Allen |
| Mr. Charles P. Menges | Mr. Norman J. Carter |
| Frank, Laura and Kevin Nosck | Mrs. Sharon B. Blount |
| Karin and Pete Eaton | Mr. and Mrs. Howard Cury |
| Mr. Kenneth W. Keen | Mr. and Mrs. H.E. Everman |
| Dr. and Mrs. W.E. Rogers Stanley | |

IN MEMORIAM

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

Mrs. Ruth S. Mohney
Lexington, KY

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

Mrs. A.C. Brooks
Anchorage, AK

Former staff and FSMFN Alumnus, Class 20 (1950), Ivallean Caudill.

Mr. John E. Dawson
Dover, MA

Husband of Board member Elizabeth "Liz" Dawson.

Mrs. Benjamin F. Jones, III
Sewickley, PA

Long-time member of our Pittsburgh committee and sister of Caroline F. "Freddy" Holdship who serves on the FNS Board of Governors.

Mr. John T. Dorrance, Jr.
Gladwyne, PA

Generous supporter and friend of Frontier Nursing Service.

Mrs. Robert L. Klaren
Lexington, KY

Devoted advocate for FNS, state and national officer and long-time member of the National Society, Daughters of Colonial Wars.

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:

Alfretta M. Hatfield

Mrs. Howard Lee

Wanda Hoskins

Mrs. and Mrs. Max W. Rothpletz

Elsa G. Heisel

Mrs. Alader Sule

Olive M. Gass

Mr. and Mrs. Donald C. Swank

Dr. Pembroke T. Grove

Col. and Mrs. James T. Breckinridge

Mrs. Dorothy T. Breckinridge

Miss Catherine M. Capper

Miss Grace F. Coleman

Mr. Dave Lewis

Mr. and Mrs. Eddie J. Moore

Mr. John B. Rogan

Mr. and Mrs. F. Bradley Peyton, III

Helen Cobb Smith

District of Columbia Society,

Daughters of Colonial Wars

Dr. Thomas J. Lynch

Ruth and Roy Roberts

Miss Gertrude E. Randall

Ms. Mary C. Thompson

Mrs. Stella Sizemore

Mr. and Mrs. Eddie J. Moore

Mrs. John McDonald

Mrs. Dorothy T. Breckinridge

Miss Imogen S. Thomson

Mr. Joe P. Newell

Mrs. June L. Cahoon

Mr. Charles P. Menges

Frank, Laura and Kevin Nosek

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In Memorium
Mr. Cecil Morgan
1910-1989



We would like to dedicate this issue of the *Quarterly Bulletin* to the memory of Cecil Morgan, who passed away on May 29, 1989. Cecil and his family have touched the lives of countless FNS staff, volunteers and visitors. The Morgan family's genuine warmth and endless hospitality has been a Wendover tradition for years.

Although many of us are fortunate enough to have one of Cecil's sturdy chairs, stools or tables to remember his craftsmanship, we will forever carry in our hearts his humor, courage and strength of character which have inspired and challenged us all.

URGENT NEEDS

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

For the Emergency Room:

Pediatric blood pressure cuffs (2)	<i>Estimated Cost:</i> \$200
Rechargeable oto-ophthalmoscope (1)	<i>Estimated Cost:</i> \$500
Adult blood pressure cuff (1)	<i>Estimated Cost:</i> \$100

For the Obstetric Department:

Stethoscopes (3)	<i>Estimated Cost:</i> \$150
Electric stamper machine (1)	<i>Estimated Cost:</i> \$500
Doppler (1)	<i>Estimated Cost:</i> \$350

For Hyden Clinic:

Battery operated oto-ophthalmoscope (1)	<i>Estimated Cost:</i> \$400
Exam lights (3)	<i>Estimated Cost:</i> \$1100

For the Medical/Surgical Department:

Rechargeable oto-ophthalmoscope (1)	<i>Estimated Cost:</i> \$400
Rolling blood pressure cuffs (2)	<i>Estimated Cost:</i> \$500
Electric thermometer (1)	<i>Estimated Cost:</i> \$300

For the Frontier School of Midwifery and Family Nursing:

Suture sets (10)	<i>Estimated Cost:</i> \$1500
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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 Living Trust.** You may put property in trust and have the income paid to you or to any other person or persons for life and then have the income or principal go to the Service.
4. **By Life Insurance Trust.** You may put life insurance in trust and, after your death, have the income paid to your wife or to any other person for life, and then have the income or principal go to the Service.
5. **By Life Insurance.** You may have life insurance made payable direct to the Service.
6. **By Annuity.** The unconsumed portion of a refund annuity may be made payable to the Service.

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

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

Gifts of stock should be sent to:
FRONTIER NURSING SERVICE
Mr. Homer L. Drew, Treasurer
First Security National Bank & 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. Openings may occur from time to time in both the professional and technical staffs, with opportunities for certified nurse-midwives, family nurse practitioners, registered nurses, family practice physicians, laboratory technicians, X-ray technicians, and others. For current information, write Darrell Moore, Director of Personnel, Mary Breckinridge Hospital, Hyden, Kentucky 41749 (phone 606-672-2901).

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

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FOR YOUR PARTICIPATION



The Frontier Nursing Service
Wendover, Kentucky 41775

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Mary Breckinridge's home at Wendover.
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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