

# FNS

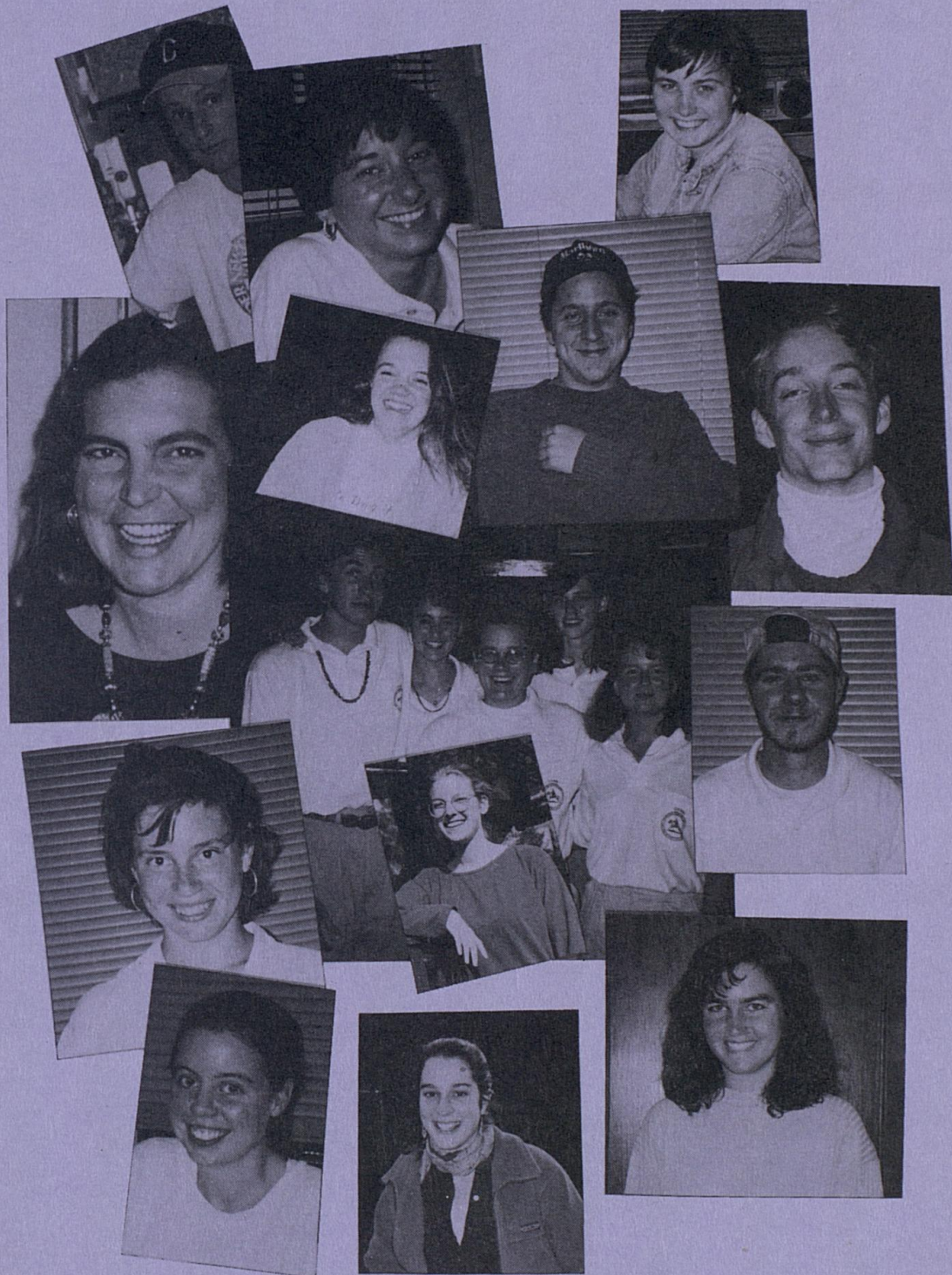
## FRONTIER NURSING SERVICE

Volume 68

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Winter 1993

### QUARTERLY BULLETIN





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**COVER: FNS Couriers. These are just a few of the many people who have volunteered their time at the Frontier Nursing Service.**

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### **Carol Crowe-Carraco portrays Mary Breckinridge**

In the late 70's Mrs. Carol Crowe-Carraco was teaching History at the Western Kentucky University when a lady from Clay County mentioned Mary Breckinridge to her. After reading Wide Neighborhoods, she became very interested in the history of the Frontier Nursing Service.

Carol is originally from Georgia (her Sunday School teacher was an FNS nurse) but moved to Bowling Green, Kentucky a number of years ago. She is a graduate of Phi Kappa Phi at the University of Georgia. She also obtained her Ph.D. in English History, M.A. in U. S. and French History and an A.B. in U. S. History.

While working on one of her publications at Pippa Passes, Kentucky, Carol decided to stop by Wendover and talk to someone about her interest in writing an article on Mary Breckinridge, and that's how it all began.

After spending several weeks at Wendover in 1978 gathering information, she sent her article to the Kentucky Historical Society and it was published. Since then, Carol has given presentations about Mrs. Breckinridge in many different states. She spoke of Mrs. Breckinridge aboard the Queen Mary while working with the National Oral History Association. She also went to England and interviewed several former FNS midwives, including Nora Kelly. Carol currently works with the Kentucky Humanities Council and has done 36 presentations on FNS history in the state of Kentucky.

There is no doubt that this lady has spent more time doing research and is more knowledgeable about the life of Mary Breckinridge than anyone else at this time.

Deanna Severance invited Carol to be our guest speaker at the annual Louisville Luncheon this year, and it was a great success. People liked her performance so well that she and Deanna later attended a luncheon in Philadelphia at the Merion Cricket Club. There were several people in the audience who knew Mrs. Breckinridge personally, and they all said she did a fantastic portrayal of her. Carol plans to attend more of our committee luncheons this summer introducing our history to those who may not be familiar with the Frontier Nursing Service.

Carol has 21 publications along with a list of scholarly papers and professional activities. She has been the guest speaker at





*Carol Crowe-Carraco*

numerous seminars and has spoken for at least 100 local organizations. At this time she is in the process of writing Cry for the Children, a full-length biography of Mary Breckinridge, (1881-1965), scheduled for completion in early 1994. Also, in the works are 200 years of Courage, Compassion and Conviction - - A Pictorial History of Kentucky Woman, scheduled for completion in 1995, and Clio's Characters and Heyer's Harvest - - A Historical Novelist Looks at Regency England.

While interviewing Carol, I wondered what inspired her to take so much time to become this familiar with Mrs. Breckinridge and the FNS. She said it was because of her own problems with infertility and her interest in children.[most of you know that Mrs. Breckinridge had two children die, Breckie and Polly]. Carol and her husband Robert have two children, Sarah Beth and Will. Carol said that she has found Mrs. Breckinridge to be an inspiring woman, very human as well as humane.

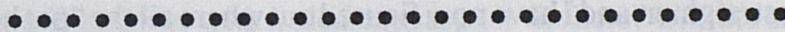
I have had the opportunity to spend a little time with Carol, and I am impressed with her love and loyal support for the Frontier Nursing Service. We are looking forward to having her share the history of FNS and Mrs. Breckinridge with many of our friends and supporters this summer.

- Barb Gibson





*Carol Crowe-Carraco and Dr. Anne Wasson*



**Dedication Ceremony - Big House**

*It was on one of my rides alone that I first saw Wendover. Of course it wasn't Wendover then, but I knew it would be. It was purely by accident that I happened to be riding along the Middle Fork of the Kentucky River. For the first of many thousands of time, I rode down Muncy Creek, forded the Middle Fork and rode slowly along its banks. I thought I had never seen anything lovelier than the lay of the land with its southern exposure facing the great North Mountain. When I raised my eyes to towering forest trees, and then let them fall on a cleared place where one might have a garden, when I passed some jutting rocks, I fell in love. To myself and to my horse I said, "Someday I'm going to build me a log house right there." Two years later I did.*

*-Mary Breckinridge*

**On July 17, 1991 the "Big House" was designated a National Historic Landmark. The Frontier Nursing Service Board of Governors cordially invite you to attend our Dedication Ceremony to be held at Wendover, KY April 16, 1993 3:30-5:30 p.m.**



### My Experience as a Courier

I had heard about the Frontier Nursing Service for years before I actually managed to get there myself. Each fall, for the past six years, one of my friends has set out for Kentucky to become a courier. I left my home in Vermont and arrived at Wendover remembering all the stories and visual images my friends had shared with me over the years.

My stay at Wendover has been too short. I find that I'm leaving just when faces are becoming familiar, when the stitches on the pillow I've been quilting are getting straighter, and I have now figured out where all the "pot holes" are on the Wendover road. However, I haven't left too soon to collect my own stories.

Since the beginning of January I have spent most of my days working at the Stinnett Elementary School. I came to Leslie County specifically interested in working in the schools and to try my hand at teaching. While working in an ungraded primary class taught by Connie Adams, I tutored individual students, worked with reading groups, played games, and observed the workings of the school. I also had the opportunity to teach special units on Martin Luther King, Jr. Vermont, Health and Nutrition and the Presidential Inauguration.

Several afternoons a week I worked at the Hyden Clinic helping the triage team "work-up" patients. Having been trained as an EMT several years ago, I was glad to have the opportunity to sharpen some of my patient assessment skills. Both working at Stinnett and at the clinic provided me with great opportunities to do "hands on" work.

Among the memories and stories that I will take back with me will be the nights spent going up to Alabam Morgan's to quilt. From my first days at Wendover, Alabam opened her heart and home



*Rachel Garber*



patiently teaching me to quilt while listening to country music, eating fried apple pies, drinking catnip tea and listening to Alabam share her memories of Mary Breckinridge and the old days at Wendover.

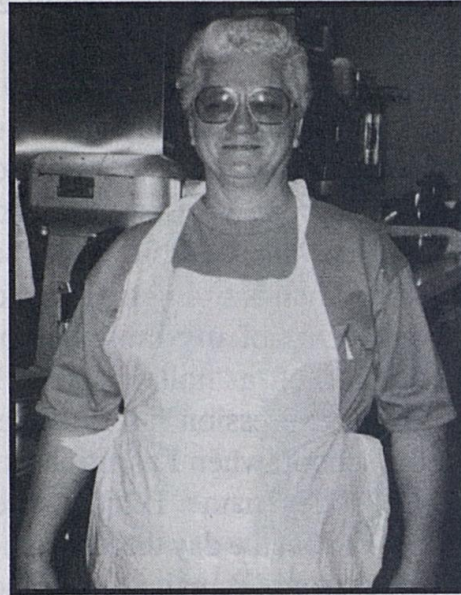
I will also take with me memories of working with fellow couriers. I helped Emily and Courtney weave bark for the seat and backrest of one of Sherman Wooton's rocking chairs. We worked while Sherman kept one eye and ear to the radio broadcasting the Kentucky vs. Vanderbilt basketball game and the other eye on our unskilled hands trying to thread one piece of bark under another.

One of my most humorous memories is finding out the definition of a "holler". When I came here I heard people always using the expression "up the holler" or something similar. Especially in the school, when I asked the kids where they live they would say some "holler" name. I received several different opinions explaining a "holler" but the day that Bessie, one of my students, came to school with a map will remain in my mind. Unfolding the map and spreading it out on the table, Bessie told me she had brought the map in so she could show me where all the "hollers" were. I'd like to say that I'm leaving Wendover with a clearer grasp on "hollers" but like so many other things here I know that I have much left to learn and experience. However, my time with FNS has been very full and I'm hoping to have the opportunity to return someday. - Rachel Garber

*Rachel was another one of those couriers that you don't just forget. She has a great sense of humor that I really enjoyed. We had some real good laughs and good times together, trying to teach her how to say words "Kentucky style". She was definitely a "model" courier, and we all wish she could have stayed longer.*

- Barb Gibson



**FNS Employees*****Wanda Hacker******Virginia Whitehead***

Wanda Hacker began working at the Frontier Nursing Service February 10, 1969 as a nurse aide in the clinic at the old hospital. Now, she is the EKG, Holter Monitor and EEG Technician and also the casting therapist at the Mary Breckinridge Hospital.

Wanda wasn't planning to start work when she did 24 years ago, but she went to visit her sister in the Hyden Hospital and Valarie Jewell, Supervisor of the Medical Surgical ward, asked her if she wanted a job. Wanda had just recently finished a three month nurse's aide training program so she was already qualified. She started working in the clinic on the following Monday.

Wanda was born in Harlan County and moved to Leslie County when she was very young. She has lived in Leslie County for most of her life with the exception of living in Bristol, Tennessee and Williamsburg, Kentucky for short periods of time. She and Matrend (Doc) Hacker have been married for 33 years and they live at Stinnett, Kentucky. Doc works at the hospital in the Maintenance Department. They have two children, Tony and Wayne and one grandson, Cory.

Wanda says FNS has meant a great deal to her family. Because of this job both of her children were able to graduate from



college. She feels that the people of Leslie County are fortunate to have the Mary Breckinridge Hospital to provide jobs and health care.

I worked at the hospital with Wanda for several years and observed that she always took her job seriously and was always very caring of her patients. She says she loves her job and hopes to always be a part of the Frontier Nursing Service.

### *Virginia Whitehead*

Virginia Whitehead started working in the dietary department at the old hospital February 14, 1969 and has given FNS 24 years of dedicated service. She was hired by Mrs. Butcher, who was the supervisor of housekeeping at that time. Virginia had the opportunity to work with wonderful people like Eniree Napier, Juanita Smith, Etta Mae Collett, Doshia Bowling, and Jean and Jane Muncy.

Virginia is a native of Leslie County and has lived at Grassy Branch of Stinnett, Kentucky all of her life. She is married to Clifford Whitehead who works in the security department at the Mary Breckinridge Hospital. They have five children: Roy Lee, a contractor at Winchester; Roger Wade, a miner at Shamrock Coal Company; Diane, payroll clerk at FNS; Gena, clerk at K-Mart Stores in Richmond and Randy, employee at Begley Lumber Company in Hyden. They have six grandchildren.

Virginia says that "FNS is home away from home." During my years of working at the hospital, I cannot ever recall going to the dietary department and finding Virginia anything but helpful or pleasant. She has always been ready to assist or be of help in any way she can. Thank you Virginia!

*-Barb Gibson*



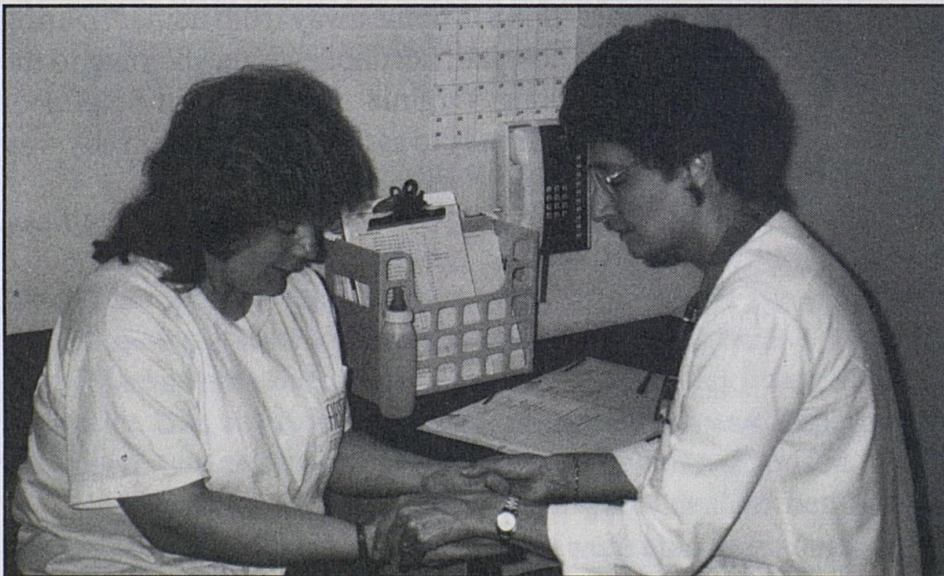
### Former Midwives and Practitioners

As a result of excellent training at the Frontier Nursing Service, many lives are being saved through the FNS model of healthcare across the United States and in other countries.

I recently contacted several FNS Alumni for assistance with a project I'm doing, and it caused me to think about the many lives that FNS is still touching today.

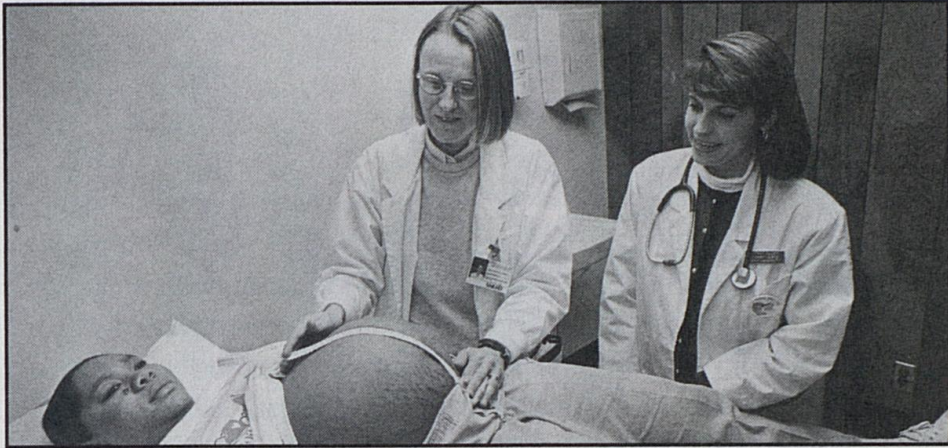
I talked to **Valarie (Chaplain) Arcement** in San Antonio, Texas who is working part time in an indigent care clinic. **Gail Alexander** in Portland, Oregon just started working at a new medical clinic located in the high school. It is becoming a requirement for the state of Oregon to have medical clinics in all of their high schools. **Laurie Snead** is practicing midwifery and teaching in Cleveland, Georgia. **Phyliss Long** is also teaching and doing midwifery in Hanover, New Hampshire. **Mona Lydon-Rochelle** is doing midwifery and research at the University of New Mexico. **Sharon (Leaman) Trani** and **Marsena Howard** have had opportunities to use their expert nursing skills in Paraguay, South America.

Sharon and Marsena became familiar with Paraguay through the church they both attend in Pennsylvania, which sponsors a medical clinic, a school and a church there. Sharon went to Paraguay in March of 1989 for five months and again during October, 1991 for

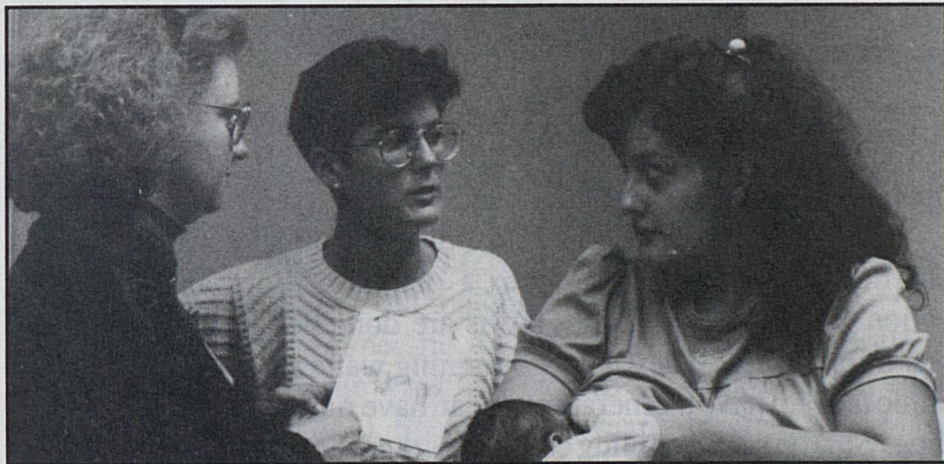


*Valarie Chaplain Arcement, Texas*





*Laurie Snead, Cleveland, Georgia*

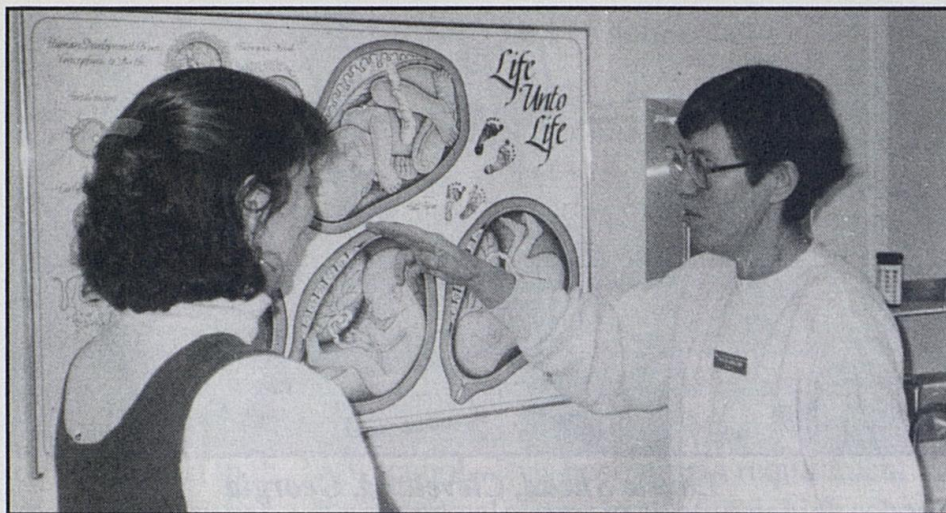


*Mona Lydon-Rochelle, Albuquerque, New Mexico*



*Marsena Howard, Paraguay*





*Phyllis Long, New Hampshire*

seven months. Marsena is in Paraguay now until March, 1993. There are approximately six families from their church living there now operating the mission program and trying to establish churches.

The medical clinic is a small building consisting of a pharmacy, an examining room, a delivery room and an observation facility. No home births are done due to the poor living conditions there. They have no running water or electricity. At the clinic they do have a generator and can have running water most of the time. Sharon said the living conditions there are similiar to the earlier days of Mary Breckinridge in Leslie County. She shared with me some of her experiences since she has been in Paraguay, and they certainly sounded challenging. She said her good training at FNS, along with praying to God, was the only way she handled some of those situations.

Marsena plans to return soon to her private midwifery practice in Lancaster, Pennsylvania, and Sharon is currently working at the Welsh Medical Center near Lancaster.

These are just a few examples of the unique and inspiring experiences former FNS employees are having nation and world-wide. We hope that those we've not heard from are finding as much success and happiness as the ones we've mentioned here.

- Barb Gibson



### An FNS Fantasy

*I began corresponding with Josephine Smith who resides in California about eighteen months ago. So many things in life happen as serendipity. Mrs. Smith continues to be a prolific writer and has a column on aging published in her local newspaper. Asking her to write an article about her introduction to Mrs. Breckinridge and how she fantasized about becoming a Frontier Nurse was a natural outgrowth of our long distance relationship! Many nurses I have met have said how they heard about the FNS in the "early days". Although marriage, education, children, and the like prohibited their coming, these women still reserve the fantasy that one day they too will be nurses on horseback. Many thanks, Mrs. Smith, for the delightful article!*

*-Deanna Severance*

I've read the Frontier Nursing Service Quarterly Bulletin for more years than most of you are old. Always I've turned first to the letters from departed nurses, departed couriers because I counted them my friends; some I got to know by name (frequent letters) and I began to think we'd worked together.

Let me be more specific. In the Fall 1992 Quarterly Bulletin the dedication of the issue was given over to Dr. Anne Wasson who, bless her, was born in 1920. She was three years old when I met Mary Morrison Breckinridge founder and patron saint of FNS. I was a student nurse in training at St. Luke's Hospital, New York City, in the class of 1924, and Mrs. Breckinridge, a St. Luke's nurse in the class of 1910, came frequently to the city. You can guess why; the tragic experience of the loss of her two young children, (due, it is said, to inadequate medical care in the wasteland of medical resources in rural Arkansas) created the idea of the Frontier Nursing Service. She needed backing, she needed funds, she needed help and one great source of support came from the splendid people in New York City who caught her dedication; and she also needed nurses. So she came to her old school and prowled around for help there.

The nursing school administrators were enthusiastic and did what they could to present various students who just might make the Frontier Nursing Service their goal. I was one of three such students assigned to meet with Mrs. Breckinridge. You just can't guess what



vitality poured out of that woman, as she cast her net around the three of us. She had every lure, every fact, every dismal problem, and every challenge, and we listened. I'm not sure how many if any, nurses she inspired to join her, but I can say that every nurse who heard her talk about Wendover never, never forgot her or forgot the expanded bright horizon of what it meant to be a nurse, where a nurse counted.

Nurses on horseback! It said it all. Skill, vigor, professionalism. Glamor, pioneering—Mrs. Breckinridge personified all of it. I don't know how many of us responded. I didn't. I clumped off to the American Hospital at Neuilly (outside Paris) for a while. Dullsville, no horses. I came back to teach at the Yale School of Nursing (under Annie W. Goodrich, another St. Luke's nurse, another fire-eater). No horse, but New Haven had other wasteland to conquer, on foot.

But don't think for a minute I forgot FNS. It was, and often still is, my favorite fantasy. Like this; I'm at a sort of logging camp setup at Wendover; I'm a super-nurse (of course); it's late at night and word comes that Sarah Ann is in labor, having a hard time, no supplies, no nothing. I toss my kit on my horse and off we go into the pitch-black night. The little stream that had so lazily twinkled by had become a rushing torrent from a flash flood. The side of the mountain was a glop of mud. On we went, with the speed of light (skillful horsemanship, stout horse) to the rickety cabin where Sarah Ann was with her husband and four young children milling around. One glance, and the husband had made a fire in the decrepit stove, put on a kettle of water, gave the children pieces of bread (which I'd brought) and put them on a pile of bedding in the corner. Meanwhile, I'd been seeing what's what with Sarah Ann and getting her into the spirit of working at the birthing; delivered triplets (smallest was 7 pounds), got her fixed, cleaned up, drinking tea, baby nursing already; and with a cheery "see you in the morning!" I leapt on my steed and skidded down the mountain again.

Nurses on horseback. You can't beat it, I don't care how many jeeps you have. One more thing, and this time not a fantasy. I kept in modest touch with Mrs. Breckinridge for years, and I remember once beseeching her not to die before I did, for I wanted her to write my obituary. Do any of you remember those obituaries she wrote and published in the Quarterly Bulletin? They were/are masterpieces. So gentle, so compassionate, so loving; they gave a gift



of peace and fulfillment, or a soft sorrow. Just remembering them, I feel a warm shawl of grace comforting me for my own losses.

It's a great game to play: "What if....?" Would I have had my 60 years with my dear husband, my four children, my "other" professional life, which has been so rewarding? Obviously not. But there are unfulfilled wishes that I will never be able to complete in this life, for I'm now 94. One is to learn to play the cello, and the other is to be a Frontier Nurse Midwife. They aren't incompatible.

Would you be good enough to put me down for the Class of "199...." Please? I'll be there in spirit, I assure you.

*-Josephine Smith*



### Beyond the Mountains

Fall is always such a busy time at Wendover. Within the mountains so many generous gifts are received from our friends beyond the mountains. I wish all of you could feast at our Thanksgiving table at the "Big House". The staff has a break from cooking while the couriers and management prepare the meal. Then the Christmas holidays are upon us. Many of you enable us to bring Christmas to children and families in a way otherwise impossible for many. The Daughters of Colonial Wars have for many years provided funding for children's Christmas items. I watched with misty eyes and a lump in my throat as children were brought to the Community Health Center at Big Creek, Kentucky. Santa had arrived and distributed books, a toy and fruit to the little ones. I sometimes take for granted the shopping malls, glittering snow houses with Santa seated inside, and pictures for \$5.00. For these children, this was their Christmas visit with Santa. Thank you, dear supporters, for making this possible.

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November 6, the Executive Finance Committee of the Board of Governors met in Lexington. Many thanks to Leigh Powell, William Hall, Ken Tuggle, Nancy Hines and John Foley for giving their personal time so generously. As our country continues to struggle with health insurance at the national level, our Board of Governors struggle with reducing costs where possible. The Board



has adopted a self-funding health insurance and long-term disability programs to reduce costs. We are considering the same for worker's compensation.

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Board of Governors member Ken Tuggle, FNS Chief Financial Officer Clark Myers, Ernst & Young auditors John Yeager, Joe Smith and Mark Harder and I traveled to the state capital in Frankfort, Kentucky on November 16, to appeal Medicaid reimbursement for rural health clinics. Our CFO uncovered funding for which FNS was eligible. Working with the auditors, our case was prepared. I am happy to say the appeal ruling was in our favor. Many thanks to Mr. Myers for his diligence, and many thanks to Mr. Yeager, Mr. Smith, and Mr. Harder for the excellent written appeal!



*Deanna Severance, Carol Crowe-Carraco and Mary Hodge at the Philadelphia Luncheon.*

As mentioned elsewhere in the *Bulletin*, Carol Crowe-Carraco and I traveled to Philadelphia for a luncheon at the Merion Cricket Club featuring Mrs. Crowe-Carraco's presentation of Mary Breckinridge. Imagine my surprise when Carol told me that Mrs. Breckinridge had the Philadelphia Committee meeting at the Cricket Club in 1939. I wish to thank those attending: Carole Springer, Elizabeth Taylor, Mrs. Ernest von Starck, Helen Shoeber, Laura Kalenbach, Louise Mae, Polly Pease, Anne Farr, Bubbles Moore, Chris Canino, Jane Moore, Betsy Wilkins, Barbara Chimicles, Suzanne



Lammers, Bonnie Harkins, Hannah Randolph, Mary G. Hodge, Anne Sinclair, Edith Mungall, Olive Young, Geanor Helm, Anna Lewis and Lucy Horn. A personal message to Mary Hodge: Thank you so much! You are marvelous. Returning from Philadelphia I ran into Kitty Ernst at the airport. Small world!

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The Frontier School of Midwifery and Family Nursing Executive Committee of the Board met in Lexington January 15. The Board invited the administrative council to brief them on the status of the Community-Based Nurse Midwifery Education Program. Penny Armstrong from Gordonville, Pennsylvania, Kate McHugh from Philadelphia, Pennsylvania and Kathy Carr from Seattle, Washington joined Dr. Treistman in the presentation. The rapid growth of the program has placed many demands on the school. This council provided meaningful information and launched the strategic planning process.

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Chief Operating Officer David Southern, Board member Ken Tuggle and I traveled to the American Hospital Attorney's conference in St. Petersburg, Florida on February 15 and 16. A tremendous amount of information was packed into this two day conference. The sessions on bylaws and credentialing resulted in immediate work. The sessions on managed competition and integrated health care delivery systems were thought provoking. All around the mountains the health care delivery system is changing. Thinking of the national planning and the FNS system reminded me of the saying: the more we change, the more we stay the same.

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Congratulations to Kate Ireland, the newly elected chairman of the board of trustees for Archbold Medical Center in Thomasville, Georgia. She was elected a trustee of John D. Archbold Memorial Hospital in 1980 and joined the Archbold Medical Center and Archbold Health Services boards in 1983. Kate was also recently recognized by the Thomas County Chamber of Commerce by receiving the "Pinnacle" award. This award is presented periodically, and Kate is the sixth individual to receive the honor since the Chamber's



inception in 1921. Members of the Chamber of Commerce complimented Kate with these words; " Tonight's recipient has never demanded respect, but earns it and earns it in a totally gracious manner -- a manner that encourages those about her to do more and do better."

- Deanna Severance



### Notes from the School: Starting the New Year

*It gives me great pleasure to introduce an important new group of faculty. The members of the FSMFN Administrative Council.*

*Kate McHugh, CNM, MSN, is a native Philadelphian. She lives in the middle of the city, on a tiny side street of closely knit neighbors and family members. She and her physician husband, who directs a medical residency have a son and three daughters aged 11, 9, 5 and 3. Kate is a graduate of the University of Pennsylvania and St. Louis University.*



***Kate McHugh***

After midwifery school Kate practiced and taught at Yale University for two years. In 1982 the family returned to Philadelphia, where she joined the nurse-midwifery practice of The Birth Center of Bryn Mawr. Kate McHugh is very active in professional organizations and became the Chairperson of the Pennsylvania Chapter of the American College of Nurse Midwives. She has served on the Mayor's Public-Task Force on Infant Mortality while continuing to practice and teach at the University of Pennsylvania, and is presently principal investigator in a federally-funded project involving work with substance abuse.

Kate became acquainted with CNEP while working with Penny Armstrong (see below) on our Preceptor Training Workshop. Since its beginnings in 1991, the CNEP Preceptor Workshop has been presented all over the country and has been attended by over two hundred nurse-midwives! In the fall of 1992 Kate left her position at



the University of Pennsylvania and came on board for CNEP, working full-time as Academic Director while still living in Philadelphia. Kate works very closely with our far-flung academic faculty, making sure that they feel part of our CNEP community. She provides guidance to the faculty in course development and evaluation measures. Kate says her management style "...revolves around the belief that most problems are solvable and most faculty are motivated. I also know that at present nurse-midwifery faculty are a scarce resource that need to be appreciated!" With students Kate sees her role as a delicate balance of setting limits, giving support and maintaining standards. She is keenly involved in our effort of encouraging faculty and students to create efficient ways to communicate with each other and break the barriers of geographical isolation.

*Katherine Camacho Carr*, CNM, PhD grew up in Chicago and received her BSN from Loyola University and her MSN from the University of Illinois. For the past fifteen years Kathy has lived in Seattle, WA, where her physician husband practices family medicine. The Carrs have two sons, ages 16 and 6. In Seattle, Kathy has been a nurse-midwifery service director and has started several practices, including a free-standing birth center and a service in a large HMO. She has also been active in the profession serving as Chair of the ACNM Chapter and on the National Board of the ACNM. In 1989 Kathy received her PhD from the University of Washington. Kathy has travelled in Scandinavia on a WHO Fellowship and has published extensively. She has focused much of her energy on developing nurse-midwifery in the Pacific Northwest, including her work for CNEP during the past two years. Kathy has taught the Well-Woman Gynecology course for CNEP and has been Regional Coordinator for 23 students (making site visits from San Francisco to Alaska!)



*Kathy Carr*



Kathy Carr has assumed full-time responsibility for the newly created Department of Development & Research. Kathy views this department as essential to an at-a-distance learning program with increasing numbers of students and a concern for cost. She sees the new department as responsible for technological innovation in communication and curriculum. "Faculty will be assisted with computer management skills to enable them to run courses more efficiently. At the same time, technological innovations in education and communication, including computer-aided instruction and other media that facilitate at-a-distance learning will be evaluated, adapted and authored in order to streamline and improve the quality of the curricular materials. As Kathy says, "CNEP is in a unique position to utilize some of the cutting-edge technologies. We hope to provide interactive multimedia instruction wherever possible." Of course, all these exciting possibilities will cost money, and that is part of the responsibility of this new department. Kathy will be helping the Program Director and other faculty in preparing grants to obtain funding for these projects and will be looking to corporate and private sources as well as government.

*Penny Armstrong, CNM* has been part of CNEP since its beginnings in Perkiomenville, PA. where she used to "drop in" to participate in seminars and Level IIIs. Originally from Maine, Penny is a "foreign-trained midwife", following much the path travelled by Mary Breckinridge. Penny did her midwifery training in Glasgow, Scotland and then did a Precertification program at Booth Maternity



*Penny Armstrong*

Center in Philadelphia where she worked with unwed adolescent mothers. Penny Armstrong spent many years in solo-midwifery practice in Lancaster, PA, where she worked with the birthing families of the Amish. Penny still lives in Lancaster, with her husband Rich..an airlines pilot... She has written about her experiences in two lovely books, *A Midwives Story*, and *A Wise Birth*. Penny has



precepted many students in her private practice and at Bassett Hospital in Cooperstown, NY. In 1992, Penny Armstrong became Clinical Director for the FSMFN, a full time position with primary responsibility of "coordinating" the Regional Coordinators who are supervising CNEP students while they are in the clinical practicum. She sees the important need to establish a short and a long term plan for the development of new clinical training sites and has brought many creative ideas to her job. This is a new position, and one of Penny's priorities will be to develop guidelines for regional coordinating and for the identification of high-quality clinical training sites. Her work is absolutely critical to the continued expansion of the CNEP and she will be working with the Director of Development to seek funding for the task.

*What a talented Management Team! FSMFN is extremely fortunate to have them aboard!*

*-Judith Treistman*



### Courier News

*Over the holidays a number of couriers were seen and heard from.*

**Dan Dickstein** (Summer 92) came back for a week over Christmas to help out while the couriers were gone, as did **Tim Bratton** (Summer 91, 92).

**Amy Behrens** (Fall and Winter 91, 92) visited for awhile and caught up with old friends.

**Kristin Erickson** (Fall and Winter 91, 92) also stopped by for a week in January before returning to Brown University. After the spring of organic farming she was off to Moscow with her family.

**Liz Brown** (Winter 92) sent in "grab" with a note saying all was well and she was looking forward to heading back to college.

**Beth Small** (Spring 91) jotted on her card that after time in California, she's back east, has a winter job teaching skiing, and that she will be working for "Horizons for Youth" as she waits to hear from the Medical Schools she has applied to.

**Susie Quinlan** (Spring 92) is working in a residential home for emotionally disturbed and abused children. Says it's a perfect job and exactly what she wanted. She also coaches gymnastics on the side.

**Marion Subjenski** (Summer 91) is taking classes at the University in Albuquerque and substitute teaching on the side. She dreams of getting her degree and finding a small school in a remote area in which to teach. Is Kentucky not rural enough Marion? Come on back !!

**Kathleen Wilson Henderson** (Summer 34, 35) "I have just received my FNS Bulletin. I am responding to your request for news. I was there with Mary Willeford, Pebble Stone, Agnes Lewis, and the horses! You are so right - the experience will be a part of us forever. I applied to the Yale School of Nursing after the first summer at Wendover and was on my way in 1935. I planned to go to England afterwards for midwifery. Instead I was married and had four children and seven grandchildren. I can still feel a thrill down my spine when I remember "Pebble" meeting me with a horse at the head of Hurricane and holding the lard can while the mother spat out her tobacco juice as she gave birth to her baby. I remember serving tea to Mrs. Breckinridge and fording the river on the way to Hyden and talking to Bucket, etc."



**Courier News-continued**

*The Kentucky Power Company of Hazard, Kentucky included a brochure focusing on the Frontier Nursing Service in their electric bills sent to all of their customers. Their title was "That Special Time Of Year". They included a photograph of Susie Hudgins (courier coordinator) and two couriers wrapping gifts for the FNS Christmas parties this year. Below is a reprint of their article.*

At the Frontier Nursing Service in Hyden, Kentucky, Christmas is a very special time of year. The employees and volunteers put together bags of clothing (over 200 last year) and hundreds of toys. They also have parties for all of the pre-school children in the area to make Christmas just a little merrier.

The spirit of giving at Frontier Nursing began in 1925 when Mary Breckinridge came to Leslie County with a few medical supplies and a dream. Convinced that the deaths of her two young children could have been prevented with proper medical attention, Mrs. Breckinridge wanted to deliver quality health care to rural mothers and babies. She founded Frontier Nursing Service and now, almost seventy years later, that dream lives on. Frontier Nursing Service has grown to include a 40 bed hospital, four district clinics, a women's health care center, and a school of midwifery and family nursing. The school is the largest and oldest of its kind in the United States. It graduates more midwives than all other schools combined.

Susie Hudgins is typical of the people who work at Frontier Nursing. She came from Massachusetts as a volunteer in 1990. Like so many others before, she stayed. Susan is now manager of the Wendover facility and coordinates the volunteers, who are called "couriers". Why has she remained at Frontier Nursing? She told us simply, "When you catch the Mary Breckinridge spirit, you stay."

Frontier Nursing is a shining example of the caring and sharing attitude we see from our neighbors in Eastern Kentucky. They help to make our communities a better place to live and raise our families. And, they help make Christmas a very special time of year.

*-Kentucky Power Company*



### Tidbit from Molly Lee

*I recently wrote to Molly Lee and sent her some Quarterly Bulletins. She wrote me back, and I wanted to share some of her letter with all of her friends that have not kept in touch with her. (Molly Lee is a former midwife who first came to FNS in 1955 and stayed until 1984 when she retired to return home to England to care for her sister).*

*December, 1992.....I am doing very well except for a few broken bones, now healed. Some of our friends might like to know that Nora (my sister who lost her legs in Kentucky in 1965) came with me to Norway in May. We took my car by the sea and her wheelchair. She was able to travel on a mountain railway to see the huge waterfalls and magnificent scenery.*

*Congratulations on all you (Barb) have achieved by continuing to learn new skills. It certainly makes life much more interesting, and must be a great help to FNS.*

*Please share my greetings with all my friends who helped me in the offices, wards and community. I cherish them all and our work, especially in Mrs. Breckinridge's day.*

*A very happy Christmas to you all with blessings in the coming New Year. By the way I ride a horse when I can and a bicycle. Does anyone walk to Wendover over the mountain for Thanksgiving? Happy memories and kindest regards.*

*- Molly Lee*



*Molly Lee, 1976*



### Field Notes

During the past few months the weather has been downright dreary and had it not been for the holidays I think Wendover might have gone into hibernation. Somehow, between the rain drops, we managed to rebuild the driveway from the Garden Shed to the Big House steps. All the rotted logs were dug out and new ones installed with steel rods to hold them together and a new, sturdy handrail was put in.

Then it was time to put up the Christmas tree and decorate the grounds. J. G. performed his magic once again, stringing bulbs on a tree outside that only exists for that purpose, and he gave us the most perfect full tree for the Big House living room. The couriers had a wonderful time making everything look festive.

The first week in January came and along with it a new problem with four footed creatures. This time it was the squirrels in the walls of the large room at the Big House. Try as we might we were not able to get those critters to take up housing elsewhere and it became impossible to sleep in that room. We decided to take down the inside wall, get them out, block the entrance, and put up new sheet rock. When the wall came down, we found in many places that the little darlings had eaten the old beaverboard and all that was left was many coats of paint!! Once again, we were out smarted as they merely moved around the corner of the room and took up residence in the next wall. Yes, we ended up having to replace all the walls, but we feel that we have finally closed the motel once and for all. The room looks wonderful now, and we even managed to insulate it too.

Now we are starting to re-do all the offices in the Garden House. Each and every one will have its ceiling and walls repaired, fresh paint and new light fixtures.

In January we had a few hardy souls come for tours and I gave three presentations to one of the elementary schools in Manchester. More and more frequently, people who first came on tour are coming back to spend a night or two with us.

Sassafras update: Well, Sassafras did find the Big House, not inside, mind you, just the peak of the roof!! She also loves to go pay her respects to the Upper Shelf. Needless to say, we have had to curtail her roaming for now, but when the weather improves we plan to make a nice paddock for her.

-Susie Hudgins



### FNS Awards Scholarships

Deanna Severance, CEO and Director of the Frontier Nursing Service, along with Miss Leigh Powell and Miss Kate Ireland, are committed to doing what they can to educate nurses in eastern Kentucky. Miss Ireland is the former National Chairman of the Board of Governors and Miss Powell is the current National Chairman of the Board. Through the NEED Fund (Nursing Education Enrichment Fund) the Frontier Nursing Service Foundation has awarded scholarships to two of our employees.

Bethelene Gibson and Robin Benton are two recipients of these scholarships for employees who wish to further their education.

Bethelene is a former nurse aide with an interest in nursing and has worked at MBH since 1983. She was awarded a scholarship for LPN training at the Hazard Vocational School during June, 1992.

Robin has been an LPN for 11 years and has worked at Mary Breckinridge Healthcare for about four years. She has also worked at Cardinal Hill and Veteran's Hospitals in Lexington before coming to work for us. She was awarded a scholarship for RN training at the Hazard Community College just recently.

Administration and fellow employees feel that these two women certainly are worthy of these scholarships. Both are very caring and take great interest in their nursing. Congratulations ladies!

- Barb Gibson



*Bethelene Gibson*



*Robin Benton*



**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.*

**Richard Burns Crosset, Jr.** passed away on December 5, 1992. He was president of the Crosset Company in downtown Cincinnati, Ohio, a company his grandfather founded in the early 1900's. He served as president of the National Produce Marketing Association in 1974 and was named "Produce Man of the Year" in 1977. Mr. Crosset and his family have been supporters of the FNS for many years.

**Marion Strachan** passed away December 20, 1992. She was an educational director of the First School of Nurse-Midwifery in America in Manhattan for 17 years. She was also an associate professor at Downstate Medical Center in Brooklyn, New York, served as a consultant in the Maternity Center Association's national program to expand nurse-midwifery education and professional practice of nurse-midwifery, received the Maternity Center Association Medal for Distinguished Professional Service and received the Hattie Hemschemeyer Award from the American College of Nurse-Midwifery.

**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:

<b>Mr. and Mrs. T. F. Bayard, III</b>	<b>Florence Hollister</b>
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*Margaret L. Ferguson, FNS Nurse, 1938 established the Margaret L. Ferguson Memorial Scholarship Fund.*

**IN HONOR OF:**

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## FORM OF BEQUEST

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

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

### HOW ENDOWMENT GIFTS MAY BE MADE

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

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

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

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

Gifts of stock should be sent to:

FRONTIER NURSING SERVICE  
Mr. William Hall, Treasurer  
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.

<b>Medical Surgical:</b>	<b>Estimated Cost</b>
Mattresses	4,000
<b>Emergency Room:</b>	
Instruments	300
Pediatric Blood Pressure Cuffs	250
Laryngoscope Blades	200
<b>Maternity:</b>	
Electronic Fetal Monitor	12,000
Automatic Infant Scale	2,200
Blood Pressure Cuffs	240
Adult Stethoscopes	130
Newborn Stethoscopes	160
Ear Probe Thermometer	1,200
<b>Operating Room:</b>	
Button Electrode	99
Biopsy Forcep	581
Panavein Telescope	2,498
<b>Laboratory:</b>	
Microscope	1,800
Computer	1,800
<b>Hyden Clinic:</b>	
Instruments	200
Pediatric Blood Pressure Cuffs	200
Pediatric Toys for Treasure Chest	250
<b>Home Health Agency:</b>	
4 Otoscopes	800
7 Electric Razors	140
<b>Community Health Clinic:</b>	
EKG Machine	2,000
<b>Wooton Clinic:</b>	
EKG Machine	2,000
<b>Beech Fork Clinic:</b>	
EKG Machine	2,000
VCR for Patient Health Education	250
<b>Pine Mountain Clinic:</b>	
EKG Machine	2,000
<b>Wendover-Big House:</b>	
Treated Lumber For Fire Escape	300
<b>Wendover-Human Resources:</b>	
TV/VCR Combination for In-Service	400
<b>Frontier School of Midwifery and Family Nursing:</b>	
Furnishings for Mardi Cottage	5,000



## 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