

FNS

FRONTIER NURSING SERVICE

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Photo by Earl Palmer

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Frontier Nursing Service

If you have never been introduced to the Frontier Nursing Service we would like to take this opportunity to brief you on the history and the on-going work of the Service. Please share this information with a friend.

Born in 1881 into a prominent American family, Mary Breckinridge spent her early years in many parts of the world - Russia, France, Switzerland and the British Isles. After the death of her two children, she abandoned the homebound life expected of women of her class to devote herself to the service of others, particularly children.

Mrs. Breckinridge established the Frontier Nursing Service (FNS) in Leslie County, Kentucky in 1925, then one of the poorest and most inaccessible areas in the United States. Mrs. Breckinridge introduced the first nurse-midwives in this country. Riding their horses up mountains and across streams in blizzard, fog or flood, the FNS nurses brought modern healthcare to families throughout an area of 700 square miles.

Until her death in 1965, Mary Breckinridge was the driving force behind the work of the Service whose influence today extends far beyond eastern Kentucky. Through the Frontier School of Midwifery and Family Nursing, hundreds of nurses have been trained and this important concept of family healthcare has been carried throughout the world.

Today, the FNS is organized as a parent holding company for Mary Breckinridge Healthcare, Inc., (home health agency, two out-post clinics, one primary care clinic in the hospital, Kate Ireland Women's Healthcare Clinic) and for the Frontier School of Midwifery and Family Nursing - the largest midwifery program in the United States.

Remarkably, the purpose and philosophy of the FNS has remained constant since 1925.

Beyond the Mountains

by Deanna Severance, CEO/President

"The great secret of success is that there are no secrets of success; there are only timeless principles that have proven effective throughout the centuries." Brian Tracy Successories' Great Little Book on Personal Achievement, Career Press

A greater part of this winter and early spring has been spent in planning. I have been writing that the Board of Governors is in strategic planning and those deliberations continue. Our fiscal year is May 1 through April 30 of each year. Thus, we have been in operational planning. The planning process is an exciting process to me. The planning process empowers us to live our imagination while remaining true to our mission, to build a future woven with timeless principles.



Planning for the Future

The Frontier School of Midwifery and Family Nursing (FSMFN), with the authorization of the Board, is preparing to submit an accreditation application to the Southern Association of Colleges and Schools (SACS). The decision to apply for accreditation was a recommendation from the strategic planning report issued in 1995. Preparation is lengthy and requires much thought but SACS provides detailed guidelines. Several years of work have gone into putting the components together.

Accreditation by SACS requires that the President of the FSMFN and the Chairman of the Board of Directors have no contractual relationships with the FSMFN. Ken Tuggle, Chairman of FSMFN Board of Directors is a partner of Brown, Todd and Frost, Louisville, Kentucky, a law firm which does legal work for the FNS. Therefore, it was necessary for Ken to step down as Chairman of the FSMFN and to remain as a Board member. At the April 21 meeting of the Board of Governors, John Foley accepted

the nomination as Chairman of the FSMFN Board of Directors.

I, as President of FSMFN, resigned from that particular position due to my being the CEO/President of the parent company and this is not acceptable to SACS. Susan Stone was elected President of FSMFN. I will continue as CEO of the FNS and President of the other subsidiaries. These decisions will pave the way for a smooth accreditation. The Board of Directors and I wish Sue many congratulations! We are certain she will do a beautiful job.

The shortage of nurses in the United States and abroad is receiving wide press coverage. A nursing shortage has occurred from time to time, but this shortage will worsen. Although there are many reasons for the shortage, two stand out. First, nursing is primarily a professional occupation where the workforce has traditionally been women. In the past this was partly due to other professions restricting the number of women admitted. Today there are many, many opportunities for women and nursing is only one choice. Second, many of the women constituting the current labor force are baby boomers. As that bubble moves to retirement there is a dramatic decrease in the labor force.

FNS invited Leslie County Community Leaders to meet at Wendover to discuss the issue. We have implemented a program to train nurse's aides, identify nurse's aides who have the desire and potential to become licensed vocational nurses or registered nurses and to assist them in vocational or college enrollment. We have established the framework to stay in touch with students as they proceed through nurses training. Those registered nurses that have the desire and potential to become advanced practice nurses will be assisted with scholarships and graduate admission.

Teresa Napier with the Leslie County Vocational School enrolled the first class in April, and they have graduated. A luncheon was held at Wendover. Many thanks to our own Director of Nursing Denise Kilburn and our Medical/Surgical Nursing Supervisor Nancy Couch for continuing the program at Mary Breckinridge Hospital. Melissa Sparks, Director of the Hyden Manor Nursing Home, has opened her facility for a preceptor site. Donna Combs and Milton Borntrager, Coordinators of the nursing program at Southeast Community College, attended our last



First CNA graduating class: Pictured are: Melissa Sparks, Administrator of Hyden Manor; Roxanna Combs, RN, Hyden Clinic Manager; Michelle Roberts, CNA; Phyllis Pennington, CNA; Della Roberts, CNA; Deloris Begley, CNA; Samantha Canada, CNA; Denise Kilburn, MBHC DON; Jenny Osborne, CNA and Teresa Napier, Vocational Technical Instructor (Heather Osborne, CNA, not pictured).

meeting to help in identifying students for continuing education. Dionna Akeman and Mark Turner with the Kentucky Workforce Program and Flo Sizemore, Director of Leslie County Family Literacy, have been instrumental in making this program work! Those agencies have identified people who want to leave welfare programs and return to school. The Kentucky Workforce Cabinet has paid tuition and books for those eligible students. County Judge Executive Onzie Sizemore has attended every meeting and is totally supporting the program. This is certainly an example of long-term planning. More as the program continues.

January 4, Leslie County Judge Executive Onzie Sizemore hosted a meeting of community leaders and representatives from The Thompson Charitable Foundation. The Foundation wishes to

fund community projects with a special emphasis on the needs of children. The project will be community driven. Mrs. Rhonda Brashear was elected Chairman. Mallie Noble, Mary Breckinridge Healthcare Administrator, is the FNS community representative. The community meetings continue and FNS is thankful for the opportunity to have a representative on the committee.

Many Thanks

During January of this year, FNS friend and supporter Mr. Jerry Santini provided the FNS with much linen. We were able to share these with community groups who assist residents in need and with the city jail.

The lap shawls and baby caps from members of the Daughters of Colonial Wars continue to arrive. The lap shawls are for our family nurse-practitioner students to give to a special person during their clinical rotation. The students asked, "How can I choose one person?" We can't have too many! You may contact Christine Collins at 132 FNS Drive, Wendover, Kentucky 41775 to have a pattern sent to you. If you have patterns, please send them to us. We will share them with others!

Berea College Appalachian Fund Conference

This year Barb Gibson and Dr. Julie Marfell attended the Berea College Appalachian Fund Affiliates Conference. The Fund continues to generously provide a scholarship for an Eastern Kentucky student in our programs. Dr. Marfell introduced this year's recipient, Ginger Callahan, Grayson, Kentucky, and read a letter from her expressing her gratefulness to the Fund for their assistance. Ms. Callahan was unable to attend the Conference due to a CNEP Level III class she was required to attend.

State Representative Barbara Colter attended the Conference and expressed her support for the Frontier Nursing Service and for the Caleb Chu Scholarship Fund in Manchester, Kentucky. We continue to be very thankful for the assistance of the Berea College Appalachian Fund!

Updates

Mike Rust, Executive Director of the Kentucky Hospital Association (KHA), and his terrific staff continue to keep Kentucky hospitals informed regarding policy and regulations. KHA hosted a meeting and Senator Jim Bunning spoke to member hospitals about Medicare. The Balanced Budget Act of 1997 was sent to the Department of Health and Human Services and to the Health Care Financing Administration. \$220 billion was cut from the budget through the use of regulations. Congress has been trying to restore \$35 billion: \$12 for hospital reimbursement, \$11 for managed care, \$5 for new programs, \$2 for nursing homes, \$2 for home health and \$3 for other care providers.

Our beloved Dr. Anne Wasson has had three hospitalizations this winter. She is feeling much better. All letters and cards are appreciated.

Welcome

Welcome aboard Brent Swafford. Brent began his duties on April 23 as Plant Operations Manager. He is from London, Kentucky, married to Erin and they have two children, Seth, 2, and Lauren, 9 weeks.



Brent Swafford - Plants Operation Manager

Wherever you may be, have a great summer!

- Deanna Severance, CEO

Wendover News

by Christine Collins

The redbuds and dogwoods were beautiful at Wendover this year. Everything seemed to bloom at once. Temperatures have already reached the 80's.

We have had a busy season with spring cleaning, painting, repairing steps and planting the flower gardens. During February, Deanna Severance decided to renovate Dr. Anne's apartment to it's original condition. The size of the apartment had been reduced to make room for the Accounting Department before it was moved to Lexington. During the time Dr. Anne was hospitalized, Junior Phipps, Maintenance, took a temporary wall down and repaired and painted the apartment in time for Dr. Anne's return home. We all love Dr. Anne and would like to report that she is feeling much better.



Thanks to all who have knitted lap shawls. In response to our request, we have received 18 so far! Also, many thanks to those who have knitted baby caps with a special thank you to Mrs. Ethel Ledegang, Norwood, Massachusetts, who has knitted over 529 caps during the last two years.

Please accept our invitation to come and see our beautiful Wendover and enjoy our good "country cooking."

Below is a list of guests/dinners and tours since the last report:

- February 28 Dr. Robert Kendrick, San Antonio, Texas, stayed three nights while interviewing at MBHC.
- March 1 Maintenance staff meeting was held with Deanna Severance with 26 in attendance.

- March 1 Dr. Bob Davis, Fayetteville, Arkansas, spent two nights while interviewing at MBHC.
- March 12 Dr. Paul Berman, Toledo, Ohio, spent the night while interviewing at MBHC.
- March 13 Former Courier Carrie Szejc ('99) and a friend, James Keane, spent two nights while on spring break from school.
- March 15 Dr. Suzanne MacAvoy, Fairfield, Connecticut, and four nursing students, Peter Jakubowski, Agnes Zbylut, Jennifer Comer and Kate Coleman came for a tour and spent the night.
- March 26 A luncheon regarding the nursing assistant certification program was held with Deanna Severance, Flo Sizemore, Teresa Napier, Patra Simpson, Melissa Sparks, Mark Turner, Charlotte Brewer, Dionna Akeman, County Judge Executive Onzie Sizemore and Beulah Couch in attendance.
- Freddie Pope, Andrew M. Lubbe, and Matthew Gooding, Lexington, Kentucky, and Justin Peel, Salvisa, Kentucky, all stayed at Wendover while working on the Big House foundation.
- March 28 Noel Fernandez, Pomona, New York, spent time here working on Dr. Anne's biography (see photograph on next page).

- Deanna Severance, CEO



Noel Fernandez and Dr. Anne Wasson

- April 9 Lewis Bradley and his son, Parker, Hopkinsville, Kentucky, visited. They are distant cousins of Mary Breckinridge. Mr. Bradley's great-great-grandmother was a sister to Mrs. Breckinridge's grandmother. Mr. Bradley's aunt, Alice Ford, was secretary to Mrs. Breckinridge in the late 30's. Mrs. Ford is living in a nursing home.
- April 10 Mark Inmon and Sandy Rodgers, FNS insurance Accounts Specialists, Louisville, Kentucky, came for lunch during a staff inservice they were conducting.
- April 17 Loren Crawford, writer, Chicago, Illinois.
- April 20 Board of Governors dinner with Level III students and faculty. Group of 33.

FNS Board of Governors Chairman Jane Leigh Powell and Board members Bill Hall, John Foley, Nancy Hines and Deanna Severance and her husband, Carl, spent the night. Brian Lane, CFO also spent the night.

April 26

A luncheon was held regarding the nursing assistant certification program. Those in attendance included: County Judge Executive Onzie Sizemore, Teresa Napier, Flo Sizemore, Mark Turner, Mallie Noble, Denise Kilburn, Beulah Couch, Susan Stone, Dr. Julie Marfell, Nancy Couch, Donna Combs, Phyliss Morris, Dionna Akeman, Patra Simpson, Deanna Severance, Milton Borntreger and David Eubanks.

CNEP Level III dinner with 20 in attendance.

April 28

Linda and Mike Philo, Hudsonville, Michigan, spent the night. Mrs. Philo is Miss Jean Tolk's niece. Miss Tolk was Leslie County's first Public Health Nurse in 1918.

May 2

A luncheon for employees of the Kentucky Workers Program and Department of Employee Services was held. Group of 15.

May 3

A luncheon was held for the Eastern Kentucky Tourism Development Initiative Group of which Barb Gibson is a part. Group of 11.

- May 4 Annette Sharpe, Birmingham, Alabama, spent the night while interviewing at MBHC.
- May 8 Sara Bolten, Louisville, Kentucky; Terinda Bates, Ekron, Kentucky; Theresa Lancaster, Irvington, Kentucky; Dana Garrett, Bradfordsville, Kentucky; Terry Perry, Guston, Kentucky; Pat Ryan, Bardstown, Kentucky; and Wanda Hayden, Boston, Kentucky, all spent the night while here on a tour from McKendree College, Radcliff, Kentucky.
- May 9 Kenneth Tuggle and Charles Allen, Brown, Todd & Frost, Louisville, Kentucky, spent the night.
- May 10 11 students from the University of Cincinnati, Ohio, had dinner.

Tours

- March 2 Lisa Back, Olive Hill, Kentucky.
- March 20 Somerset College, Somerset, Kentucky. 15 nursing students/faculty.
- April 3 Somerset College, Somerset, Kentucky. 15 nursing students/faculty.
- April 11 Allen Hounshell and family, Lexington, Kentucky. Group of 8.
- April 17 Cumberland Valley Technical College, London, Kentucky. 29 students/faculty.

- April 18 Lees College, Jackson, Kentucky, 10 nursing students/faculty.
- April 25 Home Bound School group of 10 students.
- April 27 Prestonsburg College, Prestonsburg, Kentucky. 16 students/faculty.
- May 8 McKendree College, Radcliff, Kentucky. 10 students/faculty.
- May 9 McKendree College, Radcliff, Kentucky. 10 students/faculty.
- May 11 Redbird Medical Center, Beverly, Kentucky. 9 guests.
- May 22 9 members of the Woodford County Woman's Club, Versailles, Kentucky, came for a tour. Guests included: Sue Dozier, Sharon Hardin, Jane Montgomery, Jean Richeson, Marjorie Rush, Frances Lynn, Josephine H. Barrows, Lucy C. Amburgey and Teresa Dohe.
- May 29 & 30 McKendree College, Lebanon, Illinois. 20 students/faculty.

Bed & Breakfast Comments

. . . Thank you once again for your kind hospitality. I feel as welcomed here as I do at my mother's house. I find great peace and rest here which are not easy to come by in this world.

-Loren Crawford, Chicago, Illinois

**Frontier School of Midwifery and Family Nursing
CNEP/CFNP News**

*Susan Stone, FSMFN Dean and President and
Dr. Julie Marfell, CFNP Educational Director*



Susan Stone



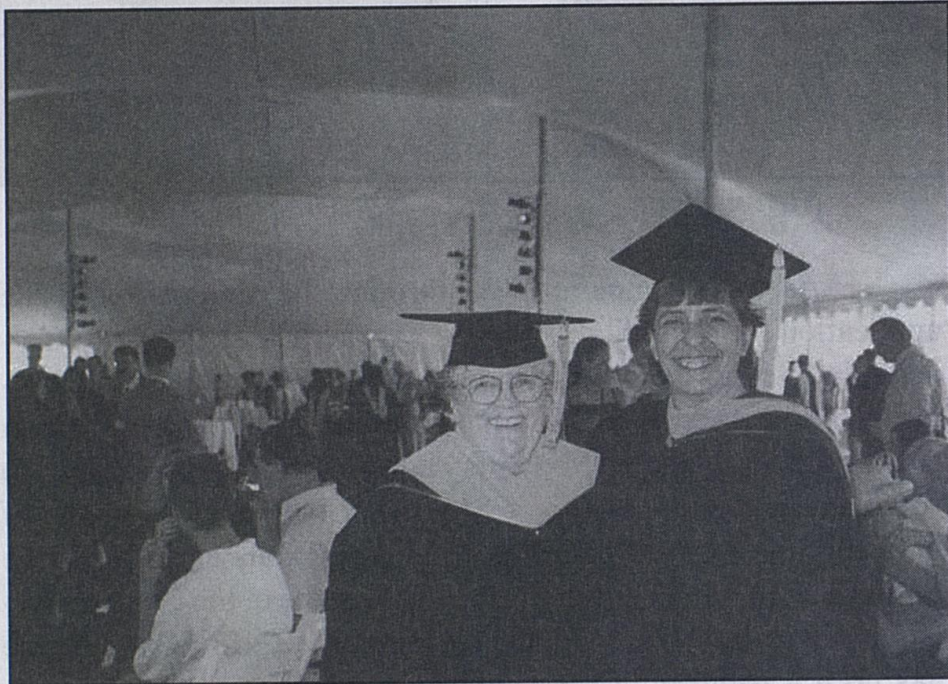
Dr. Julie Marfell

As we continue to move through the preparation of the application for accreditation by the Southern Association of Colleges and Schools (SACS), changes in our curriculum and structure have occurred to support this process. Susan Stone, the Dean of the Frontier School of Midwifery and Family Nursing (FSMFN) was named President of the FSMFN by the FSMFN Board of Directors at the April board meeting (see details in "Beyond the Mountains", page 3). Dean Stone is a graduate of the Community-based Nurse-Midwifery Education Program (CNEP) Class 1. She has been a member of the faculty since 1993 and the Program Director of CNEP since 1996. Dean Stone is an expert midwife and an accomplished administrator and educator.

We have now had midwifery and family nurse-practitioner students from two classes successfully complete the core courses together in the first level of the new curriculum. We are currently finishing the revisions to the Level IV courses. It is remarkable to think that the faculty has been able to make all of these changes within the past 12 months.

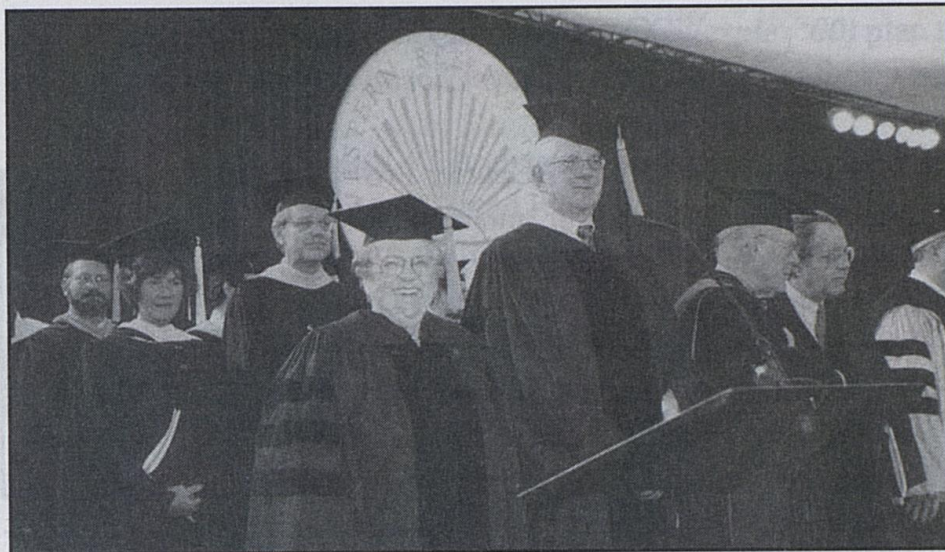
Susan Stone and Dr. Julie Marfell, CFNP Program Director, participated in the Annual Commencement Ceremony at Case Western Reserve University (CWRU) on May 20, 2001. This was a momentous occasion as Kitty Ernst received an Honorary

Doctor of Science Degree at the University's Convocation. Case Western uses the following criteria in the awarding of degree honoris causa: An honorary degree is a means of recognizing excellence in any valued aspect of human endeavor, including the realm of scholarship, public service and the performing arts. The conferring of an honorary degree is the University's way of recognizing those persons who have exemplified the highest ideals and standards.



Kitty Ernst and Susan Stone

The President of the University read the following statement: "For more than four decades, Eunice Ernst has been a pioneer in the field of midwifery and in developing the best care possible for families during pregnancy and childbirth. As an early President of the American College of Nurse-Midwives, she led efforts in public education and accreditation for the profession. As a practitioner, her experience ranges from the mountains of Kentucky to the streets of New York City. She holds a certificate in Nurse-Midwifery from the Frontier Graduate School of Nursing in Kentucky, a baccalaureate from Hunter College, and a master's degree in Public Health from Columbia University.



Commencement Ceremony at CWRU

“Since 1988, Ms. Ernst has been the driving force behind the CNEP, which has a close relationship with our Case Western Reserve University’s Frances Payne Bolton School of Nursing (CWRU/FBP). In this and in her other efforts throughout her career, she has had an important impact on the health of women and their families in communities throughout the nation.”

Kitty is currently the Mary Breckinridge Chair of Midwifery for FSMFN and continues to promote midwifery on a national level. She attends all of the Midwifery/Family Nurse-Practitioner Bounds in Hyden and provides motivation, guidance and support to both the students and faculty. We are so proud and pleased that Kitty’s accomplishments have been recognized with the honorary Doctor of Science Degree from CWRU.

WEBSITES

Frontier Nursing Service - www.frontiernursing.org

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

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

Courier Program News

-Barb Gibson

Mitchell Plummer, Courier Program Coordinator for four months, left during February. Thanks, Mitch, for all you accomplished!

Courier Rebecca Lesser, Berkeley, California, arrived Sunday, May 20th. Rebecca is a graduate of Washington University, St. Louis, Missouri.



Rebecca is a certified Doula and hopes to gain exposure to midwifery as well as other aspects of healthcare at FNS.

LouAnne Roberts, Lexington, Kentucky, arrived June 1. LouAnne is a graduate of Warren Wilson College, Asheville, North Carolina. She recently completed a trip overseas which took her to 35 countries. Like Rebecca, LouAnne hopes to be able to work with midwives as well as other providers.

Other Couriers are scheduled to arrive during July. We are looking forward to supplying them with a challenging, fun-filled summer!

Former Courier News

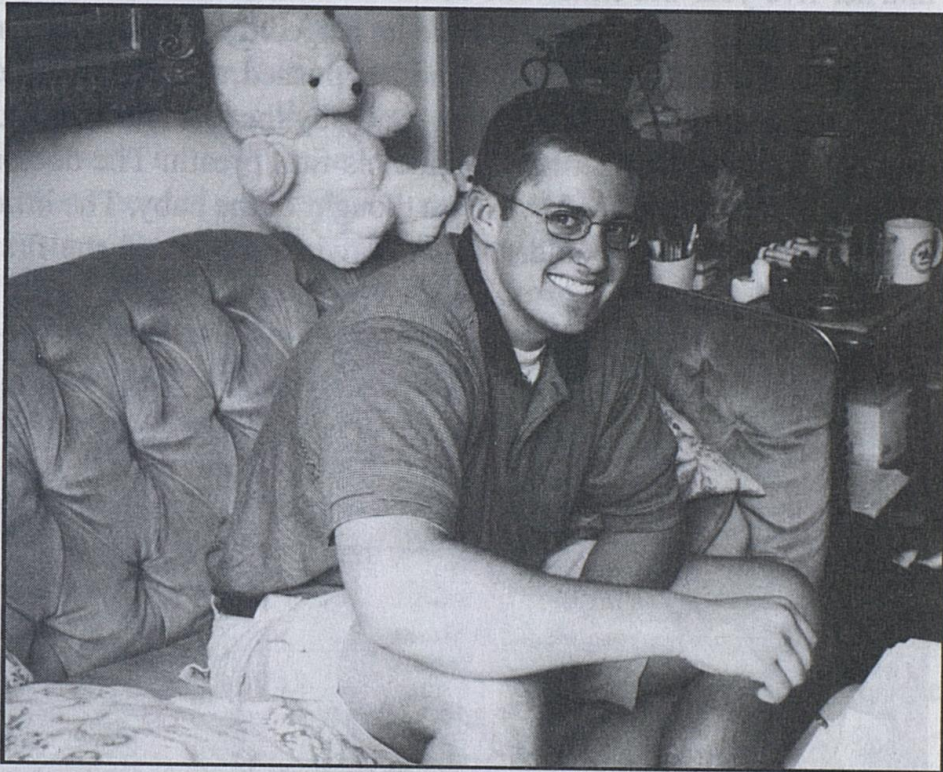
Carrie Szejak ('90) and a friend, James Keane, visited Wendover during March. Carrie is attending Yale University School of Nursing specializing in midwifery. She is a National Health Service Corp scholarship recipient and will work in an underserved region of the United States. Carrie is considering moving to Kentucky upon completion of her schooling.

Jen Balkus ('00) wrote during February that after leaving Wendover she got a job with a computer company then moved to Seattle after six weeks. Jen is now working as a counselor at a womens' health clinic.

Megan Stumm ('00) and Miranda Gillespie ('00) plan to visit Wendover during June. We are looking forward to their visit!

Luke McDonald ('00) visited Wendover during May for four days. Luke has been accepted into Tulane Medical School in the fall. He is a graduate of the Naval Academy in Annapolis, Maryland, and is looking forward to a career in medicine.

Luke was born in Hyden, Kentucky, and loves to re-visit his birthplace!



Luke spent four days of relaxation at Wendover

Reflections of a Courier

Patsy Lawrence, Courier in 1946, sent the following humor and recollections of her time spent at FNS as a Courier:

An old country doctor went way out to the boondocks to deliver a baby. It was so far out there was no electricity. When the doctor arrived, no one was home except for the laboring mother and her five-year-old child. The doctor instructed the child to hold a lantern high so he could see while he helped the woman deliver the baby. The child did so. The mother pushed and after a little while, the doctor lifted the newborn baby by the feet and spanked him on the bottom to get him to take his first breath. The doctor then asked the five year old what he thought of the baby. The little boy responded, "He shouldn't have crawled in there in the first place. Spank him again."



Mountain children observing the new addition

. . . I had just turned 18 years of age when I decided I needed a new and different way of life than the one I had experienced in the Boston area. I took the train to Lexington and then a bus to Wendover. This was in the fall of 1946. As I entered the bus from the front, I noted a large group of black people in the back. Thinking I was virtuous, I joined them in the back of the bus and they were surprised. I sat in silence, since none of them wished to talk with me and, at the time, must have thought me strange. I had never seen segregation at work before.

. . . When I arrived at Wendover I met my roommate, Lil Middleton, from Buffalo, and we had a great time together throughout our six weeks. We were taught to feed and clean the six horses that were in the barn, as well as take them to outposts when the nurses needed a refreshed horse for their work. Since it was fall, eastern Kentucky was experiencing floods and consequently we often had to swim on horseback across the rivers leading a fresh horse. This was an indescribable, exciting experience for a city girl. We were there, also, to help with delivering babies. That year there was only one birth to observe. Afterwards, I asked Brownie, the head nurse at the Hyden Hospital, about a placenta. She was kind enough to bring me a cow's placenta and explain the various valves and feeding system for an embryo. She was a remarkable teacher throughout our weeks there. There were many interesting research projects taking place at Wendover, one of which was that Dr. John Rock chose to do his rural research on The Pill at the Frontier Nursing Service. Needless to say, there were many stimulating discussions on this subject during the all too short six weeks I was there.

. . . One of the highlights was the opportunity to know Mrs. Breckinridge. In the "Big House" each evening before supper, she talked of her life and the need to improve the quality of life. She spoke of the need to enjoy city life and theatre at least once a year and compared the environment's influence on people's lives, rural vs. urban.

. . . All I can say is that it was a maturing experience for me. One I will never forget.

Clifton R. Breckinridge House Fort Smith, Arkansas

Clifton R. Breckinridge (Mary Breckinridge's father) was Congressman-at-large from Arkansas from 1882 until 1894. After resigning his seat in Congress, Mr. Breckinridge was appointed Ambassador to Russia. In the early 1900's the Breckinridge family lived in the carriage house on Sixteenth Street while the big house with its wide front door was being built. The movable louvered shutters and the single pane French doors are unusual counterpoints to the early 20th century classic style house.

CNEP Class 28 student Traci L. Elliff from Fort Smith, Arkansas, wrote to Deanna Severance and said the Clifton R. Breckinridge house has been located. The house stands near Fort Smith's historic district.



Breckinridge house in Fort Smith, Arkansas

Mary Breckinridge Healthcare, Inc. News

-Mallie Noble, Administrator

As we celebrated National Hospital and National Nurses Week, we reflected upon the 76 years of healthcare provided to this community and the efforts of our founder, Mary Breckinridge, and the support and dedication of our Board of Governors.



Welcome

Dr. Robert Kendrick, Board Certified General Surgeon, began work on April 16. Dr. Kendrick came to us from San Antonio, Texas. We welcome Dr. Kendrick and his family.

Ruby Ramey, Certified Family Nurse Practitioner, began work on May 3. Ms. Ramey most recently worked in North Carolina. Ms. Ramey will be working in the out-patient clinics. Welcome!

Promotions

Debbie Karsnitz, CNM, has been promoted to Director of Midwifery Services. Congratulations Debbie!

Staff Activities

The staff at Mary Breckinridge Healthcare celebrated several activities during National Hospital Week. The tenth annual Walk-A-Thon was held and Dr. Roy Varghese took first place again this year. Everyone enjoyed the ice cream social and appreciation luncheon. Thanks to the dietary staff for all they did.

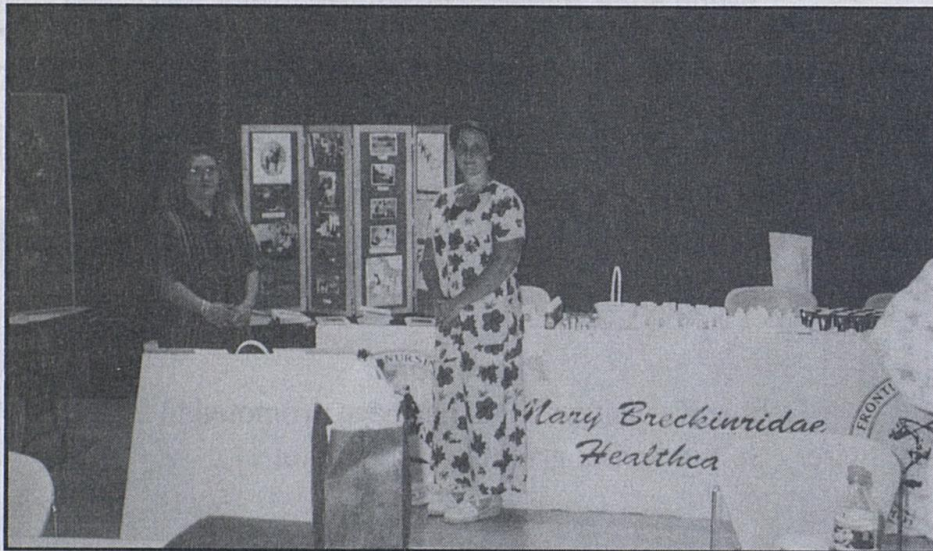
The Teen Pregnancy Prevention "lock in" was held on May 11. Again, this was a big success. Thanks to those who participated.

Denise Kilburn, RN, Director of Nursing, recently submitted an article for the Kentucky Nursing Bulletin on the history of Frontier Nursing Service and Mary Breckinridge. The article was published in the "Kentucky Nurses Association", Focus on

Diversity Nursing in the Mountains, Volume 49, Number 2 issue. Congratulations Denise!

Nancy Couch, Medical/Surgical Manager, attended methodology for instructors for state registered nursing assistants which will allow her to instruct students to become state registered nursing assistants. The first class will begin May 29th and end July 20, 2001, and will consist of five of our employees. The next class will have 15 students.

On May 8, Denise Kilburn and Nancy Couch attended the Kentucky River Area Development District Senior Citizens Health Fair held at the Hazard Community College Feltner Center.



Denise Kilburn, DON, and Nancy Couch, Med/Surg Manager at the Kentucky River Area Development District Senior Citizens Health Fair - Hazard, Kentucky

On April 24, Connie Napier and Denise Kilburn attended a job fair at the Hazard Community College.

Mr. Jerry Santini, our faithful donor from Cincinnati, Ohio, donated items for home health patients and for other patient care areas. One of our maintenance employees picked up the items in a U-Haul truck and arrived back at the hospital late on a Friday evening. Most employees were gone but thanks to Nathan Gibson, Housekeeping; Doug Napier, IT; Robert Phipps, Maintenance; Jerry Hensley and Bruce Vance, Jr., Storm Security employees, for their help in unloading the truck.

During National Volunteer Week, a luncheon was held in honor of our Ladies Auxillary Department. They have donated much needed items for the activities of National Hospital and Nurses Week. Thanks for all their dedication to this wonderful organization.



Left - Jean Campbell, Auxillary; Jan Wells, Auxillary; Lois Lewis, Auxillary; and Juanita Johnson, MBHC Administrative Secretary. Right - Teresa Dixon, Quality Improvement Compliance Officer; Connie Napier, Risk Management Manager; Betty Helen Couch, Quality Improvement Manager; Kathleen Lewis, Auxillary; and Lillian Gross, Auxillary. Auxillary members not pictured are Lula Begley, Wanda Sizemore, Pearl Lewis, Mae Campbell, Ruth Lewis, Elizabeth Feltner and Mossie Brock.

During May, we had a visit from Dr. Thomas F. Wayne, Jr., Division of Cardiovascular Medicine, University of Kentucky College of Medicine, Lexington, Kentucky. Several years ago Dr. Wayne held special cardiology clinics at MBHC. Dr. Wayne wrote a letter regarding his visit and said "I have always had a very high regard for the FNS and the Mary Breckinridge Hospital and it was wonderful to have the chance to visit again. You all do excellent work and I have a high regard for the mission and contribution to clinical medicine that is made".

Photo Identification

Joan (Antclift) Bernard, England, identified two of the people in this photograph but one still needs to be identified.



Left to right: Caryl (Carey) Gabbert, Joan Antclift Bernard

Reflections of a FNS Nurse

-Pat M. Kelly

My great aunt is Lydia "Adeline" Clark Hale. She was 90 years old this past December 22nd. She is one of the two American Indian nurses that Mary Breckinridge accepted into the FNS program in 1935. The other nurse was Virginia Miller. As Mrs. Breckinridge described in a *Quarterly Bulletin*, the Indian Bureau of the Department of the Interior hoped to improve the mother and baby mortality rates on the Indian reservations out west. Mrs. Breckinridge was trying to establish the training curriculum for the FNS and by accepting two Indian nurses for the year of training, the curriculum could be tested as the Indian Bureau was building a research project around this program.

My great aunt actually met her future husband, Zelda D. Hale, while she was training at the FNS. She did two years of service in the Indian Health Service on reservations in Nevada and Wyoming. She returned to eastern Kentucky when her service ended and became a Public Health Nurse for Perry and Knott Counties for the remainder of her 23-year working career. She retired in 1971 at the age of 62, and nursed her husband until his death in 1979.

Great aunt Lydia is a resident in the Hazard Nursing Home in Hazard, Kentucky. She is mentally as sharp as she always was, but suffers from a heart condition.

-Pat M. Kelly

The following are excerpts from a *Quarterly Bulletin* article written by Adeline Clark entitled "Farewell Letters from the Indian Nurses" during December 1935.

. . . This year with your Service has passed much too quickly and the experience I have had here has made me realize beyond any expectations, how fine it really is. The manner in which the people respond to all advice and care that the nurses are able to give, how they try to do the smallest task asked of them so that they might better help themselves, makes me wonder what they ever did without the Service.

Living at the centers has been very pleasant, and it gives one such satisfaction knowing that one can be of help to the "always busy" nurse living at these outposts. I was so glad to be able to return to the Caroline Butler Atwood Center (Flatcreek) for my last days in the mountains. I've seen several of the babies that I delivered "growing off right nice" and they are, too. But yesterday was rather a worrying day. The Harrison Lawsons are burnt out - they are a terribly poor family (but he always pays a small fee for all of his babies), and they only have the clothes they are standing in. They have four living children, two in school and two pre-schools, and Mrs. Lawson is expecting the fifth in March. They don't even have a potato. I told everybody that I visited about their bad luck and each person always gave the same answer when I asked, "what are they to do?" They all said "Well, hits up to us to help them out - we always do in time of trouble" - and knowing these people for a year I know that they will. As poor as most of them are, they always do their part, and of course we will do as much as we can.

I could write forever and still not half tell you how I have enjoyed this year. I feel so much more able to stand on my own feet and work under difficulties. I know that this experience down here in the mountains will benefit me and my people.

-Adeline Clark

Miscellaneous Tidbits

The following are excerpts taken from the AARP magazine, Volume 42, Number 4, April 2001 issue.

When nurse-midwife Ruth Watson Lubic, 74, of New York received a MacArthur Foundation "genius" award in 1993, she knew exactly what she wanted to do with the money. Given \$75,000 a year for five years, Lubic, a pioneer in creating birthing centers, headed to a high-crime neighborhood in Washington, D.C. where the infant mortality rate is one of the worst in the nation.

After six years of jumping bureaucratic and financial hurdles, Lubic and her colleagues recently opened the D.C. Developing Families Center to help mothers deliver healthy babies and meet other needs of the families.

"It was due to her absolute drive and insistence and coddling that she won us over," said John Hechinger, an area businessman who donated an abandoned supermarket to house Lubic's project. In partnership with the Healthy Babies Project and the National Child Day Care Association, Lubic transformed the dilapidated store into a sunlit space for birthing, child care, check-ups for women and children, mentoring for teen fathers, welfare to work services, substance abuse treatment for mothers and a place for tired moms to meet friends or do their laundry for free.

Miscellaneous Tidbits - Con't

Miss Kate Ireland and Miss Anne Cundle recently sent these photographs to FNS.



Kate, "Derby", "Cuillan", "Fiesty" and "Shalee"



Anne and "Sooty"

IN MEMORIAM

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

Price Bailey, Thousandsticks, Kentucky, died April 3, 2001. His daughter, Patra Simpson, works in the Human Resources Office at Wendover.

James Mosley, Wooton, Kentucky, died March 26, 2001. Mr. Mosley formerly served as a member of the FNS Board of Governors and continued his support for the Service until his death. James was born in 1928 and was an FNS delivered baby. He attended the Eastern Kentucky University and enlisted in the Navy at age 17. He was a veteran of World War II, having been stationed in Cuba. In the 1980's James operated the Rockhouse Service Station in Hyden.

James Parton, 88, Hanover, New Hampshire, died April 20, 2001. Mr. Parton was one of the first male Couriers at the Frontier Nursing Service in 1928.

Mr. Parton was the President and Publisher of American Heritage magazine founded in 1954. He sold the company to McGraw-Hill in 1969 and was later President of the Encyclopedia Britannica Educational Corporation and was Assistant Librarian of Congress for public education.

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Dr. Anne Wasson
Nancy (Newcomb) and
David Porter
RoseAnn Yoder
Dr. Anne Wasson

Isabel Bedford
Ella Erskin
Leo Savage
Virginia B. Moretz
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Bess M. Piggott
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IN HONOR OF:

Miss Kate Ireland
 Alexandra O. Bjorklund

In Memoriam

If you wish to make a contribution to the Frontier Nursing Service in memory of a friend or loved one, please fill out and return this section to the Development Office at FNS.

In memory of _____

Contributor's name _____

Person (s) to whom you wish acknowledgment sent

Name _____

Address _____

In Honor

If you wish to make a contribution to the Frontier Nursing Service in honor of someone's accomplishments or achievements, please fill out and return this section to the Development Office at FNS.

In honor of _____

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Form of Bequest

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

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

How Endowment Gifts May be Made

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

1. By specific gift under your Will - you may leave outright a sum of money, specified securities, real property, or a fraction or percentage of your estate.
2. By gift of residue under your Will - you may leave all or a portion of your residuary estate to the Service.
3. By life insurance - you may have life insurance made payable direct to the Service.

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

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

Gifts of stock should be sent to:
Frontier Nursing Service
Mr. William Hall, Treasurer
Fifth Third Central Kentucky Trust
250 West Main Street, Suite 100
Lexington, KY 40507

Staff Opportunities

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

Staff opportunities: Family Nurse-Practitioners, Registered Nurses, and Physicians. For current information or to apply for a position, contact the Department of Human Resources, Wendover, KY 41775 (606-672-2913).

Courier Program: This Program encourages applications from anyone who is willing to volunteer for a minimum of 8 weeks and would like to be exposed to the work of the Frontier Nursing Service. For current information, write or call Courier Coordinator, FNS, Inc., 132 FNS Drive, Wendover, KY 41775 (606-672-2317). Courier Program e-mail - courierprogram@yahoo.com.

Nursing Volunteer Program: This Program is designed to meet the needs of nurses and nursing students who only have a short length of time in which to come to FNS and gain experience. In this Program, if accepted, there is no required amount of time. For current information, write or call the Director of Nursing, Mary Breckinridge Healthcare, Inc., 130 Kate Ireland Drive, Hyden, KY 41749 (606-672-3162).

URGENT NEEDS

FNS has an urgent need for the items listed below and hopes that its friends will wish to contribute toward their purchase. We sometimes receive more gifts for a particular item than needed. In those instances, your gift will be applied toward another need.

Community Health Center:

Wall Mounted Oscopes (2) 574.59

Emergency Room:

Warming Blankets 657.74

Alligator Forceps (ear, nose) 560.87

Electric Ring Cutter 475.00

Frontier School of Midwifery & Family Nursing:

Microwave for Dorm 130.00

Home Health:

Drug Reference Books (4) 140.00

Stethoscopes (2) 88.00

Hyden Clinic:

Chair Scales 459.99

Lab:

Lab Cell Counter 235.08

Obstetrics:

Ultrasound Sonic Stethoscope 532.00

Operating Room:

Patient Positioning Pad (headrest, donut, candy
cane pad, chest roll, sandbag, crutch pad) 510.00

Physical Therapy:

Saunders Portable Cervical Traction 395.00

Cuff Weights 275.00

Respiratory Care:

O₂ Analyzer 314.00

X-Ray

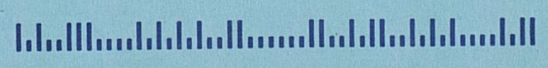
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Loose Item

Please send me more information about:

- The FNS Courier and Volunteer programs.
- Visiting and Touring the FNS.
- Books and other literature concerning FNS.
- Change of address.

As an interested friend, my subscription of \$5.00 a year is enclosed.

- New
- Renewal

As a supporter, you will receive the *Frontier Nursing Service Quarterly Bulletin* unless you request otherwise.

Enclosed is my gift of \$ _____



Mary Breckinridge's home at Wendover.
Historic Landmark - Restored in 1981.

Name

Address

City

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Phone ()

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Your Gift is
Tax Deductible

Loose Item

FRONTIER NURSING SERVICE, Inc.

Its motto:

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

Isaiah 40:11

Its object:

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

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