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FRONTIER NURSING SERVICE

Volume 65

Number 3

Fall 1989

QUARTERLY BULLETIN



US ISSN 0016-2116

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COVER: The stained glass window in the St. Christopher Chapel, depicting St. Christopher.

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US ISSN 0016-2116

Published at the end of each quarter by the Frontier Nursing Service, Inc.

Wendover, Kentucky 41775

Subscription Price \$5.00 a Year

Editor's Office, Wendover, Kentucky 41775

VOLUME 65

NUMBER 2

FALL 1989

Second-class postage paid at Wendover, Ky. 41775 and at additional mailing offices.
POSTMASTER: Send address changes to Frontier Nursing Service, Wendover, Ky. 41775.
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Seasons Greetings

All of us here at Frontier Nursing Service extend a heartfelt thank you to each of you for your selfless generosity and caring concern for the needs of others.

You are the Frontier Nursing Service, for without your loyalty and support there could be no such organization.

Best Wishes

Ruth Morgan

Deanna

Sheila Allen

Paul Lorraine

Angela D. Todd



Mary K. Chappell

A Place to Remember... A Time to Reflect...

As we rush headlong into the Holiday Season (that each year seems to be more hectic than the last) it is easy to overlook the transcendent message of Christmas. But what each of us does here at Frontier Nursing Service (FNS) is intimately tied up with that message. And just as it's important to have a place for each of our activities, we also need a place for spiritual renewal which for us here at FNS is the St. Christopher Chapel. Even though there was a chapel room at Wendover, it was long a dream of Mary Breckinridge's to one day have a chapel building, for she always said, "A place of healing needs a place for prayer."

It wasn't until 1960 that a small stone chapel was constructed on Hospital Hill adjacent to the hospital (now the Frontier School of Midwifery and Family Nursing) in recognition of the spiritual dimension of FNS activities. It was intended that the chapel be available for the use of staff, patients, family members and visitors. The chapel's first midnight service was held on Christmas Eve of 1960 with dedication and consecration occurring the following spring.

Even though the chapel is simple, it has one remarkable feature - a glorious ancient stained glass window depicting St. Christopher. It was thought to be of French or Flemish origin, dating to the 14th or 15th century. (More recent analysis indicates that the window is English, probably from York). Prior to being installed at the chapel this window was in the home of Dr. Preston Pope Satterwhite, a relative of Mrs. Breckinridge. She had often remarked that if the Frontier Nursing Service had a patron saint, it would have to be Saint Christopher and, after some persuasion, Dr. Satterwhite kindly gave the St. Christopher window to Mary Breckinridge. However, it was another twenty-two years before the chapel was built and the window finally displayed.

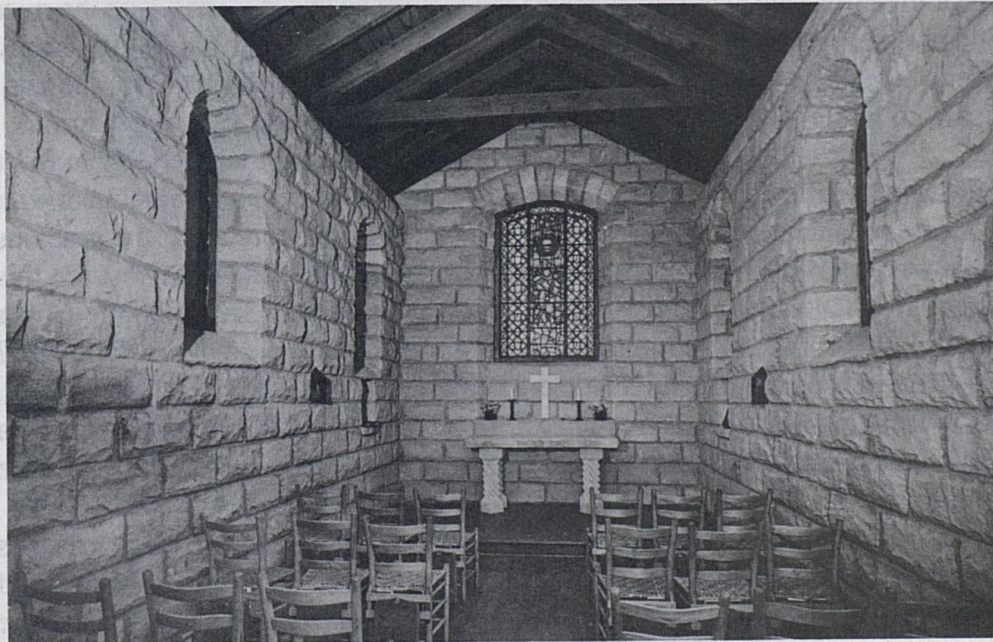
Why Saint Christopher? The ancient legend of Saint Christopher, which used to be read aloud each Christmas Eve at Wendover and each Christmas Day at the hospital in Hyden, portrays a strong and honorable man whose one desire is to serve the mightiest prince in the world. He chooses first an earthly king, but becomes disillusioned when the king exhibits fear of Satan. Christopher, seeing that Satan is mightier than the earthly king, changes his allegiance to the prince of darkness. When Satan, in turn, shows fear at the sign of the cross, Christopher seeks to know more about the king who must be mightier than Satan. A hermit living in a desert reveals the power of Christ, and gives Christopher the task of carrying travellers across a great and dangerous river in service to the mightiest of kings. This he does for many days. At length a child desires to be carried across the river. As Christopher begins to cross, the water rises to a flood and the child becomes heavier and heavier, as though the whole world were bearing down on his shoulders. Upon reaching the shore, the child tells Chris-

topher that he has borne not only the whole world but also Him who made the world. As a sign, Christ tells Christopher to plant his staff in the earth by his house. The next morning Christopher finds that the staff has bloomed, bearing flowers, leaves and dates.

How many of us who have been drawn to FNS over the years have had just such a circuitous pilgrimage? And how many of us have borne burdens that grew heavier and heavier, and threatened to overwhelm us? In the early days this was literally true, as midwives and couriers forded swollen creeks and rivers on foot or on horseback. Now the streams and the burdens are different, but the image of Christopher bearing Christ across the swollen stream still speaks to each member of the Frontier Nursing Service community in a personal way.

The stillness of the Saint Christopher chapel remains the perfect place to reflect on what brought each of here, and to remember where our strength will come from for burdens yet to be borne and streams yet to be crossed.

- Carl Severance



The interior of the St. Christopher chapel showing the stained-glass window at the far end above the altar.

Where Else But Here?

*Miss Lucille "Thumper" Knechtly kindly gave permission for the Quarterly Bulletin to reproduce excerpts from her recently published book, **Where Else But Here?** As she states in the book, "I have related some of the amusing and perhaps unique experiences I was privileged to have, or to observe, at Wendover, and elsewhere in Leslie and surrounding counties. These tales will hopefully serve not only to entertain those not privileged to know Wendover in the "old days" but will, I'm sure, bring back personal remembrances to many." For a copy of **Where Else But Here?** send a check or money order for \$9.00 to: Miss Lucille Knechtly, 208 Beechwood Apartments, Hyden, KY 41749. Net proceeds will be donated to the Frontier Nursing Service.*

Wendover

It was dark. Shouse drove her old Chevy through a creek bed, then crossed what she told me was the Middlefork River and continued up a dirt road with the river and pasture on one side, forest on the other. After what seemed ages (it was only a few miles), she waved toward the mountainside, "That's Wendover," she said. I saw no lights, no buildings, nothing but trees. We made a sharp left turn.

"This is Pig Alley!" she exclaimed. In a few minutes we were in front of what was called the Garden House, and were met by the night watchman with a kerosene lantern and Agnes Lewis (FNS' Executive Secretary), the gracious lady who had interviewed me in Cincinnati and persuaded me to take this secretarial adventure into the Kentucky hills. "You'll be living on the Upper Shelf," said Agnes. "Gordon will take you up. Do you have a flashlight? Everyone must have a flashlight to get around here. We'll see you in the morning. Breakfast at 7:30." "Breakfast where?" I wondered. "They're putting me on a shelf. There is no electricity. People live in a garden house. What kind of a place is this?"

Gordon Morgan took my bags and we began the climb of 101 stone steps to a frame building with four bedrooms. It stood on stilts on an upper shelf of land - hence the "Upper Shelf." We reached what was to be my room for some twelve years and Gordon kindly showed me how to light the kerosene lamp. I washed up in a granite wash basin, one of the provided necessities along with a granite pitcher and a granite potty. Reluctantly, I finally blew out the lamp questioning my sanity to have left a safe, mundane job and the convenience of a modern Cincinnati apartment for the wilds of Kentucky. What, I wondered, would the morning bring?

Next morning outside my door was a scene I hadn't expected: wildflowers bloomed in profusion; red birds flitted about; a chipmunk scampered along the wooden walkway. The freshness of a spring morning in the mountains gave me a different perspective than I'd had the night before.

Remembrances of Horses...

During my interview with Agnes Lewis in Cincinnati, she lured me by telling me of six week's vacation with pay each year, and that horses were usually available for secretaries to ride during their time off. Now I had been around horses on the farm where I grew up in Ohio, and I often rode rented horses on the bridle paths around Cincinnati - riding at Wendover was quite different!



British nurse-midwife Joyce Stevens astride the infamous Rex.

Several of the horses had the reputation of slipping their bridles, one such was Rex. On one occasion, nurse Margaret McCracken had ridden him from the Confluence Center to a nearby school. She took his saddle off and hitched him with a rope (safe enough she thought) while she gave the children typhoid shots. Rex repaid her kindness by getting loose. He didn't leave her but would not let her catch him either. He walked home just a few steps ahead of her. Tired from a long day on district, McCracken had to carry the saddlebags and Rex's saddle!

Other Animals...

Barnyard animals and fowl played important roles in FNS life. Everyone had to go through Pig Alley to reach Wendover. A brood sow named Edna and her piglets were always there, with their greetings of friendly grunts and poignant smells. Mrs. Breckinridge's beloved Juliette (her son Breckie's nurse) named the first Wendover sow "Edna" in 1926, and every subsequent sow through the years was called "Edna."

The chickens, pigs and geese (as well as the gardens) were Mrs. Breckinridge's hobbies. The chickens lived on what Mrs. Breckinridge called "residential flats," on the hillside above the barn. They ate table scraps and gave

us eggs and meat. Each day after lunch Mrs. Breckinridge went to the kitchen and mixed the swill - all the left-overs and peelings, sour milk, spoiled vegetables, whatever. Mrs. Breckinridge mixed this delectable mess with her hands and insisted it was the best hand lotion ever!

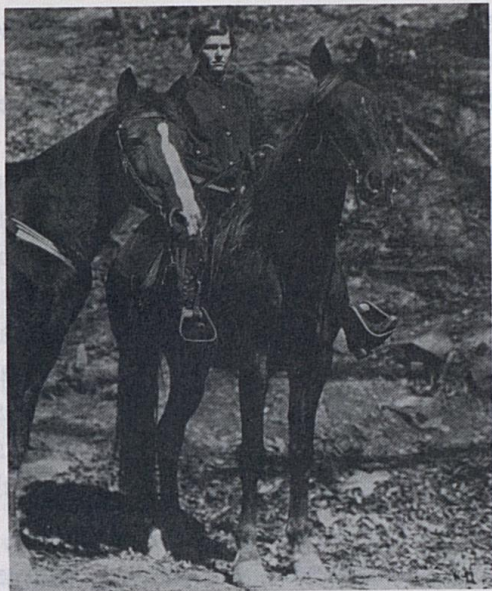


A view of Pig Alley.

Nurses...

Joyce Stevens, a British nurse-midwife, took me with her to witness my first home delivery. It was night time. As we drove along in the jeep, which had replaced the horses, Stevie planned what we should do if the patient, who had a history of difficult deliveries, should have to be moved to the hospital. There was no electricity - only a kerosene lamp. I was given a flashlight to hold as a spotlight. The whole time I kept wondering if the proceedings were normal. They were, and when Stevie had safely delivered the baby, I felt proud - and tired. I had done nothing but hold the flashlight, yet I'd suffered every childbirth pang along with that mother.

There were many Christmas experiences one of which happened at the Bowlington Center with British nurse-midwife, Betty "Hilly" Hillman. Each of the six outpost nursing centers always gave a Christmas party for the families in its district. A courier and I had gone to help "Hilly" pack some one hundred family bags with clothing, toys, candy and an orange for each child. All this was made possible by friends beyond the mountains who sent hundreds of shipments of clothing and toys, and gave money designated to buy fruit, candy and party refreshments. On the day of the party the courier, dressed as Santa Claus, mounted "Hilly's" white horse, Kemo, and came charging down the hill from the barn with a pack on her back. The children were delighted! In those days (1940's) this was the only Christmas celebration many of the children had.



Courier Helen "Pebble" Stone.

Couriers...

Mrs. Breckinridge was a generous soul. Once she sent Jean Hollins, resident courier from Long Island, N.Y., and a junior courier to Louisville with a pick-up truck loaded with cow manure for trustee Mrs. Charles Moorman's rose beds. When they got there they discovered that Mrs. Moorman was having a formal tea! Jean smelled of manure but she didn't fret, "Oh! that's alright," she said to the junior courier, "I'll just put on my white gloves and go on in!"

Many junior couriers came back as senior couriers. Freddy Holdship from Sweickley, Pa., was one of them.

Memories of our escapades would fill another book! Many of the couriers entertained and sustained me on my tours outside the mountains with Mrs. Breckinridge, particularly Fanny McIlvain in Philadelphia, Marion Lewis (Shouse) in Washington, D.C., and Helen Stone (Pebble) in New York.

It was Pebble who gave me my nickname "Thumper." Once, as I was pounding away on my typewriter, Pebble appeared at the Big House office window and announced, "I'm going to call you Thumper." She did, and so did everyone else in FNS from that time on. Then there is Kate Ireland. We are both from Ohio, both animal lovers - especially dogs. Often in the evenings we'd load up all the Wendover dogs and drive into Hyden for ice cream cones. A real treat for dogs and people alike!

Kate's pet peeve is pigs. One hot July day Kate and Hobert Cornet were given the chore of taking an old "Edna" to market in Lexington. As they drove down Main Street on the way to market the noon whistle blew. Fat old Edna panicked and the board on the pick-up could not hold her so out she jumped! After much excitement and the help of some on-lookers, Kate and Hobert managed to get old Edna back in the truck and delivered to market on a day when hog prices were at an all-time high! Today, Kate's home near Wendover, "Willow Bend," houses quite a collection of ceramic pigs, needlepoint pigs, pig pictures and pig figurines of all descriptions!

Remembrances of the Director...

Mrs. Breckinridge, from the very first days of the Frontier Nursing Service, did all in her power to make the staff comfortable. It wasn't easy in the 1920's and 1930's to have furnaces, bathroom fixtures and plumbing hauled by mule team from the Hazard railroad to Wendover, Hyden and the six outpost

nursing centers. She persevered. I have had folks who knew her say, "After the Lord made Mary Breckinridge He threw away the mold." I agreed. Her intelligence, vision, leadership ability and energy at age 62 when I became her secretary, surpassed most person's I have known at any age!

Mrs. Breckinridge demanded much of her staff but she always did more than any of us. She began her day at 4:00a.m., with coffee and devotions. Each afternoon as she returned from feeding the chickens, or working in the garden, she stopped for a time of meditation and prayer in the Wendover Chapel room.

I survived the twelve or so years as Mrs. Breckinridge's personal secretary by keeping my mouth shut, my ears open, an unabridged dictionary at my side and by making the acquaintance of one Charles Dickens! She was always quoting him and fortunately there was a set of Dickens' complete works in Mrs. Breckinridge's living room library where I could check all those quotes!

Epilogue

Times indeed have changed since 1942. Electricity and good roads have made mountain life physically easier. Good schools are a boon to the young. Much economic progress has been made in mining and lumbering, the only industries in the area. There still remains much unemployment and poverty and there just aren't enough jobs to go around. As I visit the areas still served by the "nurses" I see the continuing need for good medical and nursing care, close by, at affordable prices. The unique spirit that prevailed in my day (1940's and 1950's) in the FNS organization still exists; a spirit that has always set the Frontier Nursing Service apart. In my day none of the staff were working for material gain. I doubt they are today, by outside standards.

Those of us from the "outside" were here because each in our own way wanted to serve. We believed in ourselves as human beings put on this earth for something else besides material gain. What I gained was more lasting more satisfying than gold - a deep friendship with a group of folks who accepted me, loved me, put up with me and always - even now - make me feel welcome in their midst.

- Lucille "Thumper" Knechtly



The author in 1944.

Kate Ireland Honored for her Dedication to Nurse-Midwifery

Miss Kate Ireland, National Chairman of the Frontier Nursing Service (FNS) Board of Governors, was presented with the first Kate Hanna Harvey award by the Frances Payne Bolton (FPB) School of Nursing in honor of her tireless work promoting the nurse-midwifery profession.

The award was presented at the annual Kate Hanna Harvey Invitational Conference; a two-day invitational deliberative conference that this year focused on Cleveland's infant morbidity and mortality rates.

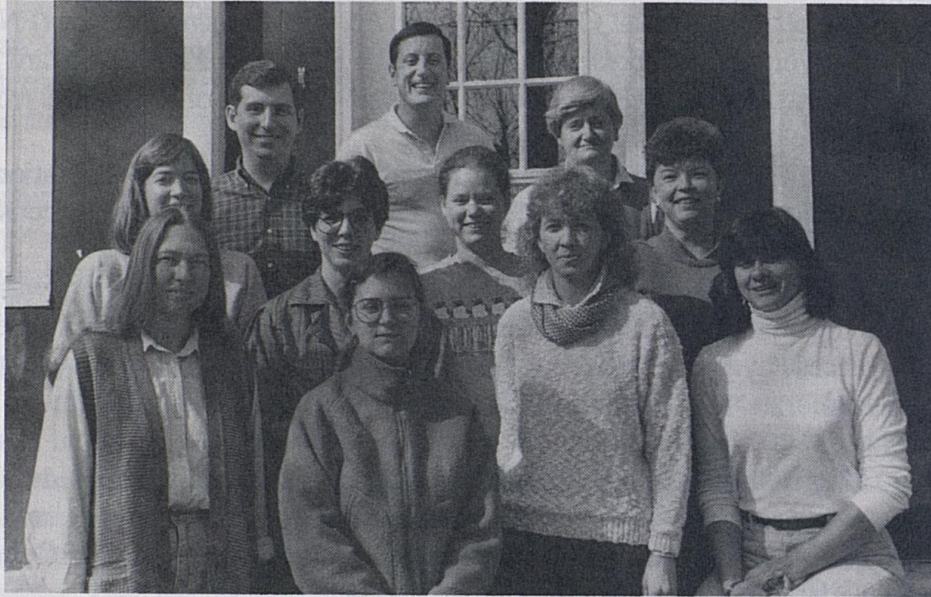
Kate Hanna Harvey, who was Kate Ireland's grandmother, was a dynamic Cleveland community leader. She played a key role in the development of the Frances Payne Bolton School. The Kate Hanna Harvey award is presented to commemorate the commitment to nursing and community health of its namesake.

Miss Ireland has been a long time supporter of the use of nurse-midwives and nurse practitioners to increase access to health care for the poor, and in underserved regions. She has been National Chairman of the Board of Governors since 1975.



Kate Ireland (left) receives her award from Joyce Fitzpatrick, Dean of the FPB School of Nursing as Deanna Severance, Director of FNS, looks on.

Frontier School of Midwifery and Family Nursing's 100th Class



Students of the 100th class: Top (l-r) Randall Carroll, Al Goldstein and Sr. Noreen Moran; Center (l-r) Heidi McKinley, Nancy Bryant, Deborah Focken and Linda Jones; Bottom (l-r) Kim McQuoid, Kate MacNeil, Paula Stephens-Bibeau and Michele Handelman.

Sister Noreen Moran is originally from Chicopee, MA, and has been a Sister of St. Joseph of Springfield, MA, for 29 years. Sr. Noreen has a B.A. in Mathematics and a B.S. in Nursing from Elms College. She taught mathematics for 19 years, including a period of time in Kenya, East Africa. After completing her R.N. Diploma from St. Vincent's Hospital, Worcester, MA, where she worked as a staff nurse on the medical/surgical floor. After moving to Springfield, MA, she worked with HealthCare for the Homeless. Sr. Noreen hopes to use her nurse-midwifery and family nursing skills in an underserved area after she graduates.

Heidi McKinley is originally from New York State where she earned a B.A. in French from Oberlin College and an M.S. in Nursing from Pace University. She has worked in publishing and served as a volunteer at a women's health clinic in New York City. For the past two years Heidi worked as a labor and delivery nurse at Columbia Presbyterian Medical Center. She is interested in working overseas and in the United States educating women about reproductive issues.

Nancy Bryant is from Arkansas where she obtained her B.S. in Nursing about 10 years ago. For over seven years Nancy worked as a critical care nurse in large medical centers in Arkansas and Texas. She also spent three years as a volunteer nurse with the Southern Baptist Convention. Nancy feels her most rewarding work was in a famine camp in Ethiopia. After graduating from the Frontier School she plans to complete her Master's Degree and work in the area of indigent health care.

Al Goldstein is originally from Baltimore and the father of three children. He is married to Debbie Goldstein, a certified nurse-midwife who graduated from the Frontier School and who currently works at the Kate Ireland Women's HealthCare Center. Al obtained a B.A. in Psychology and a B.S. in Nursing from the University of Maryland and has been a Commissioned Officer with the Public Health Service since 1979. His work has been predominantly in Indian Health Service Hospitals and after graduation he plans to return to the Navajo Reservation. Eventually he wants to pursue his Master's Degree in Emergency Nursing and work as a family nurse practitioner in rural underserved areas.

Linda Jones is originally from Florida. She has a B.S. in Nursing from Florida State and a Master's Degree in Psychiatric Nursing from the University of Florida. Linda's background in nursing encompasses many areas - psychiatric nursing, a supervisor in a nursing home, and clinical research. Additionally, she has worked in the Education Department at the University of Florida, and as an Administrative Assistant in the Department of Obstetrics and Gynecology where among other duties, she coordinated the Perinatal Diabetes Team. In 1985 she moved to North Carolina where she worked as a labor and delivery nurse and later a nursing instructor. After graduating from the Frontier School Linda plans to live and work in a rural area.

Debbie Focken is from Michigan and lived in Germany for two years when her husband was in the service. During this time she worked at an Army Hospital as an R.N. After returning to Michigan, Debbie went to school part-time while raising her children and earned a B.S. in Psychology and Nursing. Most of her nursing experience has been in labor and delivery, postpartum and nursery. After seeing a slide show about the Frontier Nursing Service she decided to come to Hyden to study nurse-midwifery.

Michele Handelman is originally from New York City. She has a B.A. in Psychology and Sociology and also a generic Master's Degree in Nursing. Michele has worked on a public health research project with migrant workers in Maryland and Virginia, and for the past year and a half has been in New York City working as a staff nurse in infant medicine, pediatric neurology and oncology. Her interests lie in teaching coping skills and providing support for

families in crisis. As a family nurse practitioner Michele plans to work in preventive and acute health care and hopes to do more work overseas.

Kate MacNeil is from Boston, MA. As a student she did volunteer work for just over two years in an independent nurses' clinic located at a shelter. There she encountered a philosophy of care that gave clients choices and respected their individual dignity. In 1986 she received her B.S. in Nursing and went on to work as a staff nurse in labor and delivery at Beth Israel Hospital. Recently, Kate spent two weeks in Nicaragua learning about their health care system and two months working at a birthing center near Boston where she had her first experience with nurse-midwives. She plans to work in a birthing center in Harlingen, Texas after she graduates from the Frontier School.

Kim McQuoid has lived the majority of her adult life in rural settings. Her education is broad, ranging from forestry to a B.S. in Nursing. Conversely, her work experience is also varied - herding goats in California, working in a rural health clinic, and supervising in a hospital's obstetric department. Becoming a midwife has been a 12 year dream of Kim's. She hopes that with the knowledge and technical skills she learns she will be able to help solve some of the perinatal problems in her own "back yard."

Randall Carroll is originally from Greenville, South Carolina. Randall has earned his B.S. in Nursing and Education, plus a Master's degree in Nursing. He has worked in emergency rooms and labor and delivery. He was accepted into the Frontier School in advanced standing to complete the midwifery course and will be the School's first male certified nurse-midwife. After graduation he hopes to do medical missionary work.

Paula Stephens-Bibeau is from Indianapolis where she currently works part-time as an ob/gyn nurse practitioner. She has earned her B.S. in Nursing as well as her Master's Degree. Paula will be returning to Indianapolis after she graduates from the Frontier School to work as a certified nurse-midwife.

Take Care Of...

A Charge to the Frontier School of Midwifery and Family Nursing 's 99th Graduating Class

As promised in the last edition of the Quarterly Bulletin, the following is the address given to this year's graduating students of the Frontier School by Keynote Speaker, Mrs. Kitty Ernst, herself a graduate of the School and currently Director of the Community Based Nurse-Midwifery Education Program (CNEP).

"You may be just a small band of family nurse practitioners and nurse-midwives taking this journey, but the number of lives you will touch along the way with your knowledge and skills, your insights and compassion, will be a legion. I don't know if any of you view yourselves as missionaries, but it doesn't matter, because like it or not you will be missionaries. I can tell you from personal experience that you cannot leave this place and not have a mission.

Your mission over the next few decades will be the same as those who have gone before you. When I graduated from this school, Mary Breckinridge handed me my diploma and said, 'Go forth my child and take care of mothers and babies.' Today you have much greater knowledge, much better skills than I had at that time. You will go forth and take care of mothers and babies, children and families and grandparents much better than I, for you have had a unique and splendid education.

That charge...Take Care Of... three little unqualified words. It is not to 'take care of' from 9 to 5, or when you can fit it in or when you have nothing better to do. It is not to 'take care of' if people have insurance or can pay their bills. It is not to 'take care of' if people are white and attractive. "Take care of" means to take the time to show concern, communicate compassion, give comfort, instill confidence in addition to processing procedures and tasks.

When Mary Breckinridge said it to me more than 35 years ago, it rang in my ears that afternoon as I rode over these mountains to the Bowlington Center where I was going to be the midwife alone for four months. The confidence she gave me with those three little words was incredible. She didn't say, 'Go and take care of mothers and babies in a tertiary care center so you can get a volume of experience or improve your skills.' No. She trained me, she trusted me, and I responded in kind. She took care of me.

Lest you think that I am suggesting you all become martyrs to the mission you will fulfill on your continuing journey, let us consider other dimensions of 'take care of.' Mary Breckinridge held a dimensional view. Remember, her primary concern for establishing the Frontier Nursing Service was to care for children. To her all other work seemed puerile. She believed that if you took care

of the mother, the mother would in turn take care of the child - learning from you the meaning of 'take care of.' She also believed if you also took care of the family and their environment, the mother would have continued support to take care of the children. Thus, the Frontier Nursing Service nurses were involved in immunizations; eradication of parasites; veterinary medicine; procuring food, shelter, clothing and education of the needy people in their districts. You need to keep that dimension in mind as you minister to your people - give a fish to meet the urgent need to fill an empty stomach, teach to fish to keep the stomach full for a lifetime.



Mrs. Kitty Ernst

Mrs. Breckinridge also held a dimensional view of 'take care of' for her staff. When nurses worked 12 hours a day, six days a week with one week's vacation a year, Mary Breckinridge recognized the need for an annual leave long enough for complete relaxation. Her staff worked for eleven months but on the twelfth they rested. I can remember how wonderful it was to be free for that length of time. You, as caregivers, need to keep that dimension very much in mind. Take care of yourselves - so that you can take care of others.

When you leave here you will be pressured to produce. You will be measured in quantitative terms. How many visits did you do? How many births have you had? Your time will be measured. It will be hard to hold on to your commitment to 'take care of', but you will because you have a mission to take care of people. You have come to understand the truism that man does not live by bread alone. You understand that time investments can have greater long term yields. You will advocate for the time to 'take care of.' Advocating comes in a lot of different ways. At a recent hospital board meeting nurse-midwives were being discussed. One member was criticizing nurse-midwives because, in his opinion, they were naive about the management of their practice. A management consultant to the board said, 'Now just a minute, they may be naive about accounting but they are one of the last groups of nurses fighting for their right to take care of their patients.' What a wonderful compliment!

My charge to you today can be no more eloquent than that given to me when I stood in your place. Go forth and take care of the people. You are needed, you are valued, and you have a mission to fulfill. God speed as you leave this milestone and continue on your journey - may you stay true to your mission and calling."

- Kitty Ernst

A Visit with Home Health Care Providers

When Mary Breckinridge began the Frontier Nursing Service (FNS) in 1925, she planned the delivery of health care services through a system of decentralized district clinics, to accommodate the living conditions and limited resources of the region. Staffed by live-in nurse-midwives, these clinics were built throughout a 700 square mile area. The nurses not only provided treatment at the clinic site, but also traveled routinely to patients' homes to care for the sick and disabled who were unable to get to the clinic by horse or by foot. These home visits gave the nurses the opportunity to evaluate the family situation and environment, and to use this knowledge to formulate an effective plan of treatment.

In the early 70's, in response to greater availability of transportation, a number of the district clinics were consolidated resulting in a smaller number of clinics, each with a greater patient volume. At the same time, the federal law regarding reimbursement for in-home patient care changed, imposing a requirement that to be eligible for Medicaid/Medicare reimbursement, in-home health care could only be provided by practitioners specifically designated for that service.

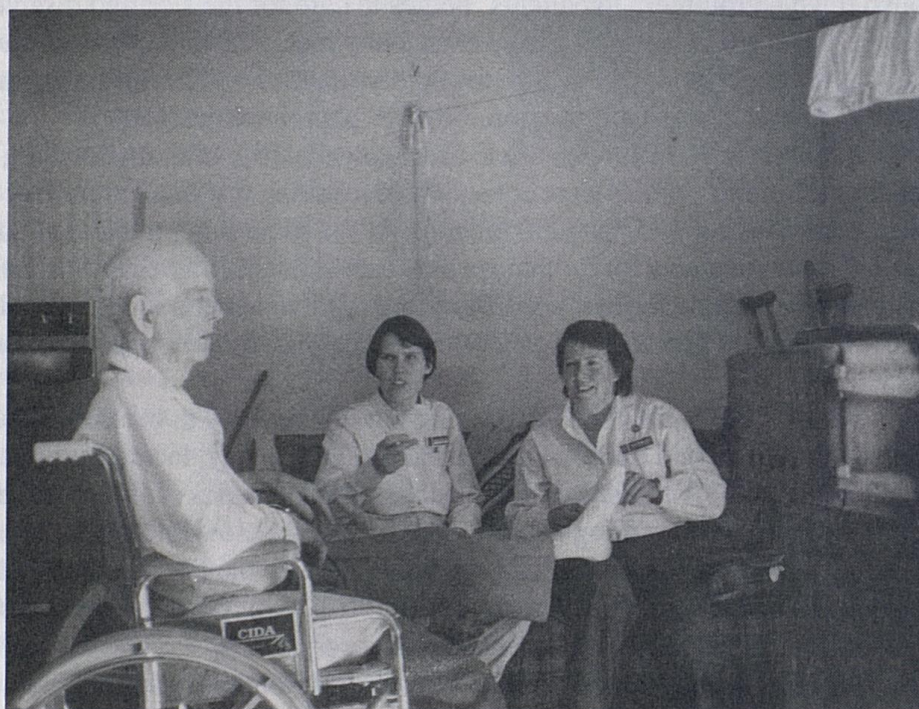
Early in 1976, the Frontier Nursing Service decided to centralize their home health service and opened their Home Health Agency, located at the old hospital in Hyden. This decision relieved the district clinics of in-home care, while at the same time ensuring that FNS was in compliance with the new ruling regarding patients who were federally insured. Today the FNS Home Health Agency is located in Mardi Cottage on Hospital Hill with five registered nurses who average approximately 8,000 patient visits per year.

Some of the home health clients are referrals from the hospital; patients who are able to receive short-term care in the home setting rather than a prolonged hospital stay. The elderly and disabled who would otherwise be in a nursing home comprise another group of patients. These patients are able to receive the necessary medical care within their home environment instead of spending more time away from their families than is necessary. The primary concern of the home health nurse is to evaluate a patient's condition and instruct the family in providing care according to the physician's orders.

On a recent morning the Home Health office was a bustling place, with phones jangling continuously. Aides checked their lists of patients and gathered supplies to be delivered to them. Nurses were checking phone messages from the previous day, assessing laboratory results on their patients and attempting to catch up with physicians to update them on the status of their patients. There were informal conferences between the nurses and aides—an essential element of the teamwork required to provide consistent quality care to the patients in the home setting.

At about 10:00a.m., Sandy Mathis, one of the registered nurses, sets out to see the six patients she has on her list for the day. Her first patient is a new referral and the visit may take two or three hours. "This is the time when the basis of a good working relationship is formed," Sandy explains. "We must take the time to listen to the patient's and family's concerns, assess needs and with them form a plan to meet their mutual needs."

Sandy has been in the nursing field for a number of years and has seen the face of nursing in general change dramatically. "However, I think the core



Sue Snider (center) and Sandy Mathis discuss medical treatment with a home health patient.

of what it takes to be a nurse has not changed - the genuine desire to provide CARING care to those in your service." she says. In the area of home health nursing not only is this type of caring important but the nurse must also be self-motivated, have strong inter-personal, communication, clinical and assessment skills. "There are many challenges that come with a home health nursing job" Sandy continues. "I can teach all day but if the patient or family doesn't understand the need, or have the resources to do what I am asking, then the care plan will be of no benefit to the patient."

Sue Snider, another of the home health nurses, has a slightly different perspective. "We are the doctor's eyes and ears in caring for these patients. One of my everyday challenges is figuring out what is taking place with my patients physically. Plus, home health nurses have to be creative. When I am giving IV

therapy in a home without an IV pole I have to think of what I can use instead to hang the IV solution from."

In an average day a home health nurse may see four to six patients and travel over one hundred miles. One of the first adjustments to be made is to stop measuring the distance to a patient's home in miles. The home may be only ten or twelve miles away, but because of the driving conditions—gravel roads, pot-holed and rutted dirt tracks—the trip can take two hours! However, Sue does not mind spending time in her car. "Even in the bad weather I can watch the hills and the changing seasons," she smiles. The home health patients and their families welcome the visits from the nurse, not just for the medical attention but also because they are genuinely fond of them. Many times during the summer months the nurses will leave a patient's home laden with fresh produce from the garden.

Once the home visits have been completed for the day, the nurses return to Hyden. Their first stop is the Mary Breckinridge Hospital to drop off laboratory samples they have obtained from their patients. Afterward, they drive further up Hospital Hill to the office where they check for messages, contact physicians, social service agencies and equipment companies coordinating efforts to meet each patient's needs. Once all that has been accomplished they then face the mounds of paperwork needed to document each patient visit. As Sandy says, "If a nurse has heard this statement once she has heard it a thousand times: If it is not documented, it was never done."

Despite the paperwork and number of phone calls to be made both Sue and Sandy very much enjoy their particular aspect of nursing care. "My job presents me with ever increasing challenges as a nurse," explains Sue. "I must be alert and ever watchful of the needs of my patients and problem solve for solutions. Every day is different and I enjoy that aspect of my job."

Even though they are both from more highly populated areas they found their calling to rural home health care at FNS to be a dream come true. "The requirements of my job provide a real opportunity to appreciate all aspects of this beautiful place," says Sandy. "Lots of time in the hills watching the seasons change and also being a guest in the homes of my patients."

- Carl Severance, Sandy Mathis and Susan Snider



Sue and Sandy cross a typical swinging bridge on their way to a patient's home.

URGENT NEEDS

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

For Wooton Clinic:

Binocular microscope (1)	Estimated Cost: \$900
Wall-mounted Otoscope/ Ophthalmoscope Sets (4)	Estimated Cost: \$300

For the Community Health Center:

New Current Medical Diagnosis and Treatment and Current Pediatric Diagnosis and Treatment	Estimated Cost: \$90
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For the Kate Ireland Women's Health Care Center:

Foam chairs (4)	Estimated Cost: \$20ea
Typewriter	Estimated Cost: \$380

For the Mary Breckinridge Hospital:

Pager for medical staff (1)	Estimated Cost: \$250
Blood pressure monitors (1)	Estimated Cost: \$250
Typewriter (1)	Estimated Cost: \$225
Chairs for waiting room	Estimated Cost: \$100

For the Development Office:

Long tables (12)	Estimated Cost: \$75ea
Oil-filled space heaters (3)	Estimated Cost: \$45ea
Macintosh computer (1)	Estimated Cost: \$1200

Beyond the Mountains

I enter the winter months with my batteries recharged from my association with so many invigorating Frontier Nursing Service (FNS) friends that I met when I traveled beyond the mountains this fall!

I was on the road early in September to attend the Kate Hanna Harvey Invitational Conference which was sponsored by the Case-Western Reserve Frances Payne Bolton (FPB) School of Nursing. The conference was a forum to discuss Cleveland's high infant mortality rate. Using FNS as the standard for care, comparisons were made between the midwifery strategies practiced at FNS and other areas around the country, and how these strategies might apply to the Cleveland area. The highlight of the conference was when FNS' National Chairman, Miss Kate Ireland, was awarded the first annual Kate Hanna Harvey Award in recognition of her hard work, dedication and commitment to the furtherance of the nursing and midwifery professions. It was wonderful to be able to spend some time again with Kate and also Mrs. Jefferson (Marvin Breckinridge) Patterson, our Honorary National Chairman, who also spoke at the conference.

Being at the conference also gave me my first opportunity to meet with officials at Case-Western University, with whom our Frontier School has established an affiliation agreement so our graduates can, with only 6 additional credits, receive their masters degrees.

My next port of call was Washington, D.C., to attend the opening of an exhibit of Mrs. Jefferson Patterson's photographs entitled, "The Frontier Nursing Service," held at the National Museum of Women's Art. Mrs. Patterson's film "The Forgotten Frontier" was also shown. To my delight, I met our loyal FNS supporters on the Washington Committee when Kate Sedgewick, chairman, was able to schedule a meeting.

A little closer to home, Sheila Allen (FNS Director of Development) and I met with the members of our Louisville Committee at the lovely home of Mrs. Shirley Dumesnil. Later in the month, I journeyed to Massachusetts, where I lunched with the Boston Committee at the Dedham Country and Polo Club, followed by an evening gathering at the home of Whitney Robbins. The next day I was off to Philadelphia where Mrs. Mary Hodge hosted a luncheon for the Philadelphia Committee. Special thanks are due to Mrs. Jefferson Patterson, Whitney Robbins and Mrs. Mary Hodge for opening their homes to me during these visits.

How do I express to you, the reader of the *Quarterly Bulletin*, the spirit that these committee members impart to me? Because of these meetings and discussions, I am left with an understanding of the commitment made to FNS by so many people in this country. The recommendations, comments and questions are helping me to formulate and focus on ideas which I believe reflect the needs of our community here in the mountains and the desire of our loyal friends and

supporters to continue with our proud heritage and bright future.

I also spent four days in Ohio as a member of a national evaluation team reviewing the maternal-child health programs of the Ohio Department of Health. This was a fascinating experience for me. During my tenure with the Missouri Department of Health, I had the benefit of interacting with several consultation teams. It was fun to be on the opposite side of the fence! More importantly, the process gave rise to much reflection about our services here at FNS. Challenges and opportunities abound.

Whitney Robbins and I traveled to Cleveland and Detroit to evaluate prospects for assigning the basic certified nurse-midwifery faculty to a satellite clinical site in order to assure adequate deliveries, etc. There are exciting programs going on in both cities. As it stands now, the Health and Education Board will be making a recommendation to the Board of Governor's at the December Board meeting in Lexington.

Discussions continue in Kentucky regarding prescriptive authority for those in advanced nursing practice. Dr. Tim Todd, FNS' district physician and I traveled to Frankfort to meet with State Senator Kafoglis, who is also a physician. He was very interested in Dr. Todd's insights and recommendations. Subsequently, a hearing was held in Frankfort with Dr. Todd as our spokesman who again did a wonderful job promoting the interests of FNS. Representative Tom Burch of Louisville, sponsor of the legislation, has requested that the Medical, Pharmacy and Nursing Associations as well as FNS begin negotiations before the legislative session begins in January.

As I end this report I am looking out the Garden House window at Wendover. The matronly ladies of the forest are still clothed in their beautiful colors, but the nip in the air says winter is arriving. I look forward to this next quarter, to meeting more of you and to planning for our spring "Derby Day" activities.

- Deanna Severance

Field Notes

Looking out the windows of the Big House at the brightly colored mountains reminds me how quickly the summer has passed. As the leaves turn every shade of red and gold and fall to the ground the Wendover buildings emerge from their hiding places. The countryside has certainly taken on a whole new look. Yet a change of seasons never slows activities at Wendover. Our busy summer schedule quieted down as one by one the summer guests and visitors left, but before long we had new people and projects to keep us busy.

Our biggest event in October was the Mary Breckinridge Festival. The couriers carried on the tradition of designing a float and riding in the parade. We combined this year's festival theme of "A Salute to the Logging Industry" with a tribute to National Midwifery Week and built part of a log cabin on a truck bed with an expectant woman sitting on the porch surrounded by her husband, her mother, and her attending midwife. Early in the morning, after adding the final touches to the float and our costumes, we set out to join the parade. We had only moved about four feet when the frame of the log cabin caught on the Wendover Barn and the float fell apart and landed on our heads! I must admit that at this point each of us had the temptation to go back to bed. Instead, we rode through town repairing our broken float, and had it back to its original condition by the time our number came up to join the parade. Our float's center of attraction was a "horse" made out of wood, chicken wire, paper mache and complete with wheels so it could be "led" along beside the float. That brilliant plan lasted about one block, after which one wheel broke and the "horse" was relegated to the porch! Despite all our mishaps, our efforts paid off when we were awarded two trophies for creativity and showmanship.



Couriers (l-r) Penn Ketchum, Lucy Miller and Meg Bean aboard the FNS float.

To celebrate the historical site of Mary Breckinridge's home and give the couriers broader exposure within the organization, the Wendover staff now hosts a weekly tea/sherry hour. Each Monday from 5:00-6:00pm employees of the Frontier Nursing Service (FNS) and local guests gather in the living room of the Big House to talk over events of the week. Frequently, the evening will feature a speaker who may show slides, demonstrate a craft, or tell stories of FNS history. After the discussions, those who wish may stay for dinner. These evenings are well attended and give the couriers the opportunity to learn about Appalachian crafts and culture, as well as the chance to hear stories about former couriers. We are enthusiastic about meeting new people and encouraging others to join us. Plan your next trip to Wendover on a Monday night!

The Commencement Ceremony of the Frontier School's 99th class was held on the grassy spot where the Wendover Cabin once stood. Nine students gathered with over one hundred people to celebrate the graduation, which was followed by a reception in the Big House. We were lucky to have a warm, sunny day and people were able to enjoy the walks and patio around the Big House.

Groups of students and health care professionals continue to come and stay at Wendover and tour the FNS facilities. Nursing students from Somerset Practical Nursing Program, Prestonsburg Community College and the University of Tennessee spent time here recently learning about the roots of their profession in this country. Members of the Eastern Kentucky Neonatal Nurses Association also joined us for a day. The most memorable visit was when 43 members of the Kentucky Historical Society came to tour the Frontier School and Wendover. Their greyhound bus could not make it up our narrow winding roads, so the couriers were kept busy all day shuttling the group around by the carload. Despite the inconvenience, the visitors enjoyed themselves and hope to join us again next year.

Rounds, clinic work, and Wendover projects continue to keep the couriers busy, along with tutoring local elementary and high school students. Our involvement with the Leslie County Literacy Program continues to expand as courier Jane Schneider recruits more students and collaborates with county assistance programs in setting up literacy groups. This summer we had couriers from many different states as well as from Germany and India contributing their talents and skills to the organization. We continue to receive requests for information about our program from other students and graduates and look forward to having them join us in the near future.

I am expecting things to be quieter around Wendover as the Holidays approach and there are fewer couriers. However, as we gear up for the Thanksgiving and Christmas seasons, who knows what unexpected and exciting events will occur! Whatever these Holidays bring, I am looking forward to the annual celebrations which are a big part of FNS tradition. As the couriers and I often remind ourselves, "Life at Wendover is never dull!"

- Cari Michaels

The 28th Annual Mary Breckinridge Festival is Celebrated in Hyden



Above: Mrs. Cloma Moore, wife of the late Eddie J. Moore, was chosen Grand Marshall of the festival parade.

Scottish bagpipers from Louisville, KY, entertain the crowd during the festival.



Young competitors line up for the bicycle rodeo held during the festival week.



FNS Director Deanna Severance (left) dressed in an original FNS uniform, and daughter Sarah, dressed in the typical courier outfit, helped with the horses at the Frontier Nursing Service's festival booth.

For \$3 people could pose for a photograph showing them on a horse held in reign by a staff member dressed in an original FNS uniform.

Each year the festival is held by members of the local community, in memory of Mary Breckinridge, founder of the Frontier Nursing Service.



Trudy Morgan (above) FNS family nurse practitioner takes a young boy for a ride on the horse after having his picture taken at the FNS fund-raising booth.



FNS family nurse-midwife Mable "Skip" Spell rides in the parade dressed in her original FNS uniform.

Courier News

Molly Breckinridge (1989) has returned to school at Milton Academy in Milton, Massachusetts, and is trying to keep her mind off Don's Dairy Delight as she concentrates on calculus and writing papers. She says her classes are good but difficult. She misses Wendover game nights so much that she's taken to playing scrabble by herself!

Barbara Henrech (1989), after traveling up the east coast with couriers Jane Schneider and Chris Jachman, has returned to Germany to complete her last year of pharmacy school.

Fran Howe (1989) has returned to Colby-Sawyer College in New Hampshire where she is finishing her last year of school. She is teaching children in grades one through three and enjoying it very much in spite of occasionally losing her patience with their wildness. (They must be pretty crazy for Fran to lose patience!) She sends a hello to all!

Chris Jachman (1989) is now back in Minneapolis looking for a job after returning from her cross country trip. She called to see how everyone was doing and sends her best wishes to all.

Penn Ketchum (1989) has been with us again and managed to get in on a few more big Wendover functions with lots of dishes. He has returned to New York and is making plans for his trip to Africa in January.

Kelly McBroom (1989) headed to North Carolina after leaving Wendover where she will obtain her Wilderness Emergency Medical training. Her next stop will be Antigua, Guatemala to learn Spanish. After ten weeks in Guatemala she will spend time in Nicaragua doing health care work.

Dani Widmann (1989) has returned to Santa Cruz to continue school after spending a week in Chicago. She wrote to let us know that she is doing fine - in spite of the earthquake - enjoying school and learning pottery.

Danna Larson (Courier Coordinator 1980-85) writes, "I continue to stay busy with my work here in Sitka, Alaska, serving as a chaplain/student counselor at a small liberal arts college. The job is a challenge and includes nurturing and supporting the students as they face college life and living on a small isolated island in S.E. Alaska. I am learning a lot so am content at the moment."

Alison Mills (1985) is currently working as a pediatric nurse on an infant/toddler medical unit at Boston Children's Hospital.

Jennifer Remington (1979) was married to Gilduin Marie-Jean Blanchard at the American Church in Paris, Paris, France on October 28, 1989. The ceremony was followed by a champagne reception and dinner aboard the M.S. Bregagne

- Cari Michaels

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.

Capt. Thomas McCormick Davis
Washington, D.C.

Husband of FNS Trustee and Washington Committee Member, Catherine Davis.

Mr. John Pennington
Hazard, KY.

Husband of staff member, Ann Browning.

Mrs. Harold G. Reineke
Cincinnati, OH.

Member of FNS Cincinnati Committee for many years.

By including FNS in their Wills, the following friends have made a continuing affirmation of interest and belief in the work of Frontier Nursing Service. These bequests are added to FNS Endowment Funds so that we may continue to care for mothers and babies in years to come. We extend our deepest gratitude to them for their years of loyalty and support.

Ms. Ruth I. Bigler
San Diego, CA.

Miss Dorothy H. Hinitt
Bedford, NY.

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:

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NATIONAL NURSING COUNCIL

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| Dr. Beulah E. Miller, Lakewood, New Jersey | Dr. Carolyn A. Williams, Lexington, Ky. |

FORM OF BEQUEST

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

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

HOW ENDOWMENT GIFTS MAY BE MADE

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

1. **By Specific Gift under Your Will.** You may leave outright a sum of money, specified securities, real property, or a fraction or percentage of your estate.
2. **By Gift of Residue under Your Will.** You may leave all or a portion of your residuary estate to the Service.
3. **By Living Trust.** You may put property in trust and have the income paid to you or to any other person or persons for life and then have the income or principal go to the Service.
4. **By Life Insurance Trust.** You may put life insurance in trust and, after your death, have the income paid to your wife or to any other person for life, and then have the income or principal go to the Service.
5. **By Life Insurance.** You may have life insurance made payable direct to the Service.
6. **By Annuity.** The unconsumed portion of a refund annuity may be made payable to the Service.

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

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

Gifts of stock should be sent to:
FRONTIER NURSING SERVICE
Mr. John Foley, Assistant Treasurer
First Security National Bank & Trust Co.
One First Security Plaza
Lexington, Kentucky 40507

STAFF OPPORTUNITIES

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

FNS Staff: Openings may occur from time to time in both the professional and technical staffs, with opportunities for certified nurse-midwives, family nurse practitioners, registered nurses, family practice physicians, laboratory technicians, X-ray technicians, and others. For current information, write Darrell Moore, Director of Personnel, Mary Breckinridge Hospital, Hyden, Kentucky 41749 (phone 606-672-2901).

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

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