

# FNS

## FRONTIER NURSING SERVICE

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### QUARTERLY BULLETIN





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## On to Wendover

*Nan Hagan Gorman enjoys writing stories about the Eastern Kentucky places she sketches. An artist all her life she is married to Hazard Mayor Bill Gorman. She is the mother of Quarterly Bulletin editor Meriwether Wash.*

When the early morning mist had lifted from the mountains, we saw a string of the finest horses, all latched together, coming down the Campbell Creek trail. Everybody in the small railroad station of Krypton looked on in total amazement at the beautiful horses with English saddles! Such is the story given by Hazard senior citizen, Clarence Feltner. At the time he was an eager and prosperous young merchant at that wagon trading center. Recalling the event of long ago, he said the horses were led over to the "passing track". The passing track was a double track that the L&N Railroad had built between Krypton and Parrett. On that track was stationed a passenger car with young women emerging dressed in jodhpurs, shining boots and riding jackets. At once without a moment wasted they mounted the horses and disappeared up Campbell Creek. Mr. Feltner remembers, "They looked like the military."

Such is one account of the arrival of nurses and midwives to serve in the developing Frontier Nursing Service. These women knew little of the rough course of travel that they were about to embark upon before reaching Hyden and finally Wendover. After leaving Krypton and the North Fork of the Kentucky River they would wind up narrow and rocky Campbell Creek. They would pass the old Hamblin place with its two story porches and neat fences. Climbing upward they would turn right and go up a still higher mountain, with Huckleberry Rock in view. At last Leslie County! Reaching this peak they would begin the long descent down Trace Branch to the Middle Fork of the Kentucky River. On to Dry Hill and the deepest ford at Confluence - they would ford the river eight times before reaching Wendover.

In case of high water, Hazard, the largest town in the area was the best way to travel to Hyden. True there were more steep mountains to cross but only one river, the North Fork of the Kentucky River. It was here that the U.S. Mail arrived and was brought over to Hyden by mule-





Old Hamblin Place, Campbell Creek, Kentucky, 1990

drawn cart. When roads were impassable the mail came by muleback.

Typo, also on the North Fork was another route taken by those early frontier nurses. Typo, a name coming from the logging days when "poles" were "tied" was another L&N way station. Mary Breckinridge in her book *Wide Neighborhoods* says that by horseback it was 32 miles round trip from Wendover to Typo. The real disadvantage, she goes on to say was that Typo was on the wrong side of the river. This required a flat boat to cross.

Thus it was in the early days that Krypton served as the main transportation and trading center. Even before the coming of the railroad in 1912 the north fork of the river was counted on as navigable for supplies needed for the interior Leslie County. The Middle Fork of the Kentucky River passing through Hyden had many rapids, low places and the fall in the river was too great for navigation.

Mr. Feltner reports that goods were purchased and collected at Krypton by Leslie County country store keepers-anything from baking soda, sugar, to bolts of cloth and shoes. Many farm implements were purchased. Perhaps the most amazing development was the buying of wagons. From early days mountaineers had fashioned home made



flodder and corn sleighs for hauling. Mr. Feltner relates that in one year he sold thirty three wagons.

Speaking further about the products for sell, Mr. Feltner mentioned that he sold Mary Breckinridge hay brought in by rail from the Grain and Hay Company in Cincinnati. One rail car would hold 216 bales or 30,000 pounds of hay. A wagon drawn by two or four mules would haul twelve bales in each wagon to be carried over the difficult trail to Wendover.



The Old Eversole Hotel, Krypton, Kentucky, 1990

Just to contrast the economics of that day and this, Mr. Feltner said he was considered the most prosperous man in town; he made \$80 a month.

Where did Krypton get its name? I have not found a person to inform me about this. However Krypton is a known rare chemical in the atmosphere and it means "hidden" in Greek. But our Krypton on the North Fork of the Kentucky was at one time the busiest L&N station in Eastern Kentucky.

Therefore it was that Mary Breckinridge and her nurses used all three gates into their neighborhood of Leslie County. The illusion is one



of daring romance. It is easy to visualize riding horseback into the rugged forested mountains, along rolling rivers, twisting creeks and picturesque



Nan Hagan Gorman

rock castles. But in reality, the transportation task required great energy, time and devotion to their cause. Bringing medical service to a very rural people was their calling. In our mind's eye we see shadowed fern-carpeted paths along the sides of mountains to reach some remote cabin where a family waited for the angels of mercy. The purple mantled mountains are crowned with memories that whisper the names of those who marched across the landscape of the early 20th century. Such are Mary Breckinridge and her nurses; they belong to the most significant.

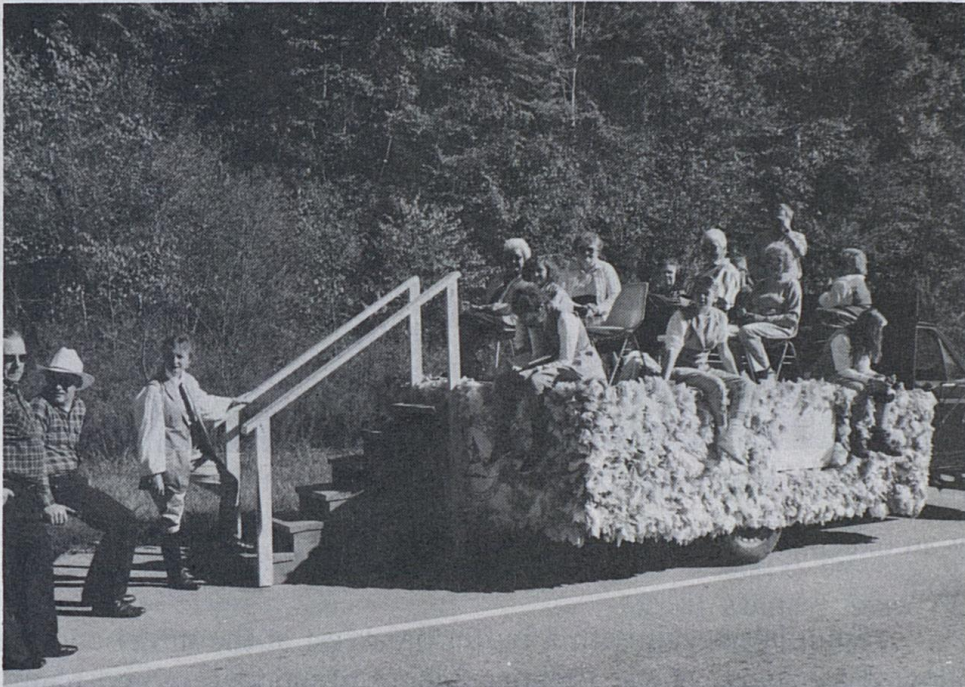
At the end of this century it behooves us to remember their tremendous contribution to a medically deprived area. As we look over our shoulder let us appreciate the demands of the past and reason with our new challenges.

*-by Nan Hagan Gorman*



## Daughters of Colonial Wars visit Frontier Nursing Service

On October 5, 1990 The National Society, Daughters of Colonial Wars, as part of their Semi-Annual Council Meeting held a memorial service and laid flowers on Mrs. Mary Breckinridge's grave, in the Lexington Cemetery in Lexington, Kentucky. While at the Lexington



FNS Director Deanna Severance boards DCW float.

Cemetery they also marked the grave of Mrs. Benjamin F. Buckley, 5th National President and had a memorial service and laid flowers at the grave of Mrs. Robert L. Keaven, past National officer.

The group then continued on to Hyden, Kentucky for the 7th Annual Frontier Nursing Tour. The annual Mary Breckinridge Festival had all of Leslie County active that weekend with craft and food booths, contests, a parade and more!

Upon arrival at the Appalachian Motel in Hyden the group was transported to the Frontier Nursing Service headquarters at Wendover. A tour of the Wendover grounds and afternoon tea was highlighted by a



viewing of the film "Forgotten Frontier".

A banquet was held at the motel that evening and was followed



DCW Members aboard their 3rd place winning float.

by an executive DCW meeting at the Richard M. Nixon Conference Room.

Saturday began with a buffet breakfast at the motel and was followed by a tour of the Frontier School of Midwifery and Family Nursing and St. Christopher's Chapel, on the hill above Hyden, and the Mary Breckinridge Hospital.

After the tour some group members prepared to ride the DCW float through the parade, while the remaining members were transported to bleachers downtown to watch the parade.

It was a beautiful fall day; perfect weather for a parade. The DCW float, assembled by couriers and other FNS employees, won 3rd place in the theme category.

Following the parade all group members enjoyed the displays, delicious food and festivities at the Mary Breckinridge Festival and at Wendover before returning to the motel.



Another banquet was held at the motel Saturday evening, and Sunday the group departed after a buffet breakfast.

The Frontier Nursing Service enjoyed hosting this tour and hopes that all group members had an interesting and delightful time while in Leslie County. The National Society, Daughters of Colonial Wars, are faithful friends and supporters of the Frontier Nursing Service.

-by Meriwether Wash

**DCW Members attending the 1990 FNS Tour**

- |                                       |                             |
|---------------------------------------|-----------------------------|
| Mrs. Stanleigh Swan, VA               | Mrs. Donelson Bridges, TN   |
| National President                    | Mrs. Whitney Dunlap, II, KY |
| Mrs. David Hickey, TN                 | Mrs. French Maggard, KY     |
| Mrs. William L. Hudgins, VA           | Ms. Ella Erskin, IA         |
| Mrs. A.W. Jurgeleit, AK               | Ms. Marion Samo, IA         |
| Mrs. Alva Gregg, LA                   | Ms. Eva Bedford, IA         |
| Mrs. Alexander J. Smith, Jr., MA      | Mrs. G.H. Bryan, VA         |
| Mr. & Mrs. Raymond McAuliffe, FL      | Mrs. Thomas P. Callier, OK  |
| Mrs. Francis H. Huron, MA             | Mrs. Kenneth Wickett, TX    |
| Ms. Jane Eppes, TN                    | Mrs. George T. Lockwood, IA |
| Mr. & Mrs. Robert Hendry, VA          | Miss Alice Underwood, IA    |
| Mr. and Mrs. Joseph R. Riden, Jr., KS | Mrs. Al Acker, TN           |
| Mr. & Mrs. Joseph P. Roysdon, NC      | Mrs. Robert E. Stevens, SC  |
| Mrs. Charles Stagner, KY              | Mrs. E. Murphy Shaw, FL     |
| Mrs. David Watts, KY                  | Mrs. John Duvall, FL        |
| Ms. Stacia Kaufman, KY                | Mrs. Stewart Huddleston, VA |
| Mrs. W. T. Buckner, KY                |                             |



## Health Care Is Not Enough

When asked to discuss how the provision of health care strengthens the young family, I kept turning over in my mind the thought that health care is one part of the equation, a microcosm in the Cosmos of solutions. Health care is important for children and adults to be healthy, happy and fully able to realize their potential. But alone, without the integration of child care, economic security, education, and the myriad of elements of a well-rounded life, health care cannot realize its potential to improve and uplift and save lives.

Mary Breckinridge wrote that during her work in France she felt as she was to feel later in the Kentucky mountains. She said: "Work for children should begin before they are born, should carry them through their greatest hazard, which is childbirth, and should be most intensive during their first six years of life. These are the formative years—whether for their bodies, their minds or their loving hearts." Mary Breckinridge founded the Frontier Nursing Service in 1925. She died May 16, 1965, a visionary...a woman who saw clearly that our leaders of tomorrow are our children today.

How did the family nurse midwives of yesteryear integrate into the mountain community? They lived in the community, at the clinics. Locally, the family nurse midwives were backed by physicians in Hazard, Louisville, Lexington and Children's Hospital in Cincinnati were the linkages for tertiary care and referral. The focus was care for the entire family with midwifery at the heart.

Today four clinics operate in the "hollers" of Leslie and parts of Clay and Harlan Counties, and one clinic operates at the Mary Breckinridge Hospital. The first outpost nursing center to be built after Wendover was the Jessie Preston Draper Memorial Nursing Center known as "Beech Fork". Sr. Sonia Miley, FNP, lives in the original clinic which was built in 1926. This clinic, Sr. Sonia's home, is on the ledge above the new clinic which was built in the 1970s. The Clara Ford Nursing Center, known as "Red Bird", was built in 1928. This is the home for Bill Powell, FNP, his wife Amy and their two year old daughter Ida. Bill works at the Community Health Clinic in Big Creek. His area was once served by the Caroline Butler Atwood Memorial Nursing Center at Flat Creek, the



Belle Barrett Hughitt Memorial Nursing Center at Brutus and the Margaret Durbin Harper Memorial Nursing Center at Bowlingtown. Trudy Morgan, FNP at Pine Mountain, recently moved from above the Pine Mountain Clinic across the street to a log house. Sr. Joan Gripshover, FNP, and Sr. Katharine Donohue, FNP, rent their own house in the Wooton area. Susan Davis, FNP, who serves with Sr. Sonia Miley at Beech Fork, lives at Wendover's lower pasture with her husband Christian and their two year old son, Nathaniel.

Why, you may be asking, have I told you the residences of our family nurse practitioners who serve in the "hollers"? Allow me to answer that question with another question: If I pass through your life casually, examine you child's vision, suture your cut, give your family medicine, will I have as great an impact on your life as I do when I also live in your neighborhood, celebrate your births, offer solace at your wakes, and share your meals? Then, and only then, am I part of your family, a unit of caring. To encourage positive lifestyle and even value changes, the practitioner must be a part of the community, the community that cares.

The mountains of Leslie County envelope a people with a rich culture. Mary Breckinridge was a part of the mountains and their people. Today Frontier Nursing Service remains one of the important threads which support the mountain people.

The following statistics from the October 8, 1990 issue of Time Magazine are not new to many of us. I hope they have not ceased to be shocking.

Every day in the developing world more than 40,000 children under the age of five die of diarrhea, measles, malnutrition and other preventable causes.

Nearly 1 in 4 American children under age six lives in poverty.

Every eight seconds of the school day, a child drops out.

Every 26 seconds, a child runs away from home.

Every 47 seconds, a child is abused or neglected.



Every 67 seconds, a teenager has a baby.

Every seven minutes, a child is arrested for a drug offense.

Every 36 minutes, a child is killed or injured by a gun.

Every day 135,000 children bring their guns to school.

The Time Magazine article goes on to state: "A nation can spend money either for better schools or for larger jails. It can feed babies or pay forever for the consequences of starving a child's brain when it is trying to grow. One dollar spent on prenatal care for pregnant women can save more than \$3 on medical care during an infant's first year. A year of preschool costs an average \$3,000 per child; a year in prison amounts to \$16,500."

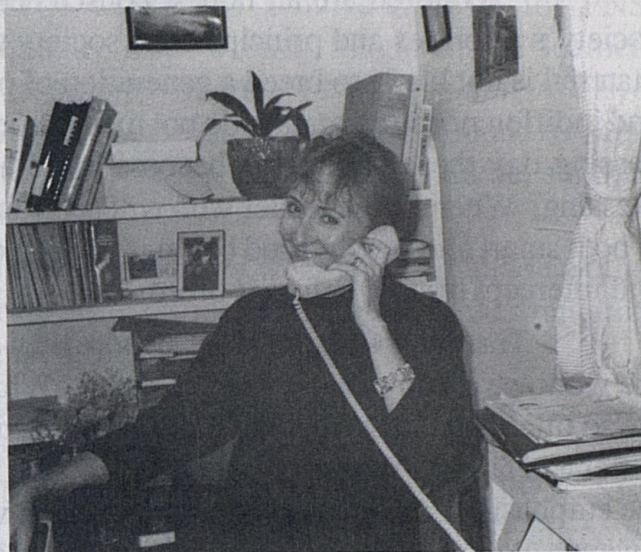
Is the answer more money? The people of the United States, through our private insurance systems and our government programs, spend more money on health care than our Western neighbors. Yet, programs for families remain underfunded, and the U.S. infant mortality rate remains worse than 17 other developed countries. Therefore, the solution is more complex than funding, per se.

Part of the solution has to do with having accessible, available providers of health care. There are inadequate numbers of nurse midwives and obstetricians practicing in rural America. FNS has part of the answer in the Community-Based Nurse Midwifery Education Program (CNEP). The success of this program, success being measured in terms of educating thousands of competent, credentialed nurse midwives during this decade, is partially dependent on the use of technology. Mature RN learners can complete didactic education in their homes, throughout the country. Faculty can communicate with the students via computer, FAX, video, and telephone. Students do not have to be physically present, within the walls of institutions, to learn. I believe this use of technology can increase the numbers of nurse-midwives practicing in the U.S. significantly. The technology can also improve access to continuing education.

Financing through Medicaid has improved, but not enough.



Approximately 60% of the people we serve through Mary Breckinridge Healthcare, Inc. are dependent on Medicaid and Medicare. Individual states set the reimbursement rates. Prenatal care alone costs FNS approximately \$600 for a healthy pregnant woman for nine months. FNS cannot pay salaries, utilities, etc., at the current reimbursement rate. Reimbursement rates are, of course, so much better than they were. However, small rural hospitals and health care services, those without the great philanthropic support such as that of the FNS, cannot survive without a further shift in funding towards prevention and primary care.



FNS Director Deanna Severance

During these first 18 months I have been a part of the FNS family, people have stated to me their support of our nurse practitioner demonstration model. Some go on to say, it is a good model, given the fact that our community cannot afford the cost of physician care. It is true that our model is cost effective. Our model, however, is good care for all people, regardless of insurance or financial status. In Wide Neighborhoods Mrs. Breckinridge wrote, "It is possible, under this system, for a hardy physician to be responsible for the medical needs of some nine thousand people annually, many of whom he does not meet, whereas he could serve little more than a five-mile radius without his nurse-midwife. Although our current "hardy" physicians—Dr. Anita Cornett, Dr. Ken Peasley, and Dr. Al Nunez—can serve more than a five mile radius, they remain like the palm of a hand from which fingers radiate in several directions.

Even with our wonderful history, and with the current exciting programs at the FNS, I feel a sense of urgency about our health care system in Leslie County and in America. I have a sense that priorities must be set now, that funding must be adequate for our children, and that our providers must be imbued with the commitment to healthcare,



education, child care, and all the threads which mean real progress for our children.

I end with two quotes. The first from the Time Magazine article and the second from Wide Neighborhoods:

“...children are an honest conscience, the perfect mirror of a society’s priorities and principles. A society whose values are entirely material is not likely to breed a generation of poets; anti-intellectualism and indifference to education do not inspire rocket scientists. With each passing day these arguments become more apparent, the needs more pressing. Where is the leader who will seize the opportunity to do what is both smart and worthy, and begin retuning policy to focus on children and intercept trouble before it breeds?”

“The thing we want more—more than all our plans—is to better the work we do now in the years to come. Which of you has not felt, as we so often do, the bafflement that comes from having really tried to do better and failed? We have never done enough for children, even though the emphasis of all our years of work has lain with them. We must find a way in which we can help bring about a normal emotional life for more of them, during their tender years when wounds are made which leave scars forever.”

*-by Deanna Severance*



### British Midwife Visits FNS After 22 Years

The Frontier Nursing Service was thrilled to have Betty Palethorpe, an original "nurse on horseback," visit during the last week in September. Miss Palethorpe worked as a nurse-midwife for FNS between 1956-1967. Originally from Dorset, England, she learned about the Service through an article written by FNS nurse-midwife Eve Chetwynd. Miss Helen Browne who was second in command to Mrs. Breckinridge at the time hired her and so she and Ann Cundle, another British nurse-midwife arrived together.

In those days half of the midwives were from England and the other half were from America. The service covered about seven hundred miles reaching a population close to ten thousand.

Miss Palethorpe was a trained midwife and registered nurse. She committed to staying the expected two years, but actually stayed eleven years. She remembered her life here as "a happy, family life." She worked at the Beech Fork Clinic closest to Mozelle. The clinic had a cow, two horses, one jeep per nurse-midwife, and a maid who cooked, cleaned, and most importantly, milked the cow.

When Miss Palethorpe first arrived she had to wait one year for a vacancy at one of the clinics. So in the meantime, she worked at the hospital in Hyden and did a little bit of everything. After a spot opened at Beech Fork she moved out there.

She found her work on the districts to be very self-satisfying. For an annual fee of two dollars an entire family would be guaranteed complete medical care. The patients were expected to pay for their medicines and other supplies. Generally the people did pay for the medicines, although sometimes they paid it through an installment plan. Or they would pay in kind by providing the nurses with eggs, milk, cows, labor, produce, etc. The women might even make bonnets, jackets, booties, or diapers to pay for medicine.

It cost about thirty dollars for a birth and about fifty dollars for a Caesarean Section. A layette or a bundle cost five dollars. In these bundles were all the clothes a newborn would need, from diapers to booties. There was one doctor who did Caesarean Sections under a local anesthetic but he never performed any deliveries. He worked seven days



a week and had clinics everyday of the week at a different outpost clinic. Most patients were referred to Lexington if the doctor was unable to treat them, and children were sent to Cincinnati for medical or surgical problems. The Frontier Nursing Service had an arrangement at Cardinal Hill in Cincinnati and all service was free. Only medicines were paid for by the families or the patients.

Another agreement was set up with the blood banks in Louisville. Every two weeks, FNS would get two pints of blood from Louisville. In return when the Mobile Van arrived from Louisville every six months, people from all around the area donated a pint of blood. Even if FNS wasn't able to meet the blood quota, Louisville would still give them the two pints of blood bi-monthly. Those who had received blood, often gave when they had the chance. Aside from blood coming in via Louisville, there were walking blood donors. The clinics kept a list of the people in the area, their type of blood, and the date of their last blood donation. When there was a need for a certain type of blood, Norma Mattingly, the telephone operator, was contacted and she got in touch with the donors. The midwives cross-matched the blood to be sure it was sufficient and then they would draw it.

Miss Palethorpe would make housecalls out in her district everyday except Wednesday mornings when clinics were held. If a patient was expected to be at the clinic and wasn't there, she would do a follow up on them and find out why they had not attended. If a patient couldn't find a way to a clinic or to the hospital, she and the other nurses would go pick them up and take them. Twice a year, in the spring and fall, there would be a surgical clinic held for two days. A surgical team would come down from Lexington and about nine or ten surgeries would be performed in a day. Two of the nurses from the clinics would serve as runners, doing odd jobs.

Medicaid had just began before Miss Palethorpe left Kentucky. Prior to Medicaid, most deliveries were done at home and not in the hospital. But Medicaid wouldn't pay for home-deliveries, so people had to come in for their prenatal care. If families couldn't get the mother-to-be into town, the nurses would.

While working district nurses wore riding uniforms which consisted of a white shirt, riding britches, leather boots, and a black tie which could be used as a tourniquet in case of a snake bite. The nurses all carried



snake anti-venom. Miss Palethorpe recalled the story of a dog that was bitten by a snake and the nurses were able to save it with around the clock attention and care. In a sense the nurses also served as veterinarians for many of the animals. They used the knowledge they had of people medicine and applied it to the animals.

Betty Palethorpe recalls her days of nurse-midwifery with great fondness. She was committed to improving the quality of life for the Kentucky mountain people through adequate health care. In 1963 Betty became the Superintendent at the Hyden Hospital and continued in that role until she left in 1967. Although times have changed at the Frontier Nursing Service since the days of horses, the goal is still the same. The service and the people who work for FNS place significant importance on rural health care and do all that is in their power to provide it. Miss Palethorpe was glad to see FNS still thriving and working cohesively as a family unit. She could see that even today people still live "a happy, family life."

-by Catherine Croft

### Meet the Board of Governors

*The FNS Board of Governors is responsible for establishing the policies by which FNS is governed, as well as approving the annual budget and overseeing expenditures. Each member of the board brings unique gifts and a personal history of involvement with FNS to his or her position of leadership; and each has a key role to play in the governance of the Service. This is another in our series of profiles on the members of the Board of Governors.*

#### Mary G. Hodge

Mary G. Hodge, Chairman of the Philadelphia Committee of Frontier Nursing Service and member of the Board of Governors, was introduced to FNS through her marriage to John Hodge, a cousin of Mary Breckinridge. John's family was involved in supporting FNS. As Mary joined in these activities, she saw the pressing need for nurse-midwifery and other health care services in Appalachia. Her energy and enthusiasm led her eventually to chairmanship of the Philadelphia Committee, one of



the several city committees organized in support of FNS.

Mary Hodge (née Gindhart) grew up in Washington's Crossing, Pennsylvania. She obtained her B.A. from Rider College in Trenton, and is now involved in the real estate business. She and her husband have two children—Cortlandt, 13, and Cabell, 6. In addition to her activities on behalf of FNS, she is a Regent in the Daughters of the American Revolution of Trenton, and is active in the Episcopal Academy Parents' Association and annual giving campaign.



Mary sees the challenges FNS must face in the context of health care problems nationwide. "The medical situation in this country is a lot worse than people realize," she says. "The whole combination of issues—insurance, indigent care, and health care financing in general—is going through turmoil. Nurse-midwives, as cost-efficient deliverers of health care services, are an essential component of the system."

Speaking more particularly of FNS she says, "The outpatient clinics are really the important thing." She also sees as important the continuing development of the nurse midwifery training program, especially the new Community-Based Nurse-Midwifery Education Program (CNEP), which now accounts for the bulk of the Service's midwifery students. "CNEP is an awfully good idea," she says.

An additional priority for her is maintenance and improvement of the Wendover facility, original location and still corporate headquarters for the Service. "I have an appreciation for the historical significance of Wendover as 'home base' for the Service," she says. "I see Wendover continuing in its present role, and also serving as a place for retreats. I'd like to see the gardens brought back to their former condition."

-by Carl Severance



## FNS Laboratory Gets Assistance From a Friend

The week of September 16th, the Frontier Nursing Service was fortunate to have Thelma Curtis of New London, New Hampshire, visit the Mary Breckinridge Hospital laboratory. She is the laboratory manager at the New London Hospital. New London, like Hyden, is a small, rural town and its hospital is similar to MBH. While here she reviewed the operations in our laboratory to determine ways it could be run more effectively and less expensively. She looked at the equipment and the coding used to bill patients and third party payers. Mrs. Curtis left suggestions of how the lab could increase revenues and decrease costs



by cross training nurses and technicians. In this respect, nurses and technicians would be broadly trained in all areas of the laboratory. Not only would this broaden the scope of the workers' abilities, but keep staffing costs at a minimum. "The ultimate goal," according to Thelma, "is to provide quality laboratory service with a minimum number of employees. But these employees must have proper training and must be qualified to do the work."

Thelma also reviewed the work flow and space in the laboratory. "If an employee's work space is to be used as efficiently as possible, it must be uncluttered and organized. More space is not necessarily needed, but better organization is. The MBH lab workers are a really good staff, but they are overworked." Thelma saw a lot of enthusiasm at the hospital and recognized great potential. In fact she found some ideas to take to New London. She was particularly impressed with the Care Committee's Employee of the Month idea. "Not only does it provide incentive to do well, but it allows people to get to know one another. It helps to draw the many various parts of FNS together." Mrs. Curtis was also impressed with the utilization of the laboratory aids in administering some of the basic tests. "Although it has been developed out of necessity,



it makes sense.”

Mrs. Thelma Curtis attended the University of New Hampshire. She then spent a year at Dartmouth Hitchcock Medical Center. She started as a bench technician at the New London Hospital in 1966 and in 1978 she became the laboratory manager. Recently she became the president of the New Hampshire/ Vermont CLMA chapter. This chapter won the Chapter of the Year Award for their work. Thelma's husband teaches math at the local high school and they have two sons in college. An interesting hobby of Thelma's is raising and training sheep. She inherited a flock of sheep from her son who had developed the flock as a 4H project. She shows her sheep today and has been the leader of the county sheep club for the past ten years. She is also beginning a sheep and wool club with friends. In this venture she plans to market the whole sheep by developing a cook book and marketing fleeces and wool products made by local craftsmen. Thelma says that she is using the marketing skills in this project that she has gained from her laboratory experience.

Overall Thelma felt very much at home during her brief stay at Wendover. She noted on the similarities between the New London hospital and the Mary Breckinridge Hospital. In New London there are many large groups of volunteers who donate their time. She feels that the volunteers give a lot of strength to the community and that the Frontier Nursing Service is impressive in that sense. She also feels that the local care given at small hospitals, such as MBH and the New London hospital, is much more personal and sincere. She really likes the “family” atmosphere of small hospitals and although the state doesn't recognize small hospitals as seriously as bigger ones, they are just as important. “Smaller hospitals just have to work smarter, not necessarily harder,” she says. Thelma Curtis found her trip to southeastern Kentucky to be very rewarding and educational and hopes to come back soon.

-by Catherine Croft



### Verna Messer Wins Vocational Award

Verna Messer, a surgical assistant at the Hyden Clinic recently won the Regional Individual Vocational Merit Award. As a member of the Health Services Craft Advisory Committee, she represented the Leslie County Vocational School and all of region twelve, which includes eight other counties. She was also a state finalist for the Individual Merit Award.



Verna Messer

ing young lady." Betty Huff voted for Verna for the recent Individual Vocational Merit Award.

Verna's achievements are quite remarkable, especially considering that she dropped out of high school when she was sixteen years old. But with the support of her husband and two sons, she went back to school and earned her GED and made her way through a nurses-aide program. Betty Huff was her teacher and advisor and played a large role in Verna's life. Verna says, "I really admire Mrs. Huff, she doesn't just draw a paycheck. She really cares about her students." Betty Huff had a competition in her classes for the students who put in the most volunteer hours at the hospital, over what was required as part of the class. Verna won the class volunteer award.

Verna Messer is a tremendous role model for people in Leslie

Verna Messer's achievements don't stop there. In 1982 she won the Outstanding Adult Student in the Nation for Vocational Education. In that same year she won a gold medal for the United States Skills Olympics by the Vocational Industrial Clubs of America. She was the first Leslie Countian to ever receive that honor. Another impressive achievement for Verna was the winning of the Carl D. Perkins Scholarship. This one thousand dollar scholarship began with Verna and has now become an annual award. Betty Huff of the Leslie County Vocational School says, "Verna's work has been well-appreciated and she is a very deserving young lady."



County and elsewhere. She is very deserving of her honors and she truly demonstrates what dedication and hard work are all about. Although Verna is very modest about her achievements, there is a sparkle in her eye because deep down she is fulfilled and happy with the work she does. We at FNS are very proud to have her with us.

-by Catherine Croft

### Life's Decisions

*Mrs. Josephine (Wood) Smith has been writing a weekly column for the Claremont Courier in Claremont, CA for nine years. Mrs. Smith got her RN at St. Luke's, in New York City, in 1924. She is now 91 and the following except is from the January 1990 About Aging column.*

#### Using January to look back at life's decisions

... When I'm bored, or can't sleep, or have to wait in line at the post office, I indulge in my favorite fantasies. I have two. They have to do with things I wish I'd been able to do when I was younger, and that I hope in a vague sort of way that I'll be reincarnated and can get them in next time around. I want to be a Frontier Nurse midwife and I want to play the cello.

Back in my nurses training days, St. Luke's was proud indeed of a recent graduate, Mary Breckinridge, who went down to her home state of Kentucky and started a group called Nurses on Horseback - the Frontier Nursing Service, it became. Mrs. B. came to New York frequently for forays on funds for her nurses and always snooped around St. Luke's, hoping to snare a new recruit. I almost went. Almost. And that's one of my fantasies: what if I had? The excitement of having your own horse and starting off at midnight to cross a flooded mountain stream to reach a woman in labor and deliver her baby - Appalachia had no doctors, no infant care, no nothing. Times have changed indeed and the nurses use jeeps; but the spirit of Mary Breckinridge is still there and the Midwifery School is world famous. As I type this I want to go!...

-by Josephine Smith



### Beyond the Mountains

Many of the Director's travels beyond the mountains this fall have been to Lexington, Kentucky, to visit with officials of the University of Kentucky. I am most grateful to Dr. Peter P. Bosomworth, Chancellor for the Medical Center Campus, Albert B. Chandler Medical Center and Trustee of the Frontier Nursing Service, for his advice and encouragement regarding our work here in the mountains. An initial visit with Dr. Bosomworth early this summer set the stage for subsequent visits with key members of the University staff. Dr. Emory Wilson, Vice Chancellor and Dean of the Medical School, Dr. Frank Miller, Chairman of the Department of Obstetrics and Gynecology, Dr. Stephan Stapczynski, Chairman of the Department of Emergency Medicine, and Mr. Frank Butler, Administrator for the Albert B. Chandler Medical Center, have been most gracious to meet individually with Charlie Wilson, president of Mary Breckinridge Healthcare, Inc., and me to discuss rebuilding the referral and backup linkages between FNS and the University of Kentucky.

I believe so fully in healthcare institutions helping one another. Yet, I have often encountered a spirit of competitiveness rather than cooperation. My heart overflows with thanksgiving to have encountered men such as Dr. Bosomworth, Dr. Wilson, and the others listed above. Certainly, FNS must have these linkages with the great educational institutions in order to provide the highest quality of care that we can for our people. Perhaps FNS and our staff will be able to give to the University interns, residents and other students, not only the marvelous research possibilities we have at the FNS due to the historical and current records kept by our staff, but also the sense of compassion and caring for our people which makes quality health care even better.

It was a source of special pleasure for Sheila Allen and me to visit Paul Willis, Director of the University of Kentucky Library, and Bill Marshal, director of special projects for the purpose of viewing the Frontier Nursing Service collection housed at the University. Most of the FNS historical documents are in the Special Projects section of the University Library in Lexington. Many of Mrs. Jefferson Patterson's original black and white still pictures are archived there. These works are available for reading and research.

Thanks to the generosity of Miss Kate Ireland, Chairman of the



FNS, Inc. Board of Governors, Sue Snider, manager of our home health agency, and I were able to attend the 1990 Annual Meeting of the National Association for Home Care in Dallas, Texas, September 28 through October 3, 1990. The programs were informative. The speakers were motivational. The exhibit hall allowed both Sue and me to explore the latest home care products and computer technology. Miss Ireland attended a real Texas Bar-B-Que with us. Fun was had by all!



Night photos taken of Sue Snider (left) and Deanna Severance (right) as they attended a Texas Bar-B-Que in conjunction with their visit to the National Home Care Association meeting in Dallas.

The Daughters of Colonial Wars have been to the mountains for their Semi-Annual Council Meeting as described elsewhere in our Bulletin. Sheila Allen, my daughter Sarah and I were privileged to attend the fiftieth anniversary of the Kentucky chapter of the DCW's in Lexington at the home of Mrs. Winstead T. Buckner, State President. Mrs. Stanleigh Swan, National President, attended. The support given to FNS by these marvelous women is highly valued.

October 18 - 20, the 25th Anniversary Conference of the Appalachian Regional Commission was held in Pittsburgh, Pennsylvania. The Program was titled "The Next Generation, Children and Youth and the 21st Century". "Strengthening the Young Family" was the plenary session at which I was invited to speak. Dr. Ronald D. Eller, Director of the Appalachian Center at the University of Kentucky, was the moderator. Ms. Betty Carnes, Chief of the Bureau of Community Services in Columbia, South Carolina, and Mr. Andrew Hornsby, Commissioner of the Alabama Department of Human Resources, were my fellow panelists. The panel provided a stimulating discussion about how services for



families should be structured to offer help before problems become emergencies. A most special treat occurred when I was able to meet Ms. Billie Grier. Ms. Grier is the freelance journalist who wrote the beautiful story about the Frontier Nursing Service in, APPALACHIA, the Spring 1990 Journal of the Appalachian Regional Commission.

Thursday, November 8, 1990, my husband Carl and I attended the National Philanthropy Day Awards Banquet in Lexington. The awards were as follows: Mrs. Isabel McCants Yates, the Outstanding Volunteer Fund-Raiser; Mr. Caruthers A. Coleman, Outstanding Philanthropist; The Keeneland Association, Outstanding Philanthropic Organization; Ashland Oil, Inc. and Ashland Oil Foundation, Outstanding Philanthropic Corporation/Foundation. FNS has been the recipient of the generosity of both the Keeneland Association and Ashland Oil, Inc. and Ashland Oil Foundation. Many of you will remember that our own National Chairman, Miss Kate Ireland, received the Outstanding Philanthropist award in 1988. Without the philanthropic generosity of our many friends, FNS would be unable to provide the services we do!

*-by Deanna Severance*

### SAYINGS OF THE CHILDREN

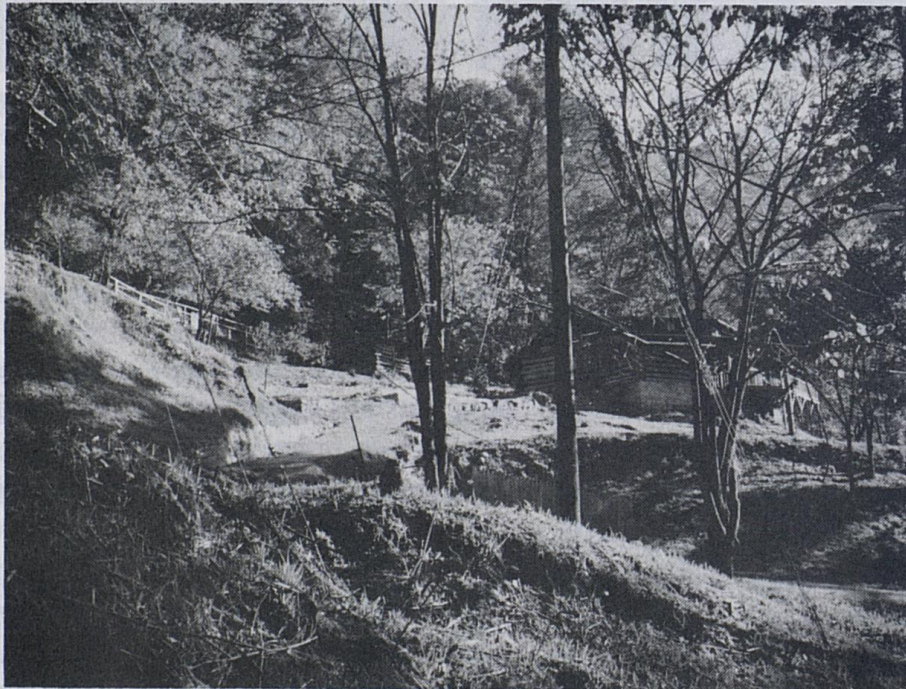
Anita Cornett has recently joined our medical staff. Anita's parents and grandparents are native Leslie Countians! She is the first local person to return to Leslie County to practice medicine. Anita's husband, Brad Caldwell, and her two year old daughter Katie are residing in the Leona Pace Morgan house on Hurt's Creek. Brad has had a career in the military. Like my husband, Dr. Carl Severance, Brad made the decision to stay home with Katie during this transition period. However, a job became available at the Frontier School of Midwifery & Family Nursing. I knew Brad had the organization skills for which Dr. Treistman was looking and asked if he would talk to her, which he did. The question then began to be asked at the Cornett/Caldwell home, "Should Brad work with Dr. Treistman and Katie stay with relatives during the day?" Katie, being a part of these discussions, took matters into her own hands. She told her parents, "Mommy takes care of sick people. Daddy takes care of Katie!" Succinctly said, dear Katie. That cinched it!



## IMPROVEMENT CONTINUES AT WENDOVER

Wendover, the historic home of Mary Breckinridge, has undergone recent restoration in hopes of recreating the Wendover that Mary Breckinridge knew. It is a very busy place with people coming and going around the clock. The Wendover Garden House serves as FNS corporate headquarters. The Director of FNS, Deanna Severence, has her office along with other executive offices based on the first floor of the Garden House. The second floor of the Garden House is the residential area for the female volunteers, or couriers as they are called, while the male couriers live in the Barn rooms.

In recent months the grounds of Wendover have shaped up nicely. J.G. Morgan, Wendover's principal maintenance man, has been working hard to remove debris and underbrush from the grounds, and repair the sagging rock walls. J.G.'s grandfather, Jahugh Morgan, was



Wendover grounds after restoration efforts.

once the maintenance foreman of Wendover and in 1968 J.G. began his work with FNS. About ten years ago J.G. was reassigned to the Mary Breckinridge Hospital but this past year he has come back to make Wendover as it once was.



Wendover was sad to see assistant maintenance man, Joe Hacker, leave in August but welcomes his replacement Junior Phipps of Camp Creek. Junior and J.G. have cut back many of the weeds that blocked the view of Wendover from the road. As manager of Wendover, Susie Hudgins, is amazed at the improvements that have occurred since last May. "Pride in Wendover is really picking up and it is a joy to work with such dedicated people."

"As final restoration continues," Susie adds, "we hope to reestablish the azalea gardens in memory of former Director, Miss Helen Browne, and plan to continue work on replacing the rose gardens." This spring local ladies helped plant donated flowers, and under the guidance of Lillian Hayes have continued to weed and fertilize all during this summer.

Wendover has also just opened a small gift shop located at the Big House. FNS related books, shirts, and local crafts are for sale.

Wendover continues to welcome many tour groups and visitors each month. Especially popular is our Monday night teas. Everyone is welcome to come for tea and sherry hour on Mondays from five to six p.m.

-by Catherine Croft



### Notes From the School

There has been much activity at the school during the last quarter. The administrative functions have been reorganized into "Departments" and some personnel modifications have been made.

There is now an Office of Student Affairs. Jeannette Woods is Registrar, and Jon Wonnell, working with our computer consultant Lauren (Doc) Watson, is developing a programmed mechanism for tracking student progress and facilitating the collection of data relevant to student records. The target date for completion of computerization of student affairs is the end of December. At the same time, Watson and Wonnell have designed a computer program to process course and faculty evaluation submitted by the students. Data entry has begun in the evaluation project. Mr. Watson will continue to serve as contract consultant and system operator for an electronic bulletin board that will enable all our students and faculty to network with each other.

We also have an Office of Financial Aide, and Ms. Helen Ford has contracted to work with us as Financial Aide Officer. She has initiated the Guaranteed Student Loan Program, and the first checks have arrived for disbursement to students meeting federal criteria. Ms. Ford is developing the office in compliance with government regulations, and this has enables us to initiate quality assurance measures throughout the School. We will be computerizing this office.

Mary Kathryn Pennington (Kathy) is our new secretary. She will also assist with data entry in addition to serving as receptionist and typist.

We have created a position for Principal Assistant to assure the smooth operation of all the School's functions. Susan D. Brothers, has joined us in this position. She is a graduate of the University of Kentucky, Martin School of Public Administration, formerly Assistant Director for Alumni Affairs, UK, a Staff assistant/Intern for the Council of State Governments, National Association of State Treasurers and a Congressional Intern to Representative Mazzoli.

I have been traveling extensively these past few months. Trips have included:

Tampa, Florida - to interview students for the Precertification program at Tampa General Hospital (TGH). Ten students were accepted,



five for each cycle of the program, beginning in October, 1990 and March, 1991. While in Tampa I met with the Director of Nursing and Chief of Obstetrics and Gynecology. The staff of Tampa General Hospital is very supportive of the FSMFN Program, and several physicians and nurses will participate as guest lecturers and preceptors for our students. Tampa General currently has 10,000 births annually and the need for certified nurse-midwives is great. More than 40 foreign-trained nurse-midwives have expressed interest in next year's program.

Boston, Massachusetts - to interview students for the Precertification program at Boston City Hospital (BCH). Again, five students have been accepted for each cycle, a total of ten students. BCH will cooperate with Mt. Auburn and Brigham & Women's Hospital will apply for second-year funding to support the FSMFN Precertification Program. There are over 30 inquiries from potential students. While in Boston a luncheon meeting was held to introduce the FSMFN to nursing leaders and nurse educators from the Boston community. The Deputy Commissioner of Boston City Health Department hosted the luncheon.

Albuquerque, New Mexico - I spent one day with the FSMFN faculty of the Pilot Rural Nurse-Midwifery Education Program. Dr. Nancy Clark showed me the facilities of the University and Hospital, and I had an opportunity to meet the FSMFN students. I also met with Dr. Estelle Rosenblum, Dean of the College of Nursing, and Dr. Joanne Weiss, Associate Dean. They both expressed pleasure with the progress of the program, and have submitted a major grant application to the Division of Nursing to support a University of New Mexico initiative in nurse-midwifery education for the next five years.

I next attended a meeting of the Program Directors of the American College of Nurse-Midwives (ACNM). There are now 26 training certificate programs, of which six have a MSN option. There are four new programs in the process of development for preaccreditation in January, 1991 and eight more are on the drawing boards! Two hundred thirty three students were graduated in 1990, a 37% increase over 1989. Of these, 60 will be FSMFN/CNEP and FSMFN/Precertification students!

New Orleans, Louisiana - Together with Sheila Ward, CNM, an FNS graduate, I presented a poster session to the National Perinatal Association on the current activities of the FSMFN. There was great interest.

*-by Dr. Judith Treistman*



### Courier News

**Meg Bean** (1989) stopped by Wendover in September to say Hi and is planning to return as a courier this January.

**Mary Dickerson** (1990) returned to college in Richmond, Ky. and is hard at work on her masters degree in Physical Education. She joined us for the Mary Breckinridge Festival in October and helped with the Daughters of Colonial Wars activities.

**Andy Erdman** (1983) wrote to say HI to everyone and that he has a slide show of his experiences while here and would be happy to share them.

**Rosa Gabriele** (1990) is back at school in Louisville, working diligently in her Senior year and keeping busy filling out college applications.

**Suzie Harding** (1988) Writes, "——the threads of consistency in my life are woven in and around my large family and my work with the Freeport Community Services which I helped start 17 years ago. The family now numbers 17 including 8 grandchildren, one girl, the oldest and seven boys, ages 10 months to 13 years. " She noted "I'm aware that many changes have taken place within FNS but I'm relieved to sense that the same energy, convictions, flexibility and dedication still hold sway"

**Mary B. Nimick** (1990) spent three wonderful, whirlwind weeks in Europe this past summer and is now back at the University of Wyoming having a great time.

**Liza Pintz** (1990) became a "sailing chick" for a while on a "big, VERY big, beautiful boat" and is now back at Hampshire College. If all goes well she is hoping to write her thesis on the changes of rural health care in the community and whether the needs are being addressed. She wants to come back here to research the project.

**Rizvana Talreja** (1989) graduated in June from Ohio University and has moved to California, She is currently working for a social service agency which runs an employment program for developmentally disabled adults.

**Clarissa Thompson** (1990) had a lovely summer at home in Maine and is now an English student at Westown School in Pennsylvania. "I miss Monday Tea, watching Jeopardy after supper and I even miss doing the dishes in an odd sort of way ——"

**Cari Michaels** departed Wendover in the dark of early morning late August, much to everyone's sadness. After spending a few weeks acclimating to traffic, air pollution, and the noise of the big city of Minneapolis she went to Europe for a month. While in England she was able to visit



with Bridget Gallagher, a former FNS nurse, and stayed with Barbara Henrich, past courier, in Germany. She writes that she's now job hunting and is planning to return to school. She says Hi to everyone and though she's glad to be home, she misses Wendover. Well Cari, we all miss you..Good Luck!!!!

-Susie Hudgins

### Field Notes

Since my return here to Wendover in late July, I have been so constantly busy, it's hard to believe three months have passed! I had no idea of the many areas this job covers but as things slowly fall into place I find it challenging, rewarding and very enjoyable.

No sooner had I arrived than we hosted the graduation exercises for the 100th class of the Frontier School. August 11th was perfect, and we were able to set up outside. After the ceremonies the new grads and guests enjoyed a sumptuous luncheon prepared by Cassie. A few families stayed the night so we were kept busy serving meals and cleaning up.

The next weekend, brought us 14 School Service Directors from all over the U.S. They all arrived the same day so the couriers made many a trip to the Lexington airport! For four days Wendover hummed with activity. Breakfast was early as they were headed to the school for day long meetings. Dinner was a regrouping time, mostly spent sharing experiences and ideas.

The fall FNS. Board of Governors meeting was held September 21st and 22nd. Everything went according to schedule, meetings met on time and though there were only two couriers, meals were served and the dishes got washed.

October arrived and brought three new couriers who were immediately put to the task of building our float for the Mary Breckinridge Festival Parade. The Daughters of Colonial Wars were here for a visit at the time and eight of the ladies graciously agreed to ride atop the float. Everything held together and we won third in the theme category! The D.C.W.'s represented 14 states and it was delightful to hostess Tea for them that Friday evening. Mary Dickerson, a courier last spring was kind enough to come and help that weekend. During the Festival Day we were kept very busy trying to provide shuttle service between the Motel and



Wendover.

Much excitement occurred the very last of the month when N.B.C. arrived to film FNS and its place in the community. They spent time at MBH, went out one day with Sue Snider of Home Health and talked with any number of the town folk.

Throughout this period we have had many Nursing groups from the surrounding area visit for the day. After a tour of MBH, Hospital Hill and the Chapel they usually come here to Wendover for lunch. The highlight of every tour is still the viewing of *Forgotten Frontier*. Everyone leaves with a sense of the FNS history, and the continuing spirit of today. We hope they will come back to visit. A class of eleven nursing students from Louisville came for three days. They were able to participate in most of our healthcare areas as well as find time for a mine tour, fish fry, and a bit of canoeing..

Meanwhile the couriers have been busy with the usual duties. They have also been painting the Garden House offices, helping with cleaning out the outbuildings and gardening. On various occasions we have been asked to deliver treats to the district clinics. They all enjoyed their Ice Cream social and all sorts of goodies at Halloween. Early September we were fortunate to have Carol Heupel of Minnesota with us. As a volunteer nurse, she had a very busy week and was able to work in most areas. All of us were sorry when she had to return to her family.

Meanwhile the work continues on the various buildings and grounds. The hill side is almost all cleared down to the road now. It's such a pleasure to drive in and be able to see the Big House standing proud up on the mountain. The Fall weather has been close to perfect so we have been able to get a lot of outdoor work accomplished. The retaining walls have all been rebuilt and/or refurbished and the garden beds cleared and mulched for the winter. All in all it has been a very busy fall. The pace has started to slow and we are now preparing for the coming holidays.

In November Elderhostile held community information sessions at Buckhorn Lake Resort for interested members. One of the sessions featured FNS. I, and a couple couriers, talked about FNS, past, present, and future and showed the *Forgotten Frontier* video tape. The audience came from all over the country and seemed truly interested in our organization. We were given a very positive reception and hope to do more FNS informational sessions soon.

-Susie Hudgins



**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.*

Mrs. Gavin Hamilton (Catharin) Cochran  
Louisville, KY

Dear friend and former Louisville Committee member.

Mr. Connie M. Koser  
Seattle, WA

Father of FNP Sharon Koser, who has been with FNS for 20 years.

Mr. Riley Pace  
Stinnett, KY

Father-in-Law of MBHC Board of Director's member Richard Bowling.

Mrs. Lonnie (Linda Diane) Rice  
Big Creek, KY

Wife of MBHC Board of Director's member, Lonnie Rice. Linda was a kindergarten teacher with the Leslie County School system for 16 years.

Mrs. Theodore C. Sheaffer  
Newton Square, PA

A former Philadelphia Committee member, she continued her interest in FNS through the 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.*

Mrs. William (Katherine) Clapp Galbraith  
Sewickley, PA

Mrs. Theodore C. (Huberta Potter) Sheaffer  
Newtown Square, PA



### 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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Harriet J. Palmer, C.N.M.

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The Clara Ford Nursing Center (Red Bird),  
 and The Betty Lester Clinic (Bob Fork)  
 William Powell, FNP

**Pine Mountain Center**

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## 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.

### Wendover:

Combination storm/screen Windows(13)	Estimated Cost:	\$650
Storm doors (2)	Estimated Cost:	\$278
Storm door (1)	Estimated Cost:	\$ 89
Cordless Screwdriver (2)	Estimated Cost:	\$ 50

### Home Health:

Glucometer (1)	Estimated Cost:	\$120
Fetal Stethoscope (1)	Estimated Cost:	\$ 56
Otosopes (5)	Estimated Cost:	\$1000

### Hyden Clinic:

Audiometer, glucometer and tape strips	Estimated Cost:	\$900
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### Beech Fork:

Phone system (1)	Estimated Cost:	\$350
IBM PC & printer (1)	Estimated Cost:	\$3000
TV for patient education (1)	Estimated Cost:	\$300
Refrigerator (1)	Estimated Cost:	\$700
Lift Chair (1)	Estimated Cost:	\$800

### Wooton Clinic:

Durable tape recorders (2)	Estimated Cost:	\$120
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### Community Health Center:

Answering Machine (1)	Estimated Cost:	\$ 80
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### Pine Mountain

IBM PC and printer (1)	Estimated Cost:	\$3000
Accucheck II (1)	Estimated Cost:	\$200



WE THANK YOU  
FOR YOUR PARTICIPATION



The Frontier Nursing Service  
Wendover, Kentucky 41775

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Mary Breckinridge's home at Wendover.  
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## FRONTIER NURSING SERVICE, Inc.

Its motto:

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

*Isaiah 40:11*

Its object:

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

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