

FNS

FRONTIER NURSING SERVICE

Volume 78

Number 4

Spring/June 2003



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Cover: Original Beech Fork Nursing Center - 1926

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Frontier Nursing Service

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

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

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

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

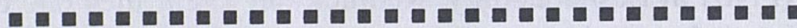
Today, FNS, Inc., is organized as a parent holding company for Mary Breckinridge Healthcare, Inc., Frontier Nursing Healthcare, Inc., which includes four rural healthcare clinics (Community Health Center, Beech Fork Clinic, Kate Ireland Healthcare Center and Dr. Anne Wasson Healthcare Center) and for the Frontier School of Midwifery and Family Nursing - the largest midwifery program in the United States. The Frontier School of Midwifery & Family Nursing also trains family nurse practitioners.

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

Courier Program News

by Barb Gibson, Assistant to CEO

We haven't had any couriers since Kate Fox and Keith Hendershot left at the end of February. Approximately a year ago, the Courier Program was restructured to focus on community/patient assistance rather than observing providers in healthcare. The restructuring phase decreased our applicants. We have recently changed the Program to again provide observing or "shadowing" opportunities. These opportunities include FNPs, internists, RNs and other providers in Leslie County. We are looking forward to more applicants when the word gets out that we are allowing couriers to "shadow".



Deanna Severance Leaves Service

Deanna wrote the following:

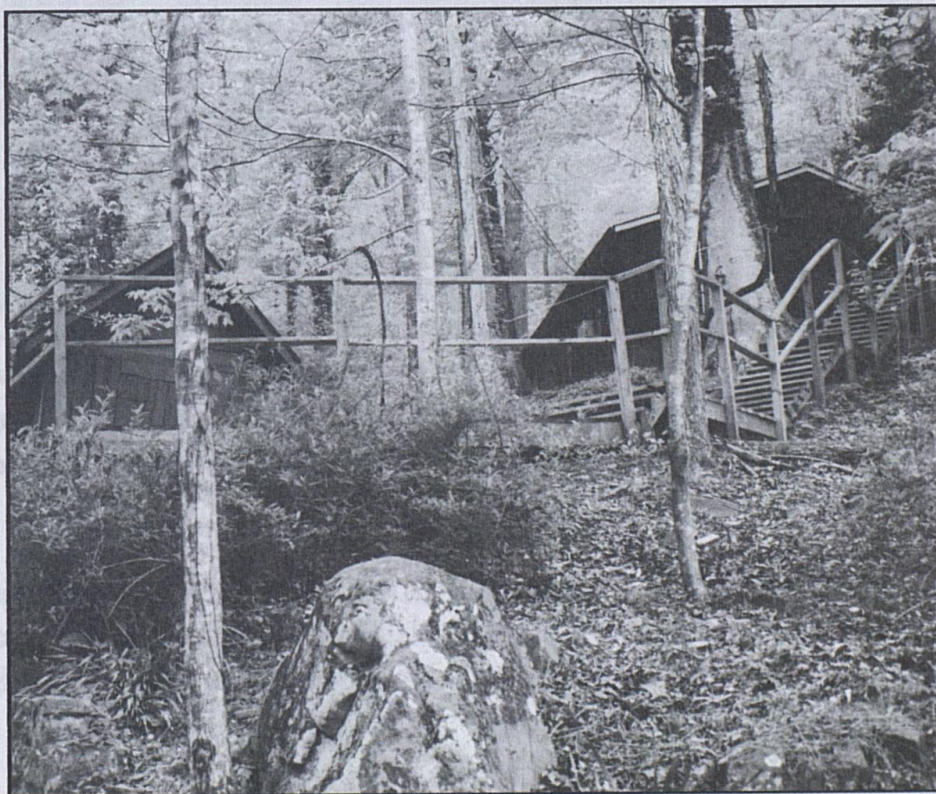
"Great success was built during my thirteen years with the FNS. Many committed people invested time, effort and energy into the growth. The care shows. Now the time has come to move on. I am looking forward to new challenges and pursuits. I will always fondly remember Mary Breckinridge's good work to improve the lives of mothers, babies, families."

Wendover News

by Barb Gibson, Assistant to CEO

Projects this spring included repairs to the Upper Shelf to make it presentable for guests as part of our guest housing. The general upkeep and maintenance of all of the buildings and grounds require a lot of work.

During February, March and April, Wendover entertained/hosted about 80 overnight guests and served lunch and performed tours to 88 visitors. Our new Tour Guide, Patricia "Totty" Lawson, does a wonderful job and she thoroughly enjoys it. Totty particularly enjoys giving tours to nursing students because she sees the spirit of Mary Breckinridge living on in those students and sees their great love for nursing and a desire to forge new frontiers as Mary Breckinridge did.



Wendover's Upper Shelf overlooks the Middle Fork River

We would like to recognize a very special group of medical students from the University of Maryland, called "Medical Breakaway", who stayed at Wendover for a week during the last of March.

In exchange for observing or "shadowing" providers, the students did a lot of work for Wendover including painting in the Upper Shelf and staining all of the wood fencing. Thanks for the work you did!



Left to right: John Schreiber, Suzanne Smith, Daniela Morato, Jordan White, Vanessa Wolfeman (on rock), Jamie Johnson, Dina Habib, Kate Deanehan, Natalie Branagan and David Lundy

April 25 & 26, the FNS Board of Governors held their annual April meeting at Wendover. The Board welcomed new Board members Dr. Charles Mahan and Dr. Michael Carter to the FNS family.

On May 30, we held our annual employee picnic at Wendover with employees and their families attending. Games were played and the food was great!

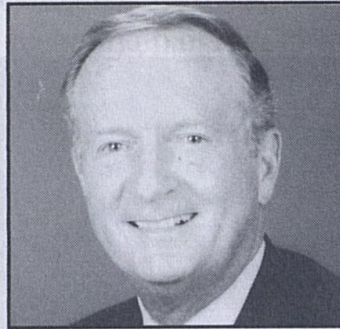


Wendover Picnic scene

The Wendover Bed & Breakfast Inn continues to stay busy as more people learn about the overnight accommodations and touring opportunities that we have to offer. We have begun to encourage community members to have their family reunions and other “gatherings” at Wendover. There is not a more beautiful place in Leslie County! We invite you to visit. For information, call Tour Guide/Reservations at 606-672-2317 or visit us on our website: www.frontiernursing.org.

Board of Governors - New Members***Charles S. Mahan, M.D.***

Charles S. Mahan, M.D. is professor of Community and Family Health in the College of Public Health at the University of South Florida and Program Director of the Maternal and Child Health Policy for The Lawton and Rhea Chiles Center for Healthy Mothers and Babies. He holds a joint appointment as Professor, Department of Obstetrics and Gynecology, in the University of South Florida College of Medicine.



A West Virginian, Dr. Mahan received his M.D. degree from Northwestern University and did his residency training at the University of Minnesota where he returned to join the faculty. He moved to Florida in 1974 to be Professor of Obstetrics and Gynecology and Director of Ambulatory Services for Women at the University of Florida and Director of the North Central Florida Maternal and Infant Care Program.

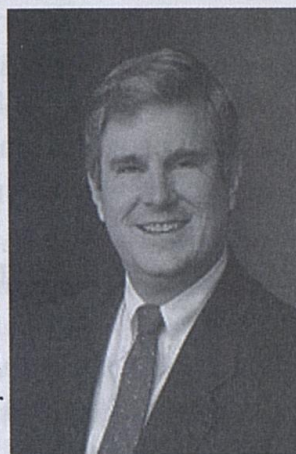
Dr. Mahan directed the State Health Department in Florida from 1988 to 1995 and was former Dean of the College of Public Health at the University of South Florida from 1995 to 2002. He was elected to the Academy of Distinguished Alumni of West Virginia University and presented The Byford Outstanding Alumnus Award by Northwestern University Medical School.

Dr. Mahan is Past President of the Association of State and territorial Health Officials and currently serves as Chairman of the Advisory Committee to the Director for the Centers for Disease Control and Prevention and the HHS Secretary's Advisory Committee on Infant Mortality. He is on the Board of Directors of the National Association of Childbearing Centers and HHS Bright Futures for Women's Health and Wellness Center.

Dr. Mahan lives in Temple Terrace, Florida. He joined the FNS Board of Governors during October 2002.

Dr. Michael Carter, B.S.N., M.N.Sc., D.N.Sc.

Dr. Michael A. Carter is a University Distinguished Professor at the University of Tennessee Health Science Center in Memphis, Tennessee, and practices as an Advanced Nurse Practitioner and Family Nurse Practitioner at the University Health Service University of Tennessee Health Science Center; Christian Health Center in Heber Springs, Arkansas, and at the South Ridge Village Nursing and Rehab Center in Heber Springs, Arkansas.



Dr. Carter received his B.S.N. and M.N.Sc from the University of Arkansas College of Nursing and a D.N.Sc from Boston University School of Nursing. He received his Primary Care Health Policy Fellowship from the US Public Health Service. Dr. Carter received certification as a Nurse Practitioner from the University of Arkansas and Family Nurse Practitioner certification from the American Nurses Credentialing Center.

Dr. Carter has served on numerous boards and advisory groups including the Memphis Visiting Nurses Association, Robert Wood Johnson Foundation, Christian Health Center, Baptist College of Health Sciences, and Rapides Foundation.

Dr. Carter has written articles and chapters in a large number of nursing journals and nursing books - the number being too great to list. He has also performed many presentations at nursing conferences across the United States.

Dr. Carter lives in Tumbling Shoals, Arkansas. He joined the FNS Board of Governors during October 2002.

Mary Breckinridge Healthcare, Inc. News
by Mallie Noble, Administrator

Small rural hospitals as well as large urban hospitals are faced with challenges, as are all providers in the healthcare industry. We are currently in the process of converting to a Critical Access Hospital which will reimburse us at cost. The Balanced Budget Act of 1997 had a severe financial impact on hospitals around the country. To help alleviate the impact on small, rural hospitals, the BBA created the Medicare Rural Hospital Flexibility Program. The Flex Program allows small rural hospitals to receive a higher reimbursement rate based on cost.



Critical Access Hospitals must provide the basic services necessary to their community, maintain a low average length of stay, and network with other healthcare providers to ensure that the healthcare needs of the community are met.

The focus at Frontier Nursing Service and Mary Breckinridge Healthcare, Inc. has always been to meet the needs of the community and this endeavor only reinforces our desire and mission to serve the citizens of Eastern Kentucky.

I wish to personally thank Mr. Woody Dunn and Mr. Larry J. Allen, Program Coordinator II with the University of Kentucky Center of Excellence for Rural Health for their presentation to the Management Staff at Mary Breckinridge Hospital on conversion to Critical Access Hospitals. Their presentation was very informative and I really appreciate the information.

The Management Team at MBHC, Inc. has done an excellent job completing all the steps necessary to become licensed as a Critical Access Hospital. This has been a long process, however, all the hard work will soon have its pay off as we have requested our State Inspection for licensure and are patiently awaiting the dates for completion.

Endocrinology Clinic

I would like to welcome Nisha Varghese, M.D. who travels down from Louisville, Kentucky, twice a month on Saturdays for an Endocrinology Clinic. Nisha is the daughter of Roy Varghese, Internist at MBHC. We are very fortunate to offer this type of service to our patients who have diabetes.

Chamber of Commerce Recognition

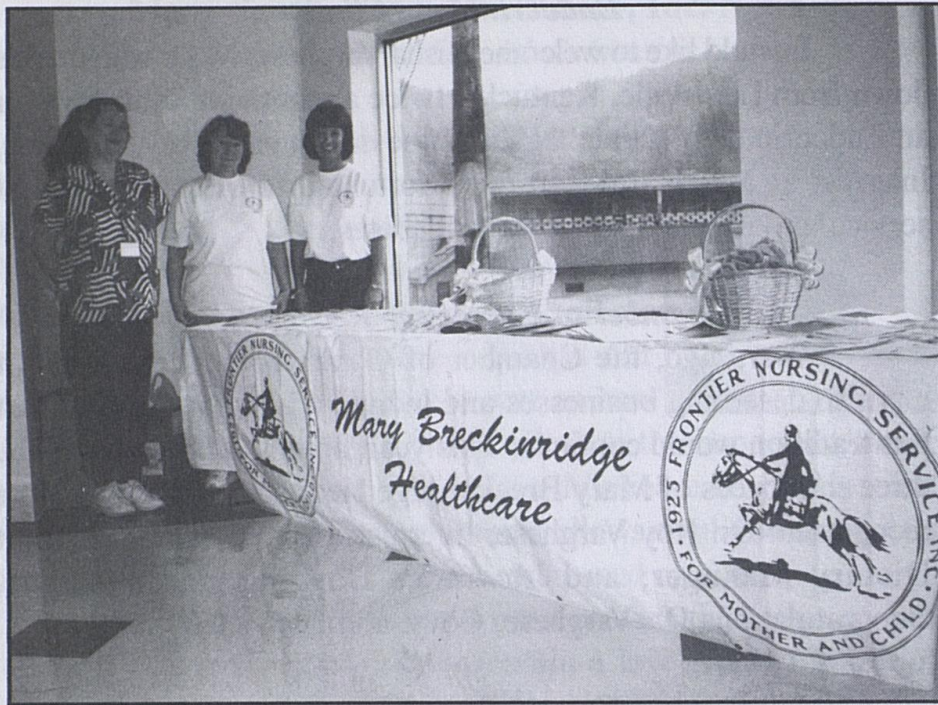
Years ago, the Chamber of Commerce gave awards of merit to deserving businesses and individuals. It was agreed that this tradition would continue. This year, among other individuals, three employees of Mary Breckinridge Healthcare (MBHC) were recognized: Dr. Roy Varghese, Internist; Covy Feltner, Assistant Dietary Manager; and Lawrence Bowling, Maintenance. Congratulations Dr. Varghese, Covy, and Lawrence!

County Baby Shower

On April 4, 2003, a county wide Baby Shower took place at the Leslie County Extension Office. The purpose of this event was to educate expecting parents, or parents who have newborn children, on appropriate ways to cook and care for their young. Exhibits showed parents how to safely restrain their children in vehicles, etc. Mary Breckinridge Healthcare participated in this event with an exhibit. See photo on next page.

Relay for Life

On May 16, 2003, Mary Breckinridge Healthcare employees raised \$1,010.00 for Relay for Life which contributed to Leslie County raising more money than any surrounding county! Part of the money raised at Mary Breckinridge Healthcare was from a yard sale where employees brought clothing and items from home. A special thank you to all employees who participated!



County-wide Baby Shower



Mary Breckinridge Healthcare "Yard Sale"

Rural Healthcare Centers Update

by Heidi Froemke, Dupont Chair

Director of Rural Health Clinic Operations

On April 27, 2003, the move from Kate Ireland Womens Clinic in the Mary Breckinridge Hospital, to the Dr. Anne Wasson Healthcare Center, began. Exam tables, desks, chairs, equipment, and pictures all made the move across the parking lot to the small white house with the now fire-engine red door. On



March 4, 2003, we successfully opened it's doors to the public. There are four exam rooms to accommodate a Family Nurse-Practitioner and a certified Nurse-Midwife. Patient numbers have been growing respectfully, but we still have to do some quick talking to convince the gentlemen that it is not just a clinic for women!

The Kate Ireland Healthcare Center in Manchester (opened in January 2003) continues to provide family-centered care and, while the number of patients seen is not large, they too grow steadily. Important and lasting relationships are formed between the staff, the clinic, and the community during this time. Family Nurse Practitioners and midwives work hand in hand to develop the practice. Newspaper and radio advertising have been central to their marketing campaign.

Beech Fork Clinic and Community Health Center, having officially moved under Frontier Nursing Healthcare, Inc., on February 25, 2003, remain our rocks. Though the winds of change blow around us, these two clinics remain steady. They continue, as they have for many years, to faithfully serve the community around them.

We await inspection for rural health clinic status. In the meantime, we remain vigilant and prepared.

Frontier School of Midwifery and Family Nursing News
by Dr. Julie Marfell, Chair of Family Nursing

The Community-based Family Nurse Practitioner (CFNP) Education Program at the Frontier School of Midwifery and Family Nursing (FSMFN) will be four years old this fall. As we have reorganized records for our accreditation visit, I have had the opportunity to read some of the historical reports from the time when the first Family Nurse Education Program was started. Upon reviewing the information I realize again how true it is that the more things change the more things stay the same.

On May 9, 1969, a seminar was held in Lexington to discuss a proposal to educate a family nurse practitioner (FNP) at the Frontier Nursing Service (FNS). A report was published in the *FNS Quarterly Bulletin* regarding that meeting. To the question, is a family nurse practitioner needed in this country, the answer was the same as it is today. Yes, the delivery of health services in this country must be changed and changed radically because the present system does not work.

The educational philosophy of the program was then as it is now to include a primary focus on health rather than sick care, though both are provided in a complementary manner. The improvement of health practices and conditions was considered basic to the overall improvement of health. This focus on health for the family nurse program was considered necessary in 1969 because of the shortage of providers in rural areas and the high cost of health care. Unfortunately, 34 years later there is still a shortage of providers in rural areas and the cost of health care continues to soar.

The original program consisted of four trimesters that included both family and midwifery care and could be completed in a sequence that would lead to a certificate in midwifery, family nursing or as a family nurse-midwife. A fifth trimester was planned that focused on the broader aspects of health care services including research. This was not implemented.

Our program today consists of four levels that include primary care for families and midwifery care. Programs of study are available for those pursuing an education as a nurse-midwife, a family nurse practitioner or both. The current students have the opportunity to complete their MSN, which includes a course in research.

From 1970-1977 the total number of graduates was 179. The average age was 30 years old. Eighty-two percent of the graduates were employed in rural areas. The total number of students from 1978-1989 was 89. The age range was from 31-40 years and 39% worked in rural areas.

Today the total number of students enrolled in the CFNP Education Program is 40. The average age of the current student is 39 years. Most of the students live in towns with a population of less than 50,000 and plan on staying in their communities after graduation. The majority of the CFNP graduates report working with vulnerable populations.



Frontier Bound - Spring 2003 - CFNP Class 11 students, faculty and Dr. Julie Marfell, Chairperson of CFNP, holding her baby, Rose Marfell Konopka

The CFNP Education Program at FSMFN continues to promote the rich history of Family Nursing at FNS. Many of the issues in health care in 1969 are still, unfortunately, present today. We continue to surpass ourselves at FSMFN by preparing FNP's to address these issues. These individuals continue a tradition of providing quality health care to individuals in need all over the globe. Again I am reminded, and proud to say, the more things change the more they stay the same.

WEBSITES

Frontier Nursing Service - www.frontiernursing.org

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

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

Special Need

FSMFN is in the process of updating our clinical laboratory at Mardi Cottage. One of the items on the wish list is SIM MAN. SIM MAN is a life-like adult mannequin that breathes, vocalizes and responds to treatment. Faculty can program SIM MAN to provide different clinical situations for students. For example, the student would be presented with a clinical situation; SIM MAN would have the correct physical findings and respond to the treatment plan decided on by the student. This laboratory experience provides a safe place for students to test their diagnostic and treatment skills. SIM MAN costs \$30,000. If you would like to contribute to this need, please specify that your gift is restricted for SIM MAN. Thank you!

Nurse Without Borders

Carol Etherington came to the Frontier Nursing Service in 1971 as a nurse and worked for two years before going on to Vanderbilt University in Nashville, Tennessee for further education. The following are excerpts written by Heather Hall, from the Reporter, a weekly publication from Vanderbilt University Medical Center. Some of the text has been cut due to limited space.

Carol Etherington is drawn to places - Bosnia, Cambodia, Angola, Kosovo, Sierra Leone, Tajilistan, sites of wars and natural disasters that others are fleeing.

Nurses have always courageously stridden into sickrooms to care for the afflicted; what Etherington, as Assistant Professor of Nursing, does is apply that professional credo on a global scale.

This mission in life became clear to the Kentucky native very early on. "As a child, I could never understand how or why the Holocaust occurred and I wanted to believe that, however small my effort, I would try to respond if such a horrendous event occurred in my lifetime," says Etherington.

Her mission, however, was not always clear. As a young adult Etherington found herself at the University of Kentucky (UK) majoring in political science and journalism, but not happy with the choice.

After taking a job working in the Medical Center at UK, Etherington realized what she had been ignoring all along. "I knew that I really wanted to have close proximity to people through my job, and there is certainly nothing that gives that more than being a nurse. So I started over again and spent four more years in college."

Etherington graduated from Catherine Spalding College, in Louisville in 1971 with a B.S. degree in nursing. Etherington packed up and headed out on the first of her life-spanning missions to aid underserved populations.

Etherington joined the Frontier Nursing Service in 1971 and knew after two years she had chosen the right path for her profession, but was struck by the helpless and hopeless feelings

of her patients. Etherington wanted to further her education to address those concerns and came to Vanderbilt University School of Nursing, which at that time, offered three specialties: nurse practitioner, psycho-mental health, and acute care.

In the summer of 1975, her graduate year at VUSN, Etherington was given special permission to do a placement with the Nashville Metro Police Department and spent her summer responding to victims of personal crime.

Etherington was appalled to find there were no resources to help victims of violence at that time. That's when Etherington made the decision to stay and work to make a difference for victims of violence in Nashville. In August of 1975, she graduated from Vanderbilt with a master's degree in psycho-mental health and continued working with the police department, a place she would call home for 19 years.

In 1980, news of the tragedy in Cambodia and the genocide that had taken place under four years of rule by Pol Pot and the Khmer Rouge spread across the world and soon left haunting impressions in Etherington's mind. She was reluctant to leave behind her work with victims of crime in Nashville, but felt a compelling need to respond to the global crisis. Etherington served on the U.S. medical team with the International Red Cross, or ICRC, aiding refugees fleeing the Pol Pot regime. There, she and her colleagues treated more than 100,000 victims of war. After four months, she returned to her commitment with the police department in Nashville.

In 1993, Etherington left for Bosnia where rape was being used as a tactic of war. It was the first of four trips to Bosnia in a year and a half, during which time she transitioned to consultant status with the police department.

Etherington made the decision to leave the police department altogether, and became the Assistant Professor of Nursing at Vanderbilt University Nursing School (VUSN). Etherington is now one of four Community Health instructors at VUSN. She pairs students with immigrants and refugee families in Nashville to learn what problems they face in America and to identify their health needs.



Carol Etherington with her Irish Setter, Belle, and Lhasa apso, Wesley (photo by Dana Johnson)

In the fall when she is not teaching, Etherington works with Medicins Sans Frontieres (MSF) or Doctors Without Borders, an international medical relief organization that provides acute care to vulnerable populations in 84 countries.

Etherington's position on the U.S. board marks the first time a nurse has been elected to the prestigious post. She also volunteers on missions with MSF to assess and establish mental health programs as part of the medical response.

Etherington aided the victims of September 11 in New York City, assisted with the ValuJet Flight 592 plane crash in Florida, the Los Angeles earthquake of 1994, Hurricane Andrew in 1992, and countless tornadoes, fires, shootings, and explosions in Nashville.

Etherington believes that nursing should know no borders or ethnicity and should be the model profession for care - locally, nationally, and internationally.

Urgent Need - Renovation of Original Beech Fork Nursing Center

In 1926 Mrs. Breckinridge told nurses Gladys Peacock and Mary B. Willeford to "go up to Beech Fork to open up the district there and build the nursing center". When Miss Peacock and Miss Willeford replied to Mrs. Breckinridge that they knew nothing about building, she replied that she did not know anything about building when she built Wendover and if she could learn, so could they.

With the permission of a donor, Mrs. Draper Ayer of Boston, Mrs. Breckinridge ordered a ready made house to be shipped to Pineville and hauled across to Beech Fork. It took the mule teams four and sometimes five days to go to the railroad and return with supplies.



Original Beech Fork Nursing Center built in 1926

After hauling the contents of two freight cars in twenty-four mule team wagons, a distance of thirty two miles, and then having gone through the anguish of putting it all together, where every piece of board had to be mitered to fit the next one, the nurses convinced Mrs. Breckinridge that a builder at almost any price would have been no more expensive. The nursing centers to follow were built by a "builder".

The following is written by Mrs. Kitty Ernest who was the District Nurse Midwife at Beech Fork in the early years:

Beech Fork is the alpha and the omega of the district centers of the Frontier Nursing Service. For the hundreds of district nurses, students, couriers, board members and staff who visited or lived in the centers it represents the heart of the FNS and an essential part of nursing and midwifery history. The FNS Board of Governors has just determined that the original Beech Fork Nursing Center should be preserved. But the Board cannot and should not do it alone. It is a symbol of a decentralized, community-based, personal health care delivery system that worked. It might even serve as a model for the fragmented non-system of health care delivery we have today. It will be restored as an historical site to inspire future generations.

I was a district nurse-midwife at Beech Fork. Over the past decade I have taken many of our over 1,000 students and faculty to visit the center. Each time I have grieved over what would be lost if we did not soon make repairs and begin a restoration. To properly restore it, we will need any pictures you have of the center as it once was, including the barn. It is the last of the original nursing centers built by Mrs. Breckinridge. All others either went under the lake installed for flood control or were sold to local people. If you have read Wide Neighborhoods, you know what Mary Breckinridge overcame to build this first district center - unbelievable hardship. Is it too much to ask of all our friends and FNS alumni to help restore this center? We will install a plaque to honor you who help to make this possible. Your name will become a permanent part of FNS history. Any amount will be gratefully

accepted for we know that just as many hands make light work, many contributions will make this effort possible, and nothing is impossible if we put our minds to it. Just as Mary Breckinridge used her own resources before asking others to help, I will not ask you to contribute without first making my commitment of pledging \$1,000.00 to kick off this campaign.. That's \$50 per month for the next 20 months. Perhaps alumni of the Frontier School of Midwifery and Family Nursing would consider matching this pledge by class. Watch for progress reports in upcoming issues of the *Bulletin*.

-Kitty Ernst

Renovations to the Clinic will include the following:

1) new shingled roof; 2) some guttering replacement; 3) dirt removal - some structural damage due to moisture to the wood; 4) pest control; 5) tree and brush removal- approximately 8-10 trees need to be removed from behind the house to prevent fallen tree damage to the house after it is restored. Brush blocks view of the Clinic from the road; 6) some siding replacement; 7) building needs painted; 8) new steps built; 9) water damage repair to parts of the floor, ceilings and walls; 10) electricity and plumbing needs to be inspected; 11) inside of house will need to be completely repainted.

The above repairs are just the beginning of many more repairs especially to the inside. In an effort to reduce cost, FNS maintenance crew will perform the labor.

The Board of Governors, as well as several staff members, are very excited about this renovation project. As Kitty mentioned earlier, our plans are to bring the Clinic back to it's original state to be used as a part of our tours for visitors from across the country. We welcome your contributions. Please specify on your check that your gift is restricted for the renovation of the old Beech Fork Nursing Center or simply write "for Beech Fork Clinic". Your contribution will be greatly appreciated. The following photographs will give you an idea of the present condition of the building.

-Barb Gibson



Another view of the building



Tree and brush overgrowth blocking view of Clinic

IN MEMORIAM

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

Gladys Moberg Gay, Versailles, Indiana, passed away March 3, 2003. Ms. Gay worked at the FNS Bowlingtown Clinic in the mid 40's.

Peggy Robbins, formerly Margaret Harrison, passed away March 7, 2003. Ms. Robbins was a Courier at FNS in 1936.

Mr. Edward Allen Mattingly, age 71, of London, Kentucky, passed away on April 1, 2003. Mr. Mattingly was the retired President and co-owner of Leslie County Telephone Company in Hyden, Kentucky. Mr. Mattingly served as an FNS committee member, trustee and Board of Governors member and was a faithful supporter of FNS until his death.

Mr. Mattingly served in the US marines during the Korean War and was a retired Lt. Colonel in the US Army Reserves.

IN MEMORY OF:

Winnie Godshalk

Mr. & Mrs. Albert Squire

Hanna Higgins

Mr. Kenneth Burt

Mrs. Duncan H. Campbell

Mr. & Mrs. George Citron

Mr. & Mrs. F. Jeffrey Fleming

Mr. & Mrs. Patrick Grant

Mr. Kenneth Burt

Mr. & Mrs. George Citron

Mr & Mrs. F. Jeffrey Fleming

Mr. & Mrs. Patrick Grant

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Miss Pamela Anne Cundle

Miss Kate Ireland

Washington Committee of FNS

William M. Leach

Cloma Moore

Miss Kate Ireland

Miss Pamela Anne Cundle



Sayings of the Children

excerpts from old Quarterly Bulletins

One of our nurses "caught" a girl baby on Bee Branch. The next morning, nine-year old Ted said to his mother: "I think if Nurse would wash her saddlebags out real good, maybe next time she could bring a baby boy."

Jimmie, asked if he wanted a little brother or sister, replied, "I wouldn't mind a brother, but I sure don't want a sister, but I sure don't want neither, I would rather have a pony."

J. D., aged seven, of Grassy Branch, welcomed his little brother. His Aunt Ollie had had a baby two weeks before. He looked them both over and then announced, "I am sure glad mammy bought our last one from the nurse's new batch and not from the batch Ollie got hers from."

FNS and Subsidiary Corporations

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Jennifer Mercer, *Controller*
Kevin Couch, *Assistant Controller*
Beulah Couch, *Director of Human Resources*
Brent Swafford, *Plant Operations Manager*

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Dr. Julie Marfell, *Chair of Family Nursing*
Dr. Susan Ulrich, *Chair of Midwifery & Women's Health*
Dr. Carol Panicucci, *Coordinator of Graduate Education*

Mary Breckinridge Healthcare, Inc:

Mallie Noble, *Administrator*
Linda Craft, *Director of Nursing*
Ashutosh Mishra, *Internist*
Albino Nunez, *Emergency Medicine*
Madeline Tan, *Peditrician*
Roy Varghese, *Internist, Chief of Staff*

Frontier Nursing Healthcare, Inc.

Heidi Froemke, *FNP, Director of Rural Healthcare Clinics*
Mary Lou Bradbury, *FNP*
Beverly May, *FNP*
Angela Mitchell, *FNP*

Debi Karsnitz, *CNM, Director of Midwifery Services*
Lynn Wilkening, *CNM*

FNS, Inc.

(the parent)

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Form of Bequest

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

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

How Endowment Gifts May be Made

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

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

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

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

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

Staff Opportunities

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

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

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

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

URGENT NEEDS

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

Emergency Room:

Pulse Oximetry Probe (2)	493.24
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Home Health:

Otoscope	254.00
O2 Sat Machine	264.00
Blood Pressure Cuffs (3)	114.00

Medical/Surgical:

Portable Blood Pressure Cuffs (2)	150.00
Electronic Thermometers (2)	428.00
Littman Stethoscopes (1)	45.00
Sensory Manipulatives for Swing Bed Patients	45.00

Nursing Administration:

Educational Materials	500.00
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Rural Healthcare Clinics:

Christmas Children's Toys	2,000.00
Water Piks (4)	140.00

Wendover:

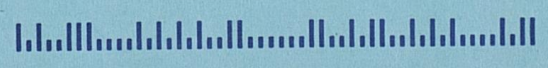
Dolly - heavy duty (for moving appliances, etc)	300.00
Pressure Washer (for washing buildings, etc)	500.00

WE THANK YOU
FOR YOUR PARTICIPATION



PLACE
FIRST-
CLASS
POSTAGE
HERE

FRONTIER NURSING SERVICE INC
DEPT 1398
WENDOVER
PO BOX 143
LEXINGTON KY 40588-0143



Loose Item

Please send me more information about:

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

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

- New
- Renewal

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

Enclosed is my gift of \$ _____



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

Name

Address

City

State

Phone ()

Zip

Your Gift is
Tax Deductible

Loose Item

FRONTIER NURSING SERVICE, Inc.

Its motto:

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

Isaiah 40:11

Its object:

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

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