

FNS **FRONTIER NURSING SERVICE**

Volume 71 Number 3 March - Winter 1996



*WINTER OF 1996
AT WENDOVER*

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Cover: Winter 1996 at Wendover (Garden House)

Photo - Barb Gibson

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Field Notes

Oh my! I guess my only comment on the weather will be that if the Dear Lord really wanted us fragile humans to survive at 19 degrees below, he should have provided us with fur! This morning even the furry beasties were not showing their noses and the birds were flitting and darting about to stay warm. Other than the Big House freezing up, all is well at Wendover. The temperature is on the rise and in about four weeks the daffodils will be blooming, a thought that keeps us all from heading to more balmy pastures, en masse!



The late Fall was filled with its usual busy time; a few tours, two Level III's from the School came for their Monday night feasts, and a few random visitors stayed the night.

Thanksgiving loomed and the week before, the Wendover staff had their annual dinner. Cassie produced a yummy turkey with trimmings and everyone else brought a dish or two. Great fun was had by all and there was hardly a morsel left over. I'm glad we don't eat bones since Cassie's turkey soup is a real treat!

This year all the couriers were here Thanksgiving Day and in order to satisfy my maternal side I invited them and Dr. Anne to my home for dinner. Of course, we all ate too much and the time passed too quickly. T'is one day though I didn't feel insulted by groans and moans as people left!

The next "event" was the Sunday afternoon Tree Decorating party and dinner. Once again the maintenance men found the PERFECT tree for the Big House living room and with great thought and care it was finally decorated. And once again, my instant tree appeared on the mountainside all trimmed with lights. Wendover looked lovely for the holidays.

The second week of December was filled with activities. We started on Monday with a Level III dinner, Tuesday a reception for Dave Southern on his pending retirement, then Wednesday the Wendover staff Christmas dinner and present exchange. Last, but not least, on Friday FNS gave all the staff a great Christmas dinner at the hospital.

All was quiet until right after Christmas when Amy Behrens and Kristin Erickson, former couriers, arrived along with much snow. It was wonderful to see them again and hear all about their adventures since they were here in 1991. Then Bill and Sue Moody arrived from Maryland. They are both teachers at the Sandy Springs Friends School, and are planning to bring ten of their students for the school's intercession period in March. They were able to see what FNS is all about and to decide where help will be needed. All sorts of plans were made; now we just await.

For now we just look forward to Spring. Soon we will start the rewiring of the Garden House, a massive project since three separate services are to be put in to carry us well into the 21st century (we hope)!

I want to take this chance to thank some very special people. First, Julie McGee of the Louisville Committee, accomplished her goal of raising the funds for a new freezer for the Big House. To her and to all her many friends - "THANK YOU" in the biggest way possible. The new freezer has been ordered and should be here before the end of February.

My second great big "THANK YOU" goes to the Louisville Committee. They have raised funds for over 20 dining chairs for the Dog Trot. Six new ones have been made by a local craftsman and are in use, six more are on order.

On Saturday evening February 17, our courier coordinator Dan Eldridge hosted a pot luck dinner in honor of Mrs. Breckinridge's birthday. As we sat by the fire before dinner we went around the room introducing ourselves and spoke of our connection to the FNS. Those who knew Mrs. Breckinridge reminisced about what she meant to them and their families. What a wonderful evening! Dinner was a culinary delight for anyone with an appetite. Every sort of cuisine was evident and by the end

of the evening it was obvious it had been enjoyed. Among those attending were: Lucille Knechtly (Thumper); Jean Campbell; Sherman Wooton; Barb Baird; Ruth and Jahugh Morgan; Goldie and Mart Davidson; Erma Wenger; Lillian Hayes and her granddaughter; Mary Breckinridge Hospital Pharmacist Georgia Sutton and her husband; Mack Mosley and wife; and Alabam Morgan.

-Susie Hudgins

At the dinner, Goldie Davidson shared with us some of her memories of Mrs. Breckinridge:

. . . Mrs. Breckinridge always wore neat cotton dresses with a crisp white apron. She mostly wore a blue dress with nude colored cotton hose and flat slippers. She was always smiling. Mrs. Breckinridge was more than just a nurse. She was special to everyone because she cared so much for the welfare of her friends in the community. On cold days if she saw someone out in the weather she would have an overcoat and scarf to give them. Her concern was always for the people, she helped so many and made a difference in people's lives.

. . . It was hard times for many people during the days that Mrs. Breckinridge lived. Sometimes the cow would go dry and my family would be out of milk. Mrs. Breckinridge had extra milk for people that ran out and needed to feed their babies. Lee Morgan would milk twice a day and leave a jar in the barn so I would know where to pick it up.

. . . I remember many times when I would go with Mrs. Breckinridge to feed her chickens. She would take me by the hand to go with her. She always saved the egg shells from the eggs she gathered and baked them in the oven until they were brown and crisp, then crushed them real fine to feed the chickens. She would always have cookies and hot chocolate waiting for me in the kitchen after we gathered the eggs and that was really something to look forward to.

. . . I would always go to Wendover to take sewing classes and I started when I was nine years old. Mrs. Duval started the girls in sewing classes that went to Hurricane School. Every Friday at

4 pm we would have class. I learned many things about sewing and those classes really were a blessing for me. I still sew for people today and enjoy it.



Goldie Davidson and her friends at sewing class

. . . Christmas was a time to remember when Mrs. Breckinridge was at Wendover. Cecil Morgan would pull the sled with a little mule named Blue. Jahugh or Lee Morgan would be Santa. This was so exciting for us. They would deliver fruit cake and all kinds of canned food for the whole family to enjoy on Christmas. Everyone said Mrs. Breckinridge was an angel that was sent to our community to watch over us.

. . . I'll never forget this angel. I remember seeing her on her horse wearing her blue uniform that consisted of a blue cap and knee high boots with grey wool socks that she pulled over the top of her boots. I remember seeing her riding in the cold with her feet frozen to the stirrups and my dad helped her dismount by breaking her shoes loose from the frozen stirrups.

. . . Wendover was such a happy place when she was there. The flowers were always beautiful and I remember going by and seeing the light on in her room while she was sitting in her bed reading.

I feel that Mrs. Breckinridge is in Heaven looking out for us today as she did when she was here with us.

Beyond the Mountains

*"Be through my lips to unawakened earth the trumpet of a prophecy! O, Wind, If Winter comes, can Spring be far behind?"
Percy Bysshe Shelley 1792-1822 Ode to the West Wind.*

As I sit down this winter evening to type my quarterly note, it is snowing. This snow is wet, soft, and is melting quickly. After the floods in the west, and the blizzards in the central and eastern country, I await the arrival of Spring. I know it's coming. A hardy bird continued to sing even as the snow was falling.

NPR visits FNS

October 25, Art Silverman, Noah Adams and Michael Sullivan from "All Things Considered" National Public Radio visited the FNS. Many of you heard the program. Mr. Silverman sent us a copy. If you were unable to hear the program and would like to borrow the tape, just let Barb Gibson know!

Development of an FNP Program

December 7 and 8, Jean Steel, Associate Professor and Coordinator of Primary Care at the University of Connecticut School of Nursing, traveled to Wendover to consult with Board members Ken Tuggle, Bill Hall, Dr. Anne Wasson and me regarding the issues surrounding instituting a family nurse practitioner program based on the successful CNEP model of distance learning. I will share more with you as plans develop.

December Board of Governors Meeting

The Board of Governors held their winter meeting in Lexington December 15 and 16. The high points of the meeting were 1) the approval of a new computer for the Development Office at Wendover 2) a new powerbook computer for myself. Barb Gibson needed my old one to take minutes of meetings and conference calls and 3) the approval of the Capital Accumulation Plan. FNS funds the plan at 3% for employees.

FNS - Recipient of Keeneland Grant

December 19, Dr. Anne Wasson and Courier Coordinator Dan Eldridge traveled to Lexington to the Keeneland Association. Again this year, as in years past, the FNS was a recipient of the Keeneland generosity. We received funding to purchase an infant stablette. This is an open crib used when babies are born to increase their body temperature.



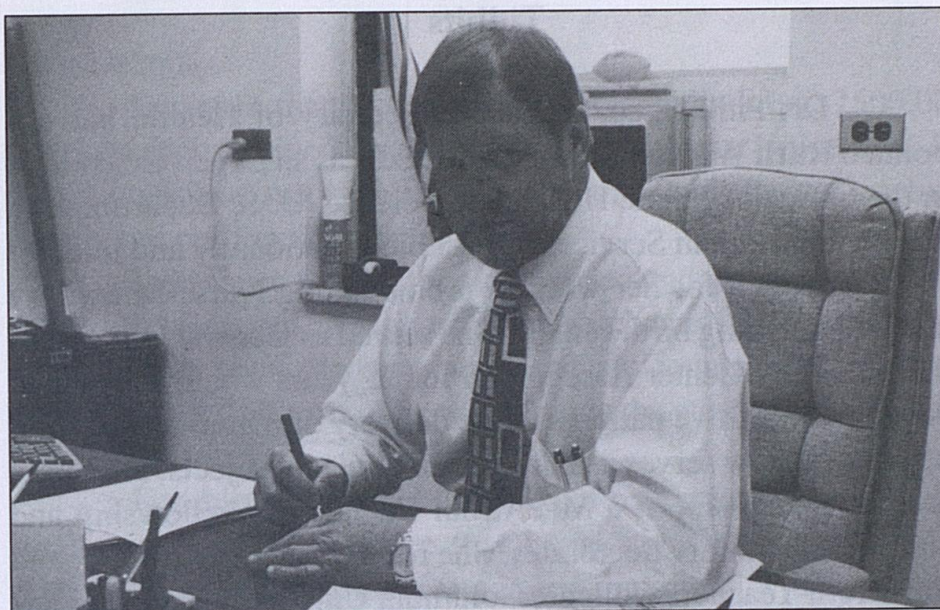
Dr. Anne at the Keeneland Association

Dave Southern resigns

December 31 was Dave Southern's last day as Mary Breckinridge Healthcare President. You may remember that Dave married Sherry Combs, a Pharmacist, in the summer of 1994. Dave and Sherry recently purchased a large drug store in Hazard, Kentucky and Dave has decided to help Sherry run the business. He is greatly miss, but we wish both of them the best!

Ray Branaman came to work for the FNS as Business Office Manager in 1991 and has been Vice-President of Mary Breckinridge Healthcare since 1992. He has been named President.

Before joining MBHC Mr. Branaman worked for several large health care organizations including Amerihealth Management Company, Comprehensive Addiction Program, Baptist



Ray Branaman

Regional Health Services and Coral Gables Hospital.

We expect that Mr. Branaman will continue the excellent progress on health care for the Leslie County area that we have seen under Dave Southern's leadership.

FSMFN Strategic Planning Committee meets

January 4, the Executive Strategic Planning Committee of the Frontier School of Midwifery and Family Nursing met with nine members of the CNEP administrative team in Lexington to share with them exciting policy and new program ideas coming out of the Board's strategic planning. *-Deanna Severance*

Visit our Web Site
<http://www.barefoot.com/fns>

Tidbits

Dr. Philip Lee, Assistant Secretary of Health, has appointed **Ruth Watson Lubic**, CNM, EdD as an Expert Consultant in the Office of Public Health and Science, U. S. Department of Health and Human Services. Dr. Lubic is nationally and internationally known for her work in promulgating Nurse-Midwifery and free-standing birth centers. She served as General Director of the Maternity Center Association for 25 years where she helped develop innovative patterns in the delivery of maternal and child health, and now serves as Director of Clinical Projects. Dr. Lubic is a 1993 recipient of a MacArthur Foundation Fellowship and holds five honorary doctorates. She received her B.S., M.A., and EdD from Teachers College, Columbia University, and her Certificate in Nurse-Midwifery from the Maternity Center Association/State University of New York Downstate Medical Center Program.

As Expert Consultant, Dr. Lubic will consult on matters of midwifery, nursing, and maternal and child health, including issues of early discharge. She will explore alternative models for delivering maternity services to under and unserved populations. She will also speak on Childbearing Centers and the empowerment of families and communities involved with them.

-Maternity Center Association

21st National Primary Care Nurse Practitioner Symposium

PATHWAYS TO HEALTH

Nurse Practitioners, Partnerships, Power and Politics

August 1-4, 1996

Keystone Resort, Keystone, Colorado

Contact: University of Colorado School of Nursing

303-270-7436

Dear Deanna,

I want to thank you and all who supplied the \$2500.00 scholarship I received for Case Western Reserve University. It was a complete surprise. I liken it to the Publisher's Clearing House van pulling up to my house.

I am thirty four years old, married and am raising seven beautiful children (I have given birth to each one). For the past one year, I have been working part time at Douglas Community Hospital. I tried all sorts of ways to get into the women's center and here I am.

For thirteen years, I dreamed of becoming a midwife. It wasn't until eight years ago that I took the first steps toward realizing my dream, by enrolling in nursing school. I just keep on plugging along.

I often sit back and reflect on things that have facilitated getting me where I am today. Your gift is one of those facilitators. Thank you once again, for your generous gift.

-Laura Roberts, Class 14 CNEP student

Dear Miss Powell,

As a Kentuckian and a former member of the Philadelphia Committee of FNS, I am always interested in it's news. The Fall issue of the Quarterly Bulletin just came and I was especially interested and fascinated to read of the marvelous grant by the Jacob G. Schmidlapp Trust to the FNS.

Jacob Schmidlapp was my god-father and a close friend of my grandfather. It was he who introduced my father and mother on the Taft trip to Orient in 1905. They became engaged on the trip and did Alice Roosevelt and Nicholas Longworth.

Mr. Schmidlapp was a wonderful man, and alas we have been completely out of touch with the family since his death when I was twelve years old. I admire your photograph receiving the check and I can't refrain from sharing with you this remembrance of a gentleman who meant so much to my family.

-Olive Sherley Young

Courier News

The Global Warming Research Center here at Wendover has been struggling recently with its most recent data. After two monster blizzards, repeated blasts of evil "Canadian" air, and the Middle Fork of the Kentucky River constantly challenging its banks, we have all become somewhat delirious about the weather. We have also come to the consensus that the local groundhogs had better see their shadows or the bounty on their heads will be tripled. Even with numerous cases of SAD (Seasonal Affective Disorder), the Courier Program has continued to struggle through the repeated onslaughts of Mother Nature.

Past Couriers (PC's) have been very thoughtful to remember us during this dreary time of the year. We have greatly appreciated hearing from the following:

Cari Michaels ('88, Coordinator '90) recently received her Masters Degree in Public Health Education from the University of North Carolina. She is now planning to move back to Minneapolis and start a new life for herself there.

Kathy Croft ('90) recently sent us a much appreciated card. She was in Comoros Island with the Peace Corps until a little coup made her think that a tour of Africa was in order. She played with the monkeys in Uganda, spoke some Swahili off the coast of Tanzania and was planning to wait for Santa Claus in Kenya. We hope that her travels are safe and free of any more coups.

Kristin Erickson ('91) and **Amy Behrens** ('91) both came to visit shortly after Christmas. They seemed to run around visiting all their old haunts and catching up with friends. Amy is presently teaching in a school outside of Baltimore and Kristin is exploring the wide world of organic horticulture.

Terri Crimmons ('93) sent us a thoughtful Christmas card with all sorts of interesting tidbits. She joined *Teach for America* and is presently teaching English and Drama to the eighth grade in McAllen, Texas. She claims that "Texans are almost as friendly as Kentuckians" (unlikely, but possible) and that the weather is beautiful. We are reluctantly forced to concur with the latter.

Rosie Perea ('94) has recently caught the Blue Grass bug and has proceeded to drive the rest of her family a little crazy with our beloved banjo twang. We are expecting her presence as a Blue Grass groupie at the annual Osborne Brother's Blue Grass Festival this fall.

Danielle Stanto ('95) dropped us a note saying that she had been accepted to medical school in Erie, Pennsylvania. Apparently this is one of her top picks so we are all terribly pleased for her and wish her all the very best. Her local fan club is still anxious for her return.

Kate Layman ('95) sent us a nice card with all the details of her present life. She spent some time in Costa Rica and is now at Florida State University helping migrant workers with their English. She is also enjoying all that living in the state capital affords.

The Current Gaggle



Karen, Jenny, Lucy and Bhavin

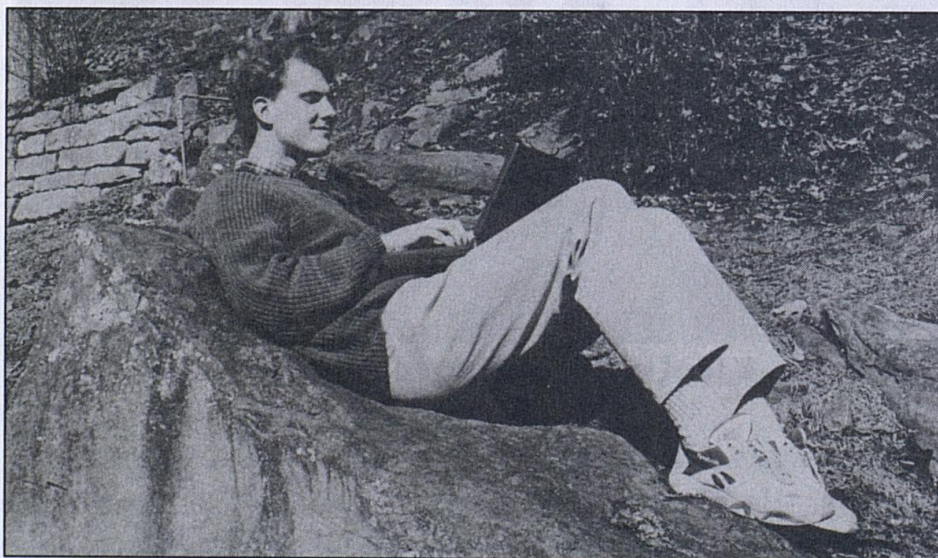
Bhavin Metha, 23, continues his stay with us here at Wendover. He has been spending a great deal of time with the radiologists, home health nurses and a local dentist. He has also been learning some new "life skills". Bhavin's most recent merit badge has been in fire laying after being stranded here alone during the Great Blizzard of '96. The smoke damage was minimal and Bhavin has added "flue" to his vocabulary.

Lucy Harris, 18, arrived undaunted from Concord, Massachusetts, in the aftermath of the Blizzard of '96. Since then, Lucy has been showing us what a good set of snow tires can really do by running around the county in her little Volvo, immersing herself in the life of a Courier. She is presently spending time with Cindy Morgan, working in the Kate Ireland Women's Center, helping at the Stinnett Elementary School and doing just about anything else that time will allow.

Jenny Cox, 22, has joined us from Durham, North Carolina, where she recently graduated from the University of North Carolina, Chapel Hill. She has been applying to midwifery schools and came looking for some first hand experience in midwifery. She has been spending a great deal of time with Marina (CNM) and has been exploring the other options that the program provides.

Karen Thomisee, 21, completes our North Carolina trio. She recently arrived from Asheville and has been quick to fit in around Wendover. Her main goal is to gain some exposure to women's health issues. She has also expressed interest in almost every aspect of FNS and the local community.

-Dan Eldridge



In the middle of our "blizzards", we had a beautiful sunshiny day and this is where Dan was found writing his "Courier Notes".

A Typical Courier Day in 1940's

This is an excerpt from Volume 20, Number 3, 1945 Quarterly Bulletin of letters written from Courier Pat Pettit to her mother.

. . . Here it is Sunday morning, on which day we can do more or less as we please, and am I glad! Yesterday we got up at seven, breakfast at seven-thirty and then the fun began. We started grooming the horses, which is just about like grooming bears, furry, wooly coats a mile long. Seemed as if as soon as we'd get one done someone would take another one out and bring it in caked with mud. They have great long tails that drag in the mud and bushy fetlocks. It is really something. All of them went in and out three or four times. The ones that didn't were turned out in a mud lot a few times to keep our hand in. We also cleaned tack, i.e. soaping the saddles and scraping the girths; also washed out a few saddle blankets which are a foot thick. The horses themselves are an odd species of combination: plantation walking, gaited and mountain bred horses. Very sturdy and sure-footed and shuffling.

We had a gargantuan lunch at twelve and then Nevelle and I went out with two of the nurses. We forded the river, went about a mile up the road, tied the horses and proceeded to claw our way up a mountain. We were visiting two families who had pneumonia. In one cabin the mother and baby had both been sick. She looked very young and pathetic. The nurses bathed both the woman and the baby, while we took out the blankets and tried to get some of the bread, beans and cracker crumbs out of them. The sheets were made of flour sacks. When we got back we rubbed the horses down and got tea. Then fed and watered horses till supper time.

This morning we could sleep as late as we wanted to and then get our own breakfast. So I've finished breakfast and am now sitting looking out over the river. The most incredible thing is the mud; there is no dry land at all. Everything, at least here at Wendover, is mud. Of course my footwear is all wrong. My moccasins are fine but not in mud. My own boots are of course are ridiculous and the hiking boots an abomination. -Pat Pettit

Notes from the School

Student Advising at a Distance

-by Elizabeth Parr, Student Advisor

This March, we will meet and orient the 15th class of the Community-Based Nurse-Midwifery Education Program in Hyden. Midwifery Bound is an exciting time for the faculty as well as the incoming students. As Student Advisors, Phyllis Long and I attend each Midwifery



Bound in turns, in order to meet and bond with the students with whom we will work closely over the next year or so. During the Midwifery Bound weekend, each student has an individualized session with her Advisor. This time is used to get to know one another and to identify any immediate needs. As Advisors, we are eager to soak up as much information as we can about each of the students, since it will be one of the few opportunities we have to meet with them face to face. And yet, by the time they are ready to start Level 4 and clinical, we will know many of them very intimately.

Advising students in CNEP is a very unique experience. We are responsible for advising students in the preclinical portion of the program (Levels 1 and 2), as they master the basic theoretical and clinical courses required as a foundation before they start to apply this knowledge to the women they care for in clinical. Along with the advising issues common to students everywhere, such as academic performance, issues with curriculum and/or faculty, and personal problems affecting their studies, we find ourselves dealing with many issues that are unique to a distance learning program. For example, we are commonly in the position of giving advice about how to stay motivated when there is no classroom to report to, how to handle family and friends who don't understand they're really in school, or how to get needed information from faculty when there is no office down the hall in which to meet.

Overall, the two biggest issues we deal with are ensuring adequate and timely progress through the program and avoiding the problems that come with the isolation inherent in a distance learning program.

Because of the nature of a self paced distance learning program, it is very hard for the students to fully understand at the outset what will be involved in their progress through the program. So, the very first assignment that the students complete after Midwifery Bound is what we call the CNEP Plan. Each student submits to her Advisor a written narrative that discusses her own strengths and weaknesses coming into the program and evaluates how she will fit the demands of the program into her daily life. Then she lays out a time line for progress through the program, attempting to define for herself how much time she will be in each course and level, depending on her own circumstances. For example, a seasoned Labor & Delivery nurse may breeze through her Intrapartum course, but want more time for the unfamiliar territory of the Well Woman Gynecology course; another student who knows she will have increased work demands on her at a certain time of year (for example, those who are in teaching positions) will set up her time line to reflect that. In other words, the CNEP Plan is designed to respect the individual circumstances of the adult learner, and plan accordingly. It helps to set a framework within which the student can work, enables her Advisor to give specific feedback on how realistic her expectations are, and helps to identify the areas in which she may need some extra support.

In order to help students make adequate progress through the coursework, we check in regularly to see if they are on their original time line, and if not, make a plan with them to address whatever issues are preventing progress. Our recommendations may range from simple tips like advising they keep the phone off the hook during study hours, or to arrange additional child care to free up more time, to a detailed written Learning Plan generated by the student and evaluated by the Advisor.

Based on our assessment at Midwifery Bound and the individualized CNEP Plan, we contact students on a regular basis,

depending on each student's needs. Some may request or require frequent contact, even weekly, while others need only a phone call to check in every few months or so. Our contact is done primarily by phone, but we frequently communicate with our students by way of the Banyan Tree, our electronic bulletin board system. We also try to attend as many regional gatherings as possible where our students come together - for example, Phyllis and I recently traveled to Case Western Reserve University, where many of our students attended the "Inquiry" sessions for a Masters in Nursing.

A large part of our purpose in checking in with students is to help reduce the feeling of isolation that is frequently a part of being in CNEP. We often make calls just to say "hello", and the student's response is overwhelmingly grateful. We also make efforts to connect students with one another, and encourage their participation in events that bring CNEP folks together, such as regional case days, chapter meetings, ACNM and NACC conventions, and so on.

There are some students who require extra attention - for example, a student who experiences academic difficulty may receive extensive counselling from her Advisor, as would a student who is having difficulty staying focused and progressing through the coursework at an adequate pace. Not uncommonly, a student may experience a personal crisis that affects her ability to focus on CNEP, and may result in being counseled by her Advisor to take a leave of absence until her issues are resolved. We work very closely with the Academic Director, Jerri Hobdy, in identifying those students who require extra attention in one way or another.

CNEP is a rigorous and high quality program, and our graduates are beautifully prepared to care for the mothers and babies in their home communities. It is a privilege to be a part of their journey to becoming midwives.

Letter from a former Courier

Virginia (Ginny) Branham came to the Frontier Nursing Service as a Courier in 1955 and returned several times to help out in the courier program. While at FNS in 1964, Ginny took ill and died at the St. Joseph Hospital in Lexington, Kentucky. Ginny was especially remembered at FNS for her assistance with the design of St. Christopher's Chapel on Hospital Hill and after a tragic accident where two children were drowned, Ginny gave swimming lessons to local children.

Florence Rawleigh, Former Courier and friend of Ginny's shared a letter with us that she received from Ginny during her time at FNS. The following are some excerpts from the letter. (Florence's nickname was "Booker").

... Booker, yes, I love and adore it here. I am still here which speaks for itself.

... Mrs. Breckinridge - it's a privilege to know her as you so well know. This winter she celebrated her 75th birthday. She had told Dad she was going to smoke a pipe when she was 75 so he sent her a lovely corncob. Shore enough, on her birthday at Tea she broke it out. She decided it was too much work to keep it going to use for a steady diet.

... At first sight I loved it all - amidst the confusion of learning who was who and where. Sorting out the centers and stores, learning what "Curriers" do and don't do. When I arrived I certainly put a whammy on home deliveries in the Wendover district. Didn't go out once before I went home for Christmas. Just out on regular district calls and on sick calls but not to catch a baby which was most sad. Anna May had seven home deliveries in six weeks just before I arrived and that was it for two months. However I have made up for it since and have been out on three deliveries. Now I'm trying to be at the hospital at the right time for a hospital delivery. I have missed several by minutes. It really is thrilling.

... The horses are something. Though I still know I'm no ball of fire on a horse, I haven't had any trouble. Most riding has

just been to Tug Point up Hurricane for exercising the horses. However, last week I rode Marvin home from Confluence via Hell fer Certain and Bull Creek. That honest and truly was it - such fun and so beautiful, so much dogwood in bloom, still some redbud and wild flowers.

. . . Mrs. Breckinridge was outside on her tour. I drove to Lexington and brought her back which was fun but oh, how I hate to jeep her through Muncy Creek and the river, knowing how the jolting must hurt her back.

. . . Talking of jeeps, they are also characters and personalities. Come spring and the tides learned a bit about the art of jeep navigation, the easiest thing was to learn how to drown out. One night I brought in guests when the river was up and I drowned out. I really think they thought us all mad as they sat in the middle of the river with the water rushing under there as I got out and waded around to disappear under the hood and dry the spark plugs. Anything to entertain, you know!

. . . Before Christmas I shared the courier room in the Garden House and now I am living in the Cabin and love it. When it was cold it really was delightful having Ira come in before 5 am and build up my fire. When Thumper left I inherited the privilege of having Susie, the sweetest dog, sleeping in my room. Somewhere along the route a sweet kitten took up with us so now Susie, the cat and I share the room. I am so scared Aggie will come to the Cabin sometime when the sandbox needs changing!

-Ginny Branham

Mary Breckinridge Healthcare Services
1995 Version
by - Lucille Knechtly

Lucille Knechtly (Thumper) came to FNS in 1942 and worked as Mrs. Breckinridge's secretary for 14 years. In 1956 she finished her college education at Eastern Kentucky University and taught for 20 years in Leslie County schools. Thumper lives in an apartment in the remodeled Aunt Hattie's Barn on hospital hill which she calls "Tommy's Stall". She volunteers much of her time in the Betty Lester Gift Shop at the hospital.

Thumper wrote the following article to show interested people scattered all over the world of the tremendous progress made in the organization under the direction of Deanna Severance, CEO, Dave Southern, former President of hospital and Ray Branaman, current President.

In 1995, I had occasion to experience much of what comprises Mary Breckinridge Healthcare Services, Inc., this, the 70th anniversary of the Frontier Nursing Service.

In June 1995, I had a hernia repair done by FNS surgeon Dr. Chacko. My neighbor in the Barn, Judy Cox, was one of the OR technicians. (These same efficient, caring folks also presided when a carcinoma was removed from my leg sometime later).

In the middle of the night, after the repair, I complained to a nurse of breathlessness. Within minutes, Dr. Chacko and my FNS physician, "Dr. George", were there! Machines appeared, tests were made, some medicine given me, and whatever was wrong, was made right. I was dismissed at noon the next day.



Shortly after this, I started losing a lot of weight, and was depressed. Dr. Varghese entered the picture and started a battery of tests to find out why. X-rays were taken, lab test galore, and angiogram - the whole works done right there in Mary Breckinridge hospital.

A funny incident - when I was in the CAT scanner, it quit! The news got around the hospital, and I was kidded. "You have a strong image", chided Dr. Nunez.

Prior to the CAT scan test, I had left my coat in the Gift Shop. I was fussing to the gentleman who accompanied me back to the Gift Shop:

"We'll reschedule you," said he.

"No," I replied.

"We can send you to Hazard."

"No!"

"Dave has ordered a new machine. It will be in a room connected directly to the hospital. You won't have to go out in the cold."

That was the end of the conversation! I never had a CAT scan.

In the midst of my raving which I continued in the Gift Shop, Marina, a Midwife, came in with a visiting midwife, and husband.

"Now I don't have the strength to drive home!" I complained.

"Oh" volunteered the husband, "I'll drive you up the hill, and walk back. I'm a good driver."

Marina comforted me, and made arrangements to have her called at the Kate Ireland Women's Healthcare Center next door when I was ready to go.

After all the testing at Mary Breckinridge Hospital, I visited Dr. Yalamanchi, Cardiologist, for a regular check up in Hazard. Not only is this gentleman a heart specialist, but a psychologist as well! He helped cure my depression!

All the tests proved negative, "Dr. George" changed the medicine I'd been taking for Arthritis, Dr. Yalamanchi added a pill, and by Thanksgiving, I felt better than I had in a long time.

Whenever there is snow and ice on Hospital Hill, a maintenance worker with a 4-wheel drive vehicle gives me transportation to the Betty Lester Gift Shop, or, if necessary, to the post office and grocery.

Another part of FNS Healthcare services is the Courier Department. These courageous volunteers transport x-rays to the radiologists in Hazard, shadow practitioners, deliver supplies to outpost clinics, tutor in the schools, entertain guests at Wendover, name it, they do it.

In November, couriers Bhavin Mehta and Jennifer Galvin drove me in my car to Lexington to visit my eye doctor there. When they picked me up after my appointment at Lexington Clinic East, the trunk and back seat of the car were loaded with groceries, paper towels and toilet paper, liquid refreshments for Wendover guests, and more.

The Frontier School of Midwifery and Family Nursing is housed above the Barn in the old hospital building. Students from many states come for varying periods of study. Under Ray Branaman's supervision, additional parking space has been provided. Landscaping Hospital Hill has been done, and the old Barn laundry room made into a comfortable, well-equipped conference room, used mainly by the CNEP students.

From these ramblings, old timers can see that much in FNS Healthcare, Inc. has changed, particularly since Deanna Severance became Director in 1989.

Nine doctors are on the staff - internists, surgeons, gynecologists, a pediatrician, and a very able physician's assistant. Modern medical equipment has been installed, (patients seldom have to go to Hazard or Lexington for tests and treatments).

Guests by the dozens come and go as they always have, both foreign and American. Their mode of travel has changed.

At the end of my book, "Where Else But Here," published in 1989, I wrote: "It would seem some of the spirit of service that prevailed in my day (1940's and 50's) in the FNS organization, a spirit that has always set the Frontier Nursing Service apart, still prevails." The same is true in 1995, at the end of FNS's seventy years of operation.

Only a Green Paper Tree

Tonight, ten nights before Christmas Eve, there's a glow of Christmas lights shining in the window of the house I now own . . . I can't help thinking of one Christmas Eve some time ago!

The room I had rented at the Y. W. in Lexington, Kentucky was small and narrow but cleanly white. I had just entered and picked up the card envelope at the front desk of the Y. It was a large envelope from a friend back in Ohio. Inside was a Christmas card of the usual card-greeting, with a note from Ruth and a folded green paper tree, not more than a foot high.

The old fashioned radiator that warmed the room had been covered by me with a tablecloth I had dug out of my suitcase of "things" which reminded me that once weeks ago, it had been used on our own mahogany drop leaf table we had shared and was in storage with our furniture back in Cleveland, Ohio. (Bob had died of cancer, and our only child had been killed in that awful car wreck). Until then, I had refused to think of my losses . . .

Down in the parlor of the Y., the other residents who were away from home as I was, were trying to be cheerful and carefree, giving each other gifts, reading poems pertaining to Christmas and singing carols.

I had seen them and heard their laughter as I came into the building from a late supper at a nearby restaurant. The girls knew each other. I did not join in their half hearted merriment as I passed by on my way to my second floor room. Once there, I opened Ruth's envelope. The little tree looked so green and brave when I had opened up the fragile thing! (It was one of those honeycomb affairs that open and close, a small metal clasp to use to make it a tree). How happy it made me to be remembered! There was also a clipping from an Ohio newspaper and personal news from Ruth, who was also a widow, having married one of my husband's co-workers at Republic Steel.

In spite of a dusting of snow, the town seemed thousands of miles from what had used to be my home and everything we had lived with . . . Even the brightly lit, cheerful homes and children

who passed on the way from the restaurant didn't help my lonely feeling.

All I could think of was the interview of the day before when I had gone to an employment agency: "Go to Louisville. There is more activity and need for help there."

Very little money was still in my purse. I was on my way to Leslie County to be employed by the Frontier Nursing Service. Lexington was nearby, I thought. But it wasn't! How far in the hills was FNS in Hyden and a place called Wendover! When I had gone there the first time to be interviewed how thrilled I had been to be located in Appalachia!

With the help of God, I could be useful in Eastern Kentucky. Promises and commitment had been made with Brownie and agreed upon. I would stay with FNS for three months. I would do what I could. I had promised. Now, before I had even started here I was wondering had I made a mistake? I was in Lexington, Kentucky, with only a card, a note, and a green paper tree . . .

I can smile now at the remembrance of that night in Lexington and wonder what happened to the paper tree that Ruth sent me that Christmas Eve when I was so downhearted.

How good God has been to me! And how faithful Ruth has been during those study years! My promises were never regretted. From Leslie County to Louisville, to four years of study there, to graduate with honors from the University of Louisville to a teaching position, to the little bungalow in West Virginia that seemed to be waiting for me, to new friends, to Christmas lights in my window to remind me that this is the time of the year when the Son of God came to be my "personal" light as well as the Light of the World!

The little paper tree always reminded me of how much I owe God until it disappeared from my life to give room in my heart for a TREE of magnificent proportions! It was only a paper tree that Ruth sent that helped me celebrate Christmas in a strange place and to ease my broken spirit. It reminded me of promises kept that were to become the turning point in my life and my shattered world. Now I know the true spirit of Christmas, its joy, its sorrow, its evergreen hope of a new tomorrow!-*Anne McMillan*

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

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

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

HOW ENDOWMENT GIFTS MAY BE MADE

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

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

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

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

Gifts of stock should be sent to:

FRONTIER NURSING SERVICE
Mr. William Hall, Treasurer
Fifth Third Bank
269 West Main Street
Lexington, Kentucky 40507

STAFF OPPORTUNITIES

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

Staff Opportunities: Family Nurse Practitioners, Registered Nurses, and Physicians. For current information or to apply for a position, contact Department of Human Resources, Wendover, KY 41775 (phone 606-672-2317).

Courier Program: This program has an ongoing need for all types of people, with all types of skills. The program is not limited to those interested in a health career. It encourages applications from anyone who is willing to volunteer for a 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/Courier Program, FNS, Inc., Wendover, Kentucky 41775 (phone 672-2317).

Nursing Volunteer Program: This is a program that has been recently 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 Glenna Combs, Director of Nursing, Mary Breckinridge Healthcare, Inc., Hyden, Kentucky 41749 (phone 606-672-3162).

FNS has an urgent need for the items listed below and hopes that its friends will wish to contribute toward their purchase. Because of your generosity, we sometimes receive more gifts for a particular item than we need. In those instances, your gift will be applied toward another urgent need listed below. Donations should be sent to the Development Office, Frontier Nursing Service, Wendover, Kentucky 41775, where they will be gratefully received.

Beechfork Clinic:	Cost
Children's Toys	200
Emergency Room:	
Blood Pressure Cuff for Datascope	350
Education Materials	300
Infant Blood Pressure Cuff	70
FSMFN:	
10 Floor Lamps for Haggin	1,000
Hyden Clinic:	
Infant Neonatal Blood Pressure Cuff	70
Kate Ireland Women's Center:	
Fetoscope Doppler	500
2 Doppler Speaker Boxes	250
Large Blood Pressure Cuff	75
Lab:	
RPR Rotator	400
Medical Surgical:	
Four (4) Blood Pressure Cuffs	600
Obstetrics:	
Addressograph Machine	500
2 Blood Pressure Cuffs	300
4 Adult Stetoscopes	200
4 Newborn Stetoscope	300

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