

FNS **FRONTIER NURSING SERVICE**
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FRONTIER NURSING SERVICE

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TABLE OF CONTENTS

Introduction to FNS	1
The Journey - <i>Nathan Lee</i>	2
Field Notes - <i>Barb Gibson</i>	3
Beyond the Mountains - <i>Barb Gibson</i>	9
The Courier Program - <i>Laura Carr</i>	13
Frontier School News - <i>Trish McQuillin Voss</i>	15
Old Staff and Courier News	16
The Life of a Clinician - New Paths - <i>Angela Mitchell</i>	18
In Memoriam	21
Urgent Needs	28

Cover: Wendover's Annual Employee Christmas Luncheon and White Elephant Party (*photo by AnnDraia Bales*).

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Introduction to Frontier Nursing Service (FNS)

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 mothers and children.

Mrs. Breckinridge established the FNS in Leslie County, Kentucky in 1925, as a private charitable organization serving an area of 700 square miles. It was the first organization in America to use nurses trained as midwives under the direction of a single medical doctor/obstetrician, based at their small hospital in Hyden. Originally the staff was composed of nurse-midwives trained in England. They traveled on horseback and on foot to provide quality prenatal and childbirth care in the client's own home.

Today, Mrs. Breckinridge's legacy extends far beyond Eastern Kentucky. FNS, Inc. is the parent holding company for Mary Breckinridge Healthcare, Inc., Frontier Nursing Healthcare, Inc., which includes six rural healthcare clinics; Mary Breckinridge Home Health Agency and the Frontier School of Midwifery and Family Nursing which offers a Master of Science in Nursing degree with tracks as a Nurse-Midwife, Family Nurse Practitioner and Women's Healthcare Nurse Practitioner.

Mary Breckinridge's home, The Big House, located at Wendover, is a licensed Bed & Breakfast Inn. For more information or reservations, call 606-672-2317 or e-mail fnstours@yahoo.com. You can also access our websites:

Frontier Nursing Service - www.frontiernursing.org

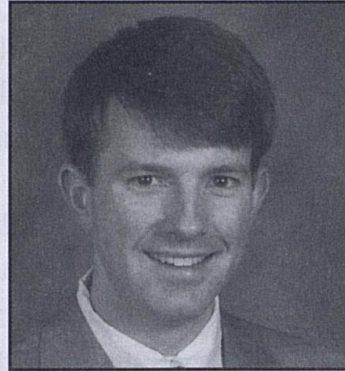
Community Based Nurse-Midwifery Education Program
www.midwives.org

Community Based Nurse Practitioner Program
www.frontierfnp.org

The Journey

- Nathan Lee, Interim CEO & President

As the cold air of winter descends upon the mountains, the snow flurries outside have seemed to mimic the flurry of activity here at FNS in recent months. Indeed, there is much good news to report!



The renovation of the maternity wing at Mary Breckinridge Hospital is now largely complete, thanks in large part to your generosity as friends of the FNS. These beautiful renovations have been well received by both FNS staff as well as the community we serve. We look forward now to completing the renovations to the rest of our patient rooms, begun last year, and to consolidating administrative spaces in the Hospital so that areas available for patient care can be fully maximized.

Our clinics and home health have continued to see wonderful increases in usage, and improvements to our clinic facilities have been made as needed. At Community Health Center in Big Creek, for example, a portion of the waiting area was recently re-configured into a children's "waiting room", complete with toys and a whimsical wall mural painted by a local artist.

The Frontier School of Midwifery & Family Nursing has seen very strong enrollment. We are particularly excited about our new ADN to MSN "bridge" program which will allow nurses educated at the Associates Degree level to enter our Program to attain their Masters of Science in Nursing (MSN). In fact, two of our own nurses at our Hospital have been admitted to the Program, which starts this month, to be trained as Family Nurse Practitioners. As always, your loyalty and support of the FNS and its programs is vital to our success. We thank you for both, and look forward to your continued friendship as The Journey continues.

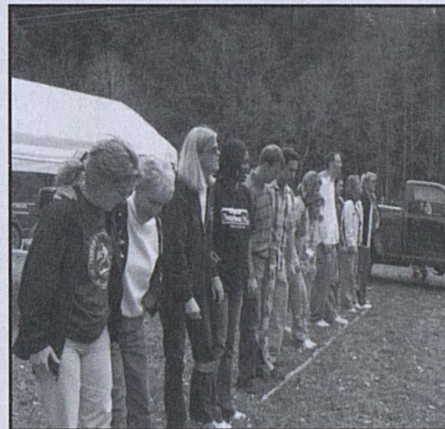
Field Notes

Fall Festival

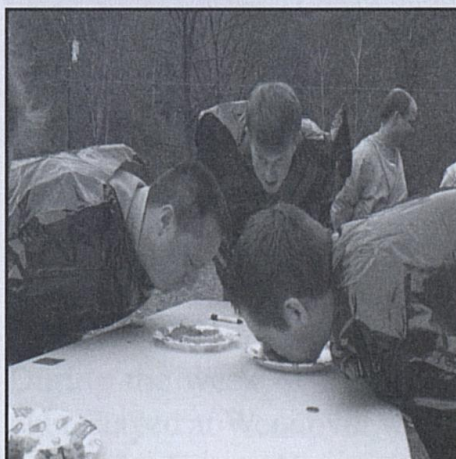
October 26th, Wendover hosted a Fall Festival at The Livery for all FNS employees. Leslie County High School Quarterback Club representatives prepared the food and games were held including a Cake Walk, Three Legged Race and a Pie Eating Contest. The winners of the Three Legged Race were Nathan Lee, Interim CEO & President and John Hoskins, Information Tech. The Pie Eating Contest winner was Ben Peak, Director of Rural Healthcare Centers.



*Employees on the porch of
The Livery*



Three Legged Race



Pie Eating Contest

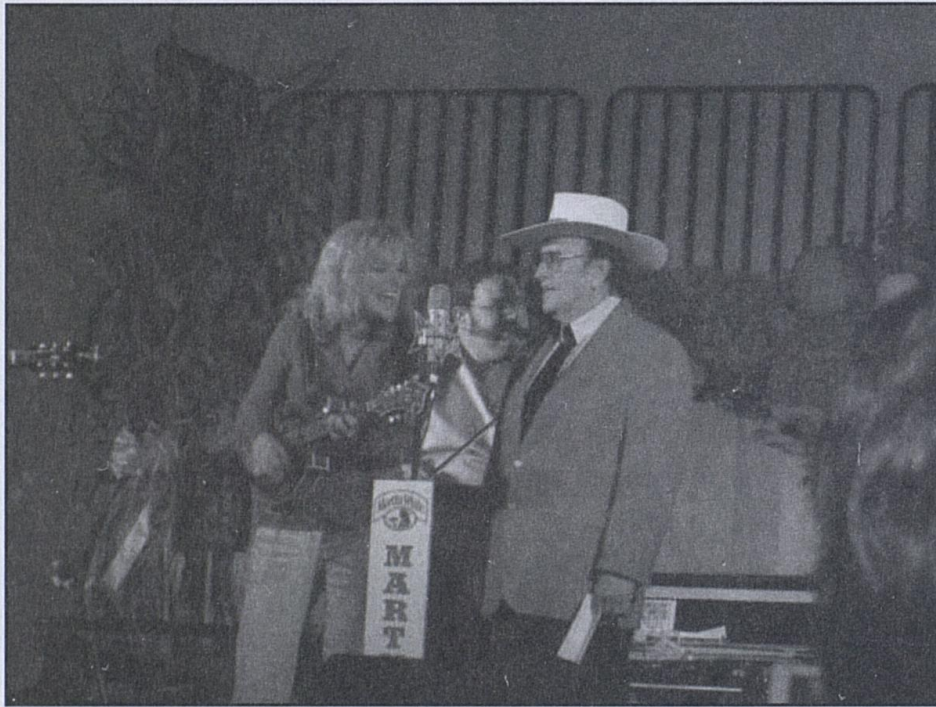


Cake Walk

Field Notes - Continued

Community Concert - Rhonda Vincent

November 2nd, approximately 2,000 people attended a community concert sponsored by the FNS and the Bluegrass and Traditional School of Music located in Hyden. The world of big-time Bluegrass Music came to Hyden featuring IBMA Female Vocalist of the Year Rhonda Vincent and the Rage, along with Bobby Osborne, a Hyden hometown hero and Grand Ole Opry star, and The Dean Osborne Band. Rhonda Vincent and Bobby Osborne performed their live duet, "Midnight Angel".



Rhonda Vincent and Bobby Osborne

Field Notes - Continued

Wendover Employee Thanksgiving Luncheon

The annual Wendover Employee Thanksgiving Luncheon was held Friday, November 17th, at The Big House. In attendance were Wendover employees, FNS Board Member Mary Ethel Wooton, Nathan Lee, Interim CEO & President, W.W. (Bill) Hall, Jr. and his wife, Teresa. We were very blessed that Bill could join us for our traditional Thanksgiving meal. He continues to recover from a stroke which occurred during May of this year.



Mary Ethel Wooton and W.W. (Bill) Hall, Jr. at The Big House

Wendover Guests

From September 1 - December 1, 2006, Wendover had 558 visitors. This number includes overnight guests, luncheons/dinners and special functions.

During the week of October 2nd Karen Kramauski, Photographer, stayed at Wendover while working on a book project underwritten by Emory University and Johnson & Johnson documenting the contribution and challenges of nursing around the world.

Field Notes - Continued

Dr. Jean Sullivan, FNS Physician, Retires

Dr. Jean Sullivan, physician, teacher, environmentalist, volunteer, artist, world traveler, lover of all things living whether they be people, animals or plants, has retired from the practice of medicine. She moved to McLean, Virginia, the home of her son Miles.

Dr. Sullivan joined the FNS in 1984 and, in addition, opened her own private practice. Dr. Sullivan always put herself before others and devoted her life to serving others. Dr. Sullivan was even the rare doctor who still made visits to patients' homes. Each year, she makes a mission trip to the Philippines to extend medical care to those in need.

Dr. Sullivan loves music and plays the dulcimer and has a passion for visual art, particularly watercolor. Although Dr. Sullivan has moved to Virginia, she remains in our hearts. She healed us, inspired us, taught us and enriched our lives.



Dr. Sullivan and her son Miles, daughter Laura and Nathan Lee, Interim CEO of the FNS (right)

Field Notes - Continued***Mary Breckinridge Festival***

The Mary Breckinridge Festival was held the weekend of October 6th and 7th. Festival activities included a Tea at The Big House with 15 young ladies competing for the Mary Breckinridge Beauty Queen title, a bicycle race and Mary Breckinridge's annual Community Picnic.



*Frontier School of Midwifery & Family Nursing (FSMFN)
Faculty Kitty Ernst, Dr. Julie Marfell and Susan Ulrich (on
float)*

Field Notes - Continued

Annual Employee Christmas Party at Wendover

Wendover's Annual Employee Christmas Party was held Wednesday, December 13th at The Big House with 32 employees from Wendover and the Frontier School of Midwifery & Family Nursing participating. Linda Sawyer, Carolyn Wells, Tina Roberts and Betty Bowling. Wendover Cooks, were commended on the awesome food they prepared. Barb's friend, Viola Patterson from Corbin, Kentucky made homemade chocolate turtle and apricot cheesecakes that were as good as New York.

After lunch everyone gathered in The Big House Living Room where the White Elephant gift exchange took place. We were honored to have FNS, Inc. CEO Bill Hall and his wife, Teresa, join us for this very special day. Yesterday was Bill's birthday and we celebrated with a coconut cake made for Bill by Linda Sawyers. The Annual Christmas Party is the one time of year when we have the opportunity to get together, forget about work, and have great fun together. Thanks everyone for a fun filled day!



Wendover's Annual Employee Christmas Party

Beyond the Mountains

Donation of Equipment

During October, Mallie Noble and three employees from the Mary Breckinridge Hospital Maintenance Department traveled to Toledo, Ohio, to accept a very generous gift of hospital equipment from Dr. James G. Diller and Dr. Lawrence V. Conway of the Diller Foundation.

The Diller Foundation is an organization dedicated to the coordination of goodwill to healthcare services. The mission is to facilitate an efficient and effective deployment of healthcare personnel, medical equipment, medicines and other healthcare resources to those who have great healthcare needs.

The FNS relationship with The Diller Foundation began March 2006 when Bill Hall, Barb Gibson and Michael Claussen traveled to Toledo to attend the induction of Mary Breckinridge into the Medical Mission Hall of Fame at the University of Toledo, Ohio.

We extend our sincere appreciation to Dr. Diller and Dr. Conway for the kindness and hospitality shown and for the donation of much needed equipment.

Kentucky Hospital Association (KHA) Annual Convention

Early November, Mallie Noble attended the KHA Annual Convention where Medicaid issues were discussed.

Dairyland Healthcare Annual Clinical Users Meeting

November 12th-15th, several Mary Breckinridge Hospital managers attended the Dairyland Healthcare Annual Clinical Users meeting. Dairyland Healthcare is the computer technology which provides computer services at the Mary Breckinridge Hospital. Sessions provided information regarding the implementation of new computerized bedside nursing charting.

Beyond the Mountains - Continued

Emergency Preparedness Luncheon

November 13th, Kevin Cook, Operating Room Manager and Director for Region 10 Bioterrorism Group, attended a luncheon addressing Emergency Preparedness, at the Kentucky Hospital Association's building in Louisville, Kentucky. Topics were centered on upcoming grant money available for updating equipment and security for the Mary Breckinridge Hospital.

Advanced Life Support Obstetrics

November 18th - 19th, maternity staff, nursing managers and house supervisors, attended a class regarding the preparation of staff for any maternity emergency. Instructors included Dr. Robin Whitaker, Dr. Gabor Laufer, Dr. Larry Davis and nurse-midwives Laura Mann-James and Nikki Demetriou.

Southern and Eastern Kentucky Tourism

Development Association (SEKTDA) Annual Caucus

November 20th, Michael Claussen, Wendover/Development Coordinator, attended a conference sponsored by SEKTDA held in Somerset, Kentucky. Topics discussed included new ways to promote tourism to our community.

Medical Mission Hall of Fame

During March 2006 Bill Hall, Barb Gibson and Michael Claussen traveled to Toledo, Ohio to attend the induction ceremony for Mary Breckinridge into the Medical Mission Hall of Fame at the University of Toledo.

December 15th, Nathan Lee and Michael Claussen attended another ceremony dedicating the Medical Mission Hall of Fame as part of the University of Toledo's College of Medicine.

Beyond the Mountains - Continued

Jane Leigh Powell Honored

“Changing the World with a Giving Heart”

November 14th, Jane Leigh Powell, National Chairman of the FNS Board of Governors, was honored at the Association of Fundraising Professionals (AFP) - 20th Annual National Philanthropy Day, held at the Radisson Hotel in Lexington, Kentucky.

National Philanthropy Day celebrates those who have made a significant contribution of time and resources to nonprofit agencies. The Association of Fundraising Professionals' Bluegrass Chapter and more than thirty local nonprofit organizations honored those that had the greatest impact on their causes through their donations of time and resources. During the luncheon at the Radisson Plaza Ball Room in Lexington, local nonprofits had the opportunity to share their nominee's story and to recognize their unique contributions to the community.



Nathan Lee, FNS, Inc., Interim CEO and Jane Leigh Powell

Beyond the Mountains - Continued

Annual Bluegrass Committee Luncheon

September 27th, FNS hosted its Annual Bluegrass Committee Luncheon at The Lexington Country Club. 58 guests were in attendance for this event. Several former Couriers attended including Georgia Rodes ('59), Nancy Reinhart ('98), Anna Carey ('03) and Jessika Hyde ('06). Special guest speaker was Monica Luke, Director of The Thompson Charitable Foundation in Knoxville, Tennessee, a longtime supporter of the FNS. The Luncheon was sponsored by Neace Lukens.



***FNS Courier Jessika Hyde and Wendover Manager
Christine Collins at The Lexington Country Club***

Elementary School Childrens Tour

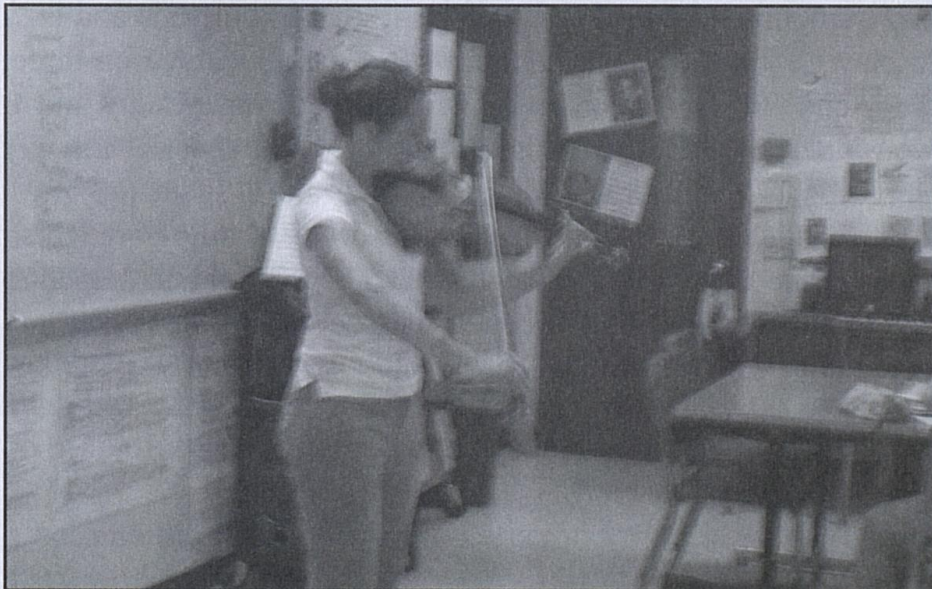
Each year, 6th grade elementary school children visit Wendover and the Hospital for a tour. Board Member Mary Ethel Wooton wrote curriculum about Mary Breckinridge for grades K-6 with Wendover being the culminating field activity.

The Courier Program

by Courier Laura Carr

My name is Laura Carr and I participated in the Courier Program at Wendover during September/October. I am a chemistry and music major from Whitman College in Walla Walla, Washington. This past year, I worked as a part time faculty, teaching violin and viola lessons at Whitman College. In the future, I am hoping to attend medical school and am actively working on my applications.

Thus far I have been primarily working with Habitat for Humanity and Hospice of the Bluegrass. The cute yellow Habitat house was completed and dedicated a couple of weeks ago. When I first began assisting with the project, we were working on finishing the foundation. Over the course of four weeks, I was taught how to raise walls and rafters, shingle the roof, put up siding, hang cabinets and install windows and doors, all while learning to use a variety of power tools. I am still amazed at how quickly the house came together. Thanks to a great group of volunteers the house was completed on schedule and the family has already moved in.



Courier Laura Carr teaching the violin to students at the Leslie County Middle School

My time with Hospice has proved to be challenging and rewarding. Every week I spend time with the same patients filling the role of a companion and caretaker. Most often, the purpose of my visit is to sit with the patients and listen to their stories. At other times, I am there to allow the permanent caretaker to leave and run errands like picking up groceries. The people that I have been fortunate enough to meet and spend time with are truly wonderful.

The rest of my time has been spent working on projects around the Big House such as painting a bathroom, helping with large dinners and attempting to categorically organize the books. Although I have yet to spend a significant time at the clinics, I am hoping to spend more time with them over the next six weeks.

A few weeks ago, three previous Couriers came to reunite at the Garden House at Wendover for a few days. Celeste, Vanessa, and Julie had all been Couriers together a few years ago and had come to hear some of the Osborne Brothers Festival. Michael Claussen decided that it would be fun to have a reunion event and asked Anna Carey to join us. We all met on a Saturday morning and I taught the group how to properly throw a Frisbee and how to play Ultimate Frisbee. After a short game of three on three, the Wendover team, consisting of Michael, Anna Carey and I, won a narrow victory! Although the official events of the day were concluded, Celeste, Vanessa, Julie, and I spent the afternoon together canoeing down a portion of the Middle Fork River. Hearing the past Courier's stories was a lot of fun and helped to give me more ideas of projects to pursue during the rest of my time here.

Frontier School of Midwifery & Family Nursing

by Trish McQuillin Voss, DNP, MSN, CNM

This winter is going to be very exciting at FSMFN! The ADN to MSN Bridge Program received its final approval for implementation from the National League for Nursing Accrediting Commission (NLNAC) in April, and from the American College of Nurse-Midwifery Division of Accreditation (ACNM/DOA) in May. The application process opened in June. Since that time, we have received over 300 inquiries from interested students and had 43 qualified applicants sent to the Admissions Committee in August.



Twenty students were selected to compose the pilot group of the Bridge option. This pilot class will come to Hyden for the January Frontier Bound. They will participate in many of the same activities that the non-Bridge students do, such as the history of FNS and Kitty's story-telling. They will also attend sessions designed specifically to introduce them to their coursework and to help them build a sense of community with each other and with the School.

The Bridge option is designed to "bridge" the differences between the education preparation of the associate degree nurse and the baccalaureate nurse. Students will complete seven courses over four twelve-week terms. During the fourth term the students will return to Hyden for a five-day intensive experience called Crossing the Bridge, where we will celebrate their achievement, and get them started in their clinical specialty coursework. Following this, the students will immerse themselves in their respective tracks to become nurse-midwives and nurse practitioners.

I became the Bridge Program Director during March 2006 and have worked with the FSMFN Administrative Team to develop a plan to implement the Program. My foremost goal at this point is to assure that the Program has a successful start.

Old Staff and Courier News

Edie Anderson, Brownsville, Texas (FSMFN graduate 1968), sent the following photograph taken in the Campbell Drugstore in Hyden during 1967. She stated that the Drugstore was often the scene of post-clinical conferences for nurse-midwifery students in the 60's.



54th FSMFN Graduating Class - left to right: Vicki Strobl, Willy Blair, D.J. Snell and Edie Anderson

Jennifer (Swisher) Lynes, Clinton, South Carolina (Courier 1997) wrote that she and her husband, Richard, spent their first anniversary in Honduras with St. Joseph's Catholic Church of Terre Haute, Indiana. While in Honduras, Jennifer and another physician set up a free clinic and saw over 100 patients per day. Jennifer reported that she has delivered 50 babies in her private practice.

Nancy Reinhart, Louisville, Kentucky (Courier 1998), reported the following:

“When I was a Courier, I was a political science and journalism major in school and thought I wanted to go into the field of law. The summer at FNS changed my life and my professional choices dramatically. From that time on, I have been in the health service field. After college, I worked as a Health Educator at a hospital in Louisville, then went on to join the Peace Corps in Armenia as a Health Specialist.

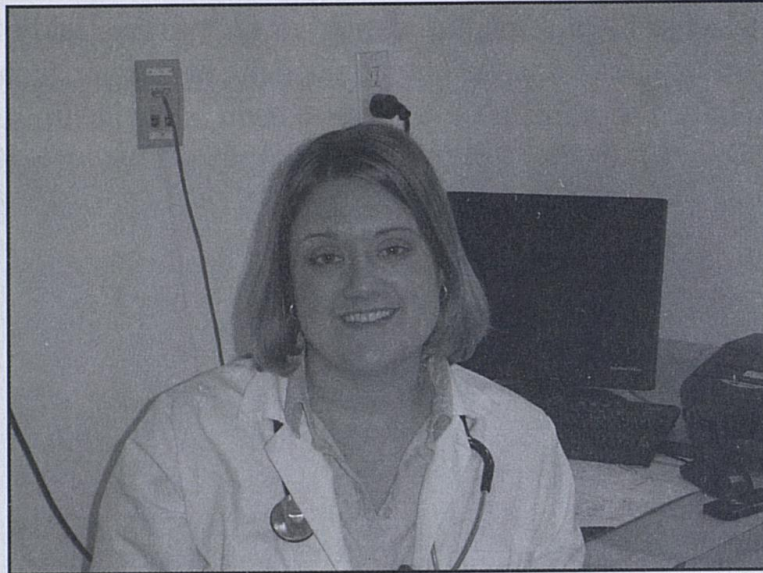
“I am now pursuing my Master’s Degree in Public Health, an MPH. Many people don’t quite know what an MPH is. It is a field that works in a variety of ways to make sure that we all have what we need to be healthy people and it is founded on the belief that when we improve as a community in our health, both mentally and physically, everyone benefits.

“There are several Public Health programs in Kentucky that offer the Master’s Degree, including Eastern Kentucky University and the University of Kentucky. There are several concentrations in the field of Public Health, including Epidemiology, Biostatistics, Environmental Health, Maternal and Child Health and Health Management.

“I am excited at the prospects opening up to me in my professional future and I want to thank FNS for its role on my path, guiding me back home to University of Louisville!”

Sarah K. Dotters-Katz, Eugene, OR (Courier 2006), wrote that “medical school is amazing!” Sarah is applying for a rural scholars program which teaches about rural healthcare and different factors.

Jeri Lake, CNM, Champaign, IL (FSMFN graduate 1989), wrote that during February 2005, Jeri had a bicycle accident resulting in brain injury. She is not able to return to midwifery practice.

The Life of a Clinician - "New Paths"*Angela Mitchell, DNP, MSN, APRN, BC**Director of Nurse Practitioner Faculty Practice*

Over the past 12 months Dr. Anita Cornett, Internist, and I have had the opportunity to expand our clinical practice at the Kate Ireland Healthcare Center in Manchester, Kentucky, to addiction medicine.

Southeastern Kentucky has long struggled with issues surrounding addiction for multiple generations and it is the number one health problem in Southeastern Kentucky. In the past three years great strides have been made to deal with this issue in our region but over the past several years we have only been able to offer words of support or possibly refer patients to treatment often several hours away from their home and loved ones. Individuals often do not focus on their own health concerns such as their diabetes or hypertension because they are raising grandchildren or trying to get enough money together to find some treatment option for their child.

During February, Dr. Cornett became certified to begin providing opiate treatment with the medication Suboxone. A healthcare provider is limited to treating 30 patients at one time with Suboxone.

When people in Leslie and Clay counties found out that opiate treatment would be provided, we were overwhelmed with people begging for help. Dr. Cornett continued to seek out other treatment options and formed a relationship with The Coleman Institute, an advanced center for addiction treatment based in Richmond, Virginia. In October, we started providing Naltrexone implants for opiate addicted individuals with no limit on the number of patients we could treat at our Manchester office.

Our patients have come not only from Clay and Leslie counties but also West Virginia, Virginia and Tennessee. It has been one of the most rewarding experiences of my healthcare career.

If you have an issue with addiction or know someone who does please contact us www.thecolemaninstitute.com or call 877-KYDETOX.



Kate Ireland Healthcare Center

In Memoriam

If you wish to make a contribution to the Frontier Nursing Service in memory of a friend or loved one, please complete and return this section to the Development Office at FNS, 132 FNS Drive, Wendover, Kentucky 41775.

In memory of: _____

Contributor's name: _____

Person (s) to whom you wish acknowledgment sent:

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Nicole K. Demetriou, <i>CNM</i>	Sarah Noggle, <i>FNP</i>
Mary Patricia Francis, <i>FNP</i>	Albina Nunez, <i>MD, Internist</i>
Heidi Froemke, <i>FNP</i>	Brian Overbee, <i>FNP</i>
Sheila Megan Griffith, <i>CNM</i>	Madeline Tan, <i>MD, Pediatrician</i>
Sr. Joan Gripshover, <i>FNP</i>	Robin Muncy Whitaker, <i>MD,</i>
Laura Mann-James, <i>CNM</i>	<i>Family Practice</i>
Clara Jefferis, <i>FNP</i>	Roy Varghese, <i>MD, Internist</i>
Janessa Johnson, <i>FNP</i>	

Mary Breckinridge Home Health Agency

Willa Morris, *Director*

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:

Merrill Lynch
Attn: Travis Musgrave
801 East Main Street, Suite 1200
Lexington, KY 40507
859-231-5258

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.

Beech Fork Clinic:

Automatic Electronic Defibrillator	3,591.00
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Christian Family Healthcare:

Ritter Exam Bed	1,123.00
Ophthalmoscope	1,025.49

Frontier School of Midwifery & Family Nursing:

Gynecologic Simulator	475.00
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Home Health:

Thermometers (10)	540.00
O2 Sat Machine	942.00

Medical/Surgical:

Welch Allen Thermoscan	119.40
Welch Allen Sure Temp. Thermometer	315.32

Nursing Administration:

Pediatric Airway Trainer (PALS Class)	495.00
Overhead Projector	839.59
ACLS Books (10)	250.00
Neonatal Resuscitation Guidelines (10)	150.00
CPR Guidelines (10)	110.00
PALS Guidelines (10)	300.00

Operating Room:

Spot Vital Sign BP & Temp Monitor with Stand	940.62
Instrument Tray Perforated x 2	96.88

URGENT NEEDS - Continued**Respiratory Therapy:**

Burdick Eclipse EKG Machine	4,095.00
Pulmonary Function Puritan Bennett	1,690.00

We extend a special "thank you" to the following people who contributed toward Urgent Needs:

Mrs. Joseph Gleason, Saint Louis, Missouri - wheelchair scales for the Beech Fork Clinic.

Ms. Marybeth Gorke-Felice, Woodstock, Connecticut - Welch Allen Thermoscan for Medical Surgical.

Mr. & Mrs. Charles A. Nickolaus, Jr., Brentwood, Tennessee - Pocket Size Diagnostic Ophthalmoscope/Otoscope for the Emergency Room. Stainless steel flash tray and instrument sterilization tray for the Operating Room.

Brad & Susie (Hudgins) Stewart, Jekyll Island, Georgia - Color Printer Pack for Colonscopy for the Operating Room.

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 April 1999