This chapter expands the literature on rural social work to celebrate the contributions of Progressive era women who founded rural settlement programs in remote regions in the United States. The work of unsung foremothers of rural social work is examined. Katherine Pettit and May Stone, women from the Bluegrass section of Kentucky who founded Settlement Programs in Appalachia, are discussed as exemplars of the rural settlement movement. Hindman Settlement School, founded by both these women in 1902, and Pine Mountain Settlement School, founded by Pettit in 1913, still exist to serve the mountain region and to preserve and promote the heritage of the mountain area. The women made lifelong careers at their institutions and brought many other women into rural social work. The founders and their institutions helped to build identity, community, and pride in the Appalachian area. These factors should continue to inform all rural social work.