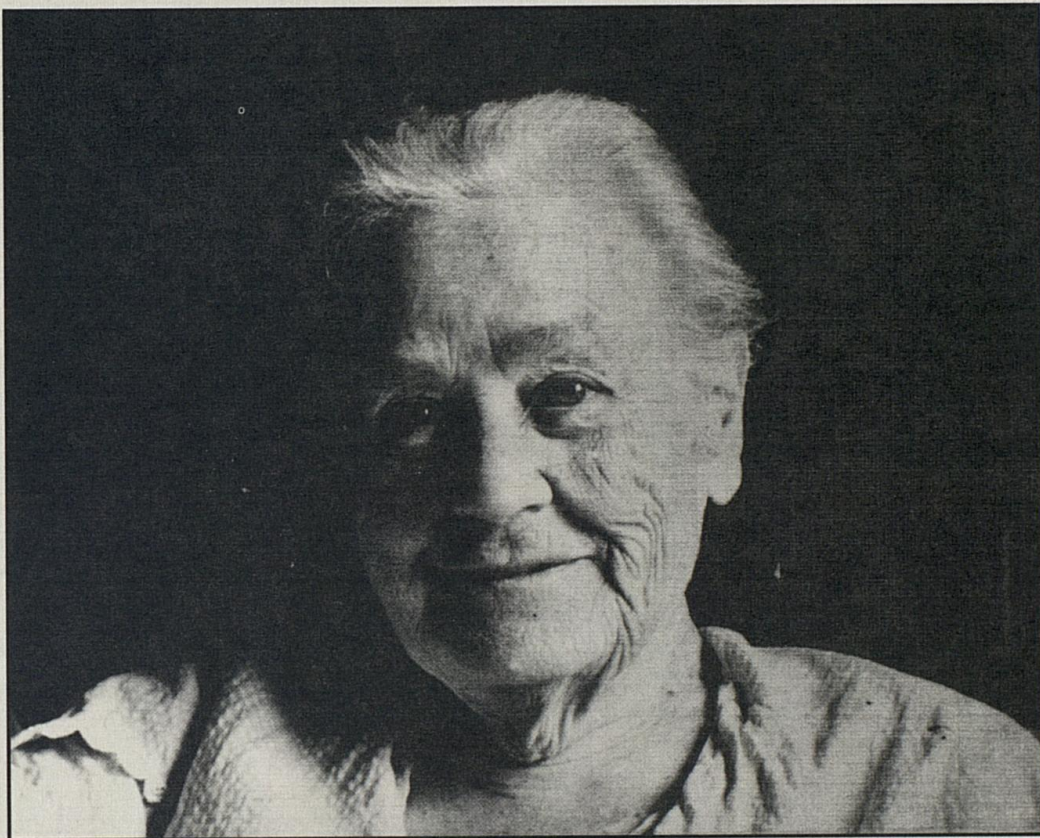


FNS

FRONTIER NURSING SERVICE

June 2011 ■ Volume 86 ■ Number 4



“Our aim has always been
to see ourselves surpassed,
and on a larger scale.”

- *Mary Breckinridge*

FRONTIER NURSING SERVICE

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Cover Photo: Historic photo of Mary Breckinridge from the FNS Archives

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www.frontiernursing.org

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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 deaths 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.

Mary Breckinridge founded the Frontier Nursing Service in 1925 after several years of studying and practicing nursing and midwifery in the United States, England, Scotland and France. It was the first organization in America to use nurses trained as midwives collaborating with 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 child-birth care in the client's own home. In 1939, Mrs. Breckinridge established a school of nurse-midwifery. The school provided graduates, many of whom stayed to offer care to families in Leslie County, Ky.

Today, Mrs. Breckinridge's legacy extends far beyond Eastern Kentucky through the Frontier School of Midwifery and Family Nursing, which offers a Doctor of Nursing Practice degree and 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: michael.claussen@frontierschool.edu.

Mary Breckinridge said: "Our aim has always been to see ourselves surpassed, and on a larger scale." (*Wide Neighborhoods*, 1952)

www.frontierschool.edu

www.frontiernursing.org

The Journey

by Jane Leigh Powell,

Chairman of the Board of Governors

As I wrote in the recent Quarterly Bulletin and in a separate letter to our friends and supporters, the Frontier Nursing Service (FNS) is undergoing significant changes. We are saddened and optimistic about the future of the Frontier Nursing Service. On one hand, we are saddened to relinquish our direct role in the provision of healthcare services to the people of Leslie County and surrounding counties. For over 85 years, we have provided quality care through our employment of nurse-midwives, nurse practitioners and physicians and our operation of rural health clinics and the Mary Breckinridge Hospital. However, we must face the current healthcare climate, acknowledge external factors affecting healthcare that are beyond our control, and seize the opportunity to make quality healthcare available for the residents in our southeastern Kentucky area. For this reason, the Board of Governors solicited buyers for the healthcare entities of the FNS. We are pleased to announce that Appalachian Regional Healthcare (ARH) has entered into a Letter of Intent to purchase the hospital, clinics and home health agency. If the sale succeeds, it will ensure that the region maintains local access to healthcare and our employees can remain employed.

On the other hand, we are excited about the future of the Frontier School of Midwifery & Family Nursing (FSMFN). FSMFN is the “child” of the Frontier Nursing Service. Up until 2011, FSMFN was a subsidiary of FNS, Inc., but has grown into a successful “adult” and now operates as an independent entity with ownership and responsibility for our historic headquarters at Wendover. The success of FSMFN has gone beyond our expectations and has fulfilled the vision of Mary Breckinridge to see her demonstration project replicated throughout the country and world.

We are fortunate to have an accomplished leader in Dr. Susan Stone, President & Dean of FSMFN. President Stone has been associated with the FNS for twenty years and has been instru-

mental in the growth and success of the FSMFN. She is already planning a \$10 million dollar campaign to fund an endowment for Wendover and FSMFN.

We will keep you informed about the future of the healthcare entities and hope we can report positive results in the next Quarterly Bulletin. As always, we are grateful for your continued support of the FNS and appreciate your letters and e-mails expressing concern for our current situation.

Press Release: April 21, 2011 – Appalachian Regional Healthcare, Inc. (ARH) and Frontier Nursing Service, Inc. (FNS) announced today that they have entered into a letter of intent for ARH to acquire Mary Breckinridge Hospital and all related healthcare services. FNS and ARH hope to finalize the transaction within the next 60 to 90 days after the completion of the due diligence, which is usual and customary for a transaction of this complexity.

Jane Leigh Powell, Chairman of the FNS Board of Governors, said the sale will ensure that Hyden and Leslie County continue to have local access to quality healthcare. “We were committed to identifying an organization that would continue to provide quality healthcare in the greater Leslie County service area. ARH has been the leading provider of care in eastern Kentucky for more than 55 years and, in fact, statistics from the Kentucky Hospital Association show that 47 percent of the people in Leslie County already go to ARH for their healthcare needs,” Powell said. “The ARH health system is consistently recognized for its quality and commitment to excellent patient care. We are confident that through this transaction, the health of our communities will be in the best of hands and are pleased that 160 employees will keep their jobs.”

Powell said the FNS Board of Governors has been working with Alliant Management, a Louisville-based hospital management company, for the past year to stabilize the healthcare operation's finances. However, as has been the case throughout the country, a number of stand-alone hospitals are merging with larger healthcare systems in order to continue to be viable and sustainable. This transaction between FNS and ARH is consistent with what is occurring in the healthcare environment today. ARH affords Mary Breckinridge Hospital and its related healthcare services stability and the opportunity to grow the services it provides.

ARH President and CEO Jerry W. Haynes said it is ARH's longstanding mission to ensure all residents of eastern Kentucky and southern West Virginia have local access to the medical services they need.

Much like the FNS, the ARH system has a deep history of serving the healthcare needs of the people of eastern Kentucky, Haynes said. "We are extremely proud that Mary Breckinridge Hospital and its related healthcare services will now be a part of the ARH system and our long-term plans for the future of healthcare in eastern Kentucky. ARH is truly honored to have the opportunity to continue the legacy of Mrs. Breckinridge and the healthcare services she created."

PRESIDENT'S REPORT

News from the Frontier

by Dr. Susan Stone, President & Dean

In April, the FNS Board of Governors and the FSMFN Board of Directors convened in the Big House to plan for the future of the Frontier Nursing Service as heavy rain poured down on Wendover. Important decisions about the healthcare services were made, which Chairman Powell has outlined for you on the previous pages. The meeting concluded with board members climbing carefully down the stone path in front of Wendover to reach their cars, which had been moved to the Wendover Post Office when the Middle Fork River began to rise. As in times past, Wendover Road was completely flooded. Even though there are many changes, some things remain the same.

For those of you not familiar with Wendover, it is the historic headquarters of the Frontier Nursing Service. The Wendover campus is home to the Big House and several other buildings of historical significance. It continues to operate as a bed and breakfast and office headquarters for development and facilities management. As most of you know, Wendover was the original home of Mary Breckinridge.



Recent flooding this spring covered Wendover Road.

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Closely examine this historic photo of the Big House, and you will see Mary Breckinridge posing with former Frontier Nursing Service Director Helen Browne. The Big House looks very much today as it did in the past.

Mary Breckinridge wrote of Wendover in her biography.

It was on one of my first rides alone that I first saw Wendover . . . I rode down Muncy Creek, forded the Middle Fork and rode slowly along its banks. I thought I had never seen anything lovelier than the lay of the land with its southern exposure facing the great North Mountain. When I raised my eyes to towering forest trees, and then let them fall on a cleared place where one might have a garden, when I passed some jutting rocks, I fell in love. To myself and to my horse I said, "Someday I'm going to build me a log house right there." Two years later I did.

– Mary Breckinridge, from *Wide Neighborhoods* (1952, republished by The University Press of Kentucky, 1982)

In 1925, Mary Breckinridge began construction of the two-story log cabin to be her home and the office from which she administered the Frontier Nursing Service and the Frontier School

of Midwifery & Family Nursing. Wendover has always been the center of Frontier Nursing hospitality – Mrs. Breckinridge often gave up her own bed to accommodate guests, colleagues, and even sick children.

One result of the organizational changes is that the Frontier School of Midwifery and Family Nursing is assuming responsibility for Wendover. FSMFN is honored to acquire the historical headquarters of the Frontier Nursing Service at Wendover and plans to keep the rich heritage of Frontier Nursing Service and Mary Breckinridge alive for future generations. FSMFN plans to further Wendover's development into a national nursing and midwifery retreat center.

An important plan approved at the April board meeting was the launch of a fundraising campaign. To ensure the future of Wendover, FSMFN is embarking on a campaign to raise \$10 million to increase the endowment fund, which has suffered greatly during the last three difficult years. The *FSMFN Endowment Campaign* has a goal of raising **\$10 million over the next five years**. The endowment will be divided between two funds, \$4 million to create the Wendover Endowment and \$6 million to create the FSMFN Foundation Endowment.

The *Wendover Endowment* will provide funds to support the operations and maintenance of our historic treasure, which currently total \$400,000 annually. To this day, FSMFN maintains the tradition of hosting dinners and other events for students as they progress through their course of study, creating lifelong personal friendships and professional contacts. During the students' visit to campus, the dinner and evening enjoyed at Wendover are a critical event in their journey to becoming Frontier nurse-midwives and nurse practitioners. It is during this "pilgrimage" that the pioneering, passionate, and altruistic spirit of Frontier Nursing is solidified within each student.

Wendover was designated as a National Historic Landmark in 1991 and in 2001 was licensed as a bed and breakfast. The Bed & Breakfast Inn has eight guestrooms – four in The Big House and four in the The Barn, which also houses the gift shop and historic

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photo gallery. The Bed & Breakfast Inn offers a cozy, warm and stress-free getaway for travelers who share Mrs. Breckinridge's love of the beauty of the Appalachian Mountains. However, the affordable rates, even at maximum capacity, are insufficient to cover the daily operations of the headquarters and maintenance of its historic facilities. In addition to the guest quarters, the Garden House and the Livery are located on the Wendover campus. The development office and bed and breakfast offices are located with the Garden House. The Livery is an ideal location for staff, faculty and visitor retreats.

Income from The Wendover Endowment will ensure that the Wendover property is carefully maintained and secure. The Bed and Breakfast will strive to host over 3,500 visitors each year, and we estimate more than twenty-five groups each year will participate in the historical tour. Additionally, Wendover will continue to host nearly 1,000 students during their campus stays. Endowment income will provide the stability needed to share our treasure with a national audience.

"Wendover! There's no place like it in the world!"

– Helen E. Browne, Director of FNS, 1965-1975

The FSMFN Foundation Endowment will support two new Chair positions, the Chair for Family Nursing and the Chair for Midwifery and Women's Health. A Frontier professorship will also be supported by the endowment. This professorship will serve to focus scholarly efforts on the historical significance of the Frontier Nursing Service. Funds also will be designated toward campus facilities to maintain our historical buildings and improve facilities located on the FSMFN campus located in Hyden, Kentucky, five miles from the Wendover site.

This is an exciting time for FSMFN. We have the opportunity to preserve our past while focusing on our future. Thank you to all whose support we could not function without.

**Name Change for the Frontier School
of Midwifery & Family Nursing**

by Dr. Susan Stone, President & Dean

In a letter mailed to our supporters and alumni in early May, we shared the exciting news that the Frontier School of Midwifery and Family Nursing will officially change its name to Frontier Nursing University on July 1, 2011. Originally named the Frontier Graduate School of Midwifery, the first change came when we became known as the Frontier School of Midwifery and Family Nursing to reflect our addition of the family nurse practitioner track to the MSN program. Once again, it has become necessary to change the name of our institution to best reflect the programs and degrees offered.

This change in name represents a milestone in the history of our institution: we are a University – recognized for our outstanding graduate degree programs – both domestically and worldwide. The evolution of the name reflects both the amazing ‘chronicle’ of our past, as well as the incredible opportunities that lie in our future. These milestones are attributable to the far-reaching vision of Mary Breckinridge, the encouragement of the Board of Governors, the dedication of our faculty, staff, students and alumni and the increasing worldwide demand for trained women’s and family healthcare professionals. By combining the Frontier Nursing heritage with the academic prestige of the University title, we will be able to more appropriately describe our unique institution.

As you will read throughout this edition of the Quarterly Bulletin, Frontier is a diverse and accomplished institution with much to be proud of. We are honoring our past via our preservation and use of Wendover and our historic campus. We are focusing on the future through our participation and influence in national discussions, our innovative methods for delivering high-quality instruction in a distance format, and our ability to train thousands of nurse-midwives and nurse practitioners who are delivering care to those in rural and underserved areas across the globe.

We invite you to celebrate with us as we move forward as Frontier Nursing University, and we welcome your feedback. Learn more about our name change at www.frontierschool.edu/namechangeFAQs. If you have questions or concerns please contact the Office of Development at 662.846.1967 or alumniservices@frontierschool.edu.

BEYOND THE MOUNTAINS



Former FNS Couriers Marian Leibold and Mary Cassidy at the Cincinnati dinner

Frontier Hosts Annual Cincinnati and Washington, D.C., Committee Events

Mary Breckinridge established committees of supporters in various cities, including New York, Washington, D.C., Boston, Philadelphia and others. Annual committee meetings, held at the homes of supporters, local clubs or restaurants, served as a purposeful time for Mrs. Breckinridge to report on the work of Frontier. This gave Frontier supporters time to learn about the important progress of Frontier and urgent needs of the service. And stories from committee members also tell the tale of very fun times had by all those who attended. Derby parties hosted by Mrs. Marvin Breckinridge Patterson in her Washington, D.C., home are fondly remembered by all who attended.

Frontier continues to gather the city committee members today. Each year we coordinate luncheons or dinners to visit with friends, supporters, faculty, alumni and students in the cities of New York, Rochester, Philadelphia, Boston, Washington, D.C., Cincinnati, Louisville and Lexington. We encourage you to attend these committee events in your region. We very much enjoy meeting everyone in person!

On May 12, we hosted our second annual Frontier Committee dinner in Cincinnati. Marian Leibold, former FNS Courier, graciously helped to arrange the dinner hosted at the Cincinnati Country Club. Supporters, alumni and students joined together to visit, share memories, and hear recent updates from the School. President Susan Stone provided a thorough review of our current work, recent changes and future plans. Guests at the dinner included two Pioneer alumni, Charlotte Wittekind and Lillian Link, who graduated from the first nurse practitioner program in the 1970s. Also in attendance were several other students, recent alumni and former courier Mary Cassidy. We were pleased to see our friends in the Cincinnati area and look forward to next year's event!

On May 19, President Stone and staff traveled to Washington, D.C., to host an event for area supporters, alumni and students. Frontier hosted its annual luncheon at the Irish Inn in Glen Echo, Maryland. More than 30 guests attended this event, where President Stone provided a presentation to bring everyone up-to-date with our work and future plans. In attendance were former couriers Dorothy Mudd (1944) and Elizabeth High (1952). A number of current students, several alumni and two faculty also joined us for this event. We were happy to see our many Washington, D.C., area supporters, many of whom came to know Frontier Nursing through their friendship with Ms. Marvin Breckinridge Patterson and the annual Kentucky Derby parties that she hosted in her D.C. home. We look forward to next year's reunion with our D.C. "family."

New York City and Rochester area supporters make plans to attend our June 21 and June 22 committee events!

Tuesday, June 21

Noon-2 p.m.

The Cosmopolitan Club

122 East 66th Street

New York, NY 10065

Wednesday, June 22

6:30 p.m.

At the home of Lee Fox

Pittsford, NY 14534

Please RSVP to Denise Barrett, Director of Development, at 662.846.1967 or denise.barrett@frontierschool.edu.



Dr. Julie Marfell, Kitty Ernst and Jean Fee at the Frontier reception held during the KCNPNM conference

Kentucky Coalition Conference

Dr. Julie Marfell, Frontier's Associate Dean for Family Nursing and a member of the Kentucky Coalition of Nurse Practitioners and Nurse-Midwives Board of Directors, reported that the 23rd Annual KCNPNM Conference was well attended by Frontier faculty, students and alumni. The event was held at the Northern Kentucky Convention Center in Covington in April. An alumni reception hosted by Frontier drew 40 attendees, including faculty, alumni, students, preceptors and guests.

A presentation by Kitty Ernst, RN, CNM, MPH, DSc (hon.), on "A Vision for the Future: Nurse-Midwives and Nurse Practitioners on the Frontline of Primary Healthcare" was well attended and ended with the crowd "circling up." Denise Kilburn, RN, MSN, who is a post-master's FNP student at Frontier, was awarded a KCNPNM scholarship.

National Organization of Nurse Practitioner Faculties Conference

Frontier was well represented at the 37th Annual National Organization of Nurse Practitioner Faculties (NONPF) Conference, according to Dr. Julie Marfell, a member of the NONPF Board

of Directors. More than 500 attendees gathered in Albuquerque, NM, including nine faculty and staff from Frontier.

Dr. Trish Voss, DNP, CNM, and Dr. Joyce Knestrick, PhD, FNP, presented a poster on *The Write Stuff*. Dr. Knestrick also shared a poster on *Forces Driving Distance Education: Reflections from Updating the Guidelines for Distance Learning in Nurse Practitioner Education*. Dr. Judi Daniels, PhD, FNP, and Cherie Lakes presented an electronic poster on *Pediatric Phone Triage: A Virtual Clinic Experience*. Dr. Judi Daniels and Dr. Rebecca Gilbertson, DNP, FNP, completed a podium presentation on *OSCEs in Distance Education: Bringing Live Simulation to the Web-Based Learner*. Dr. Julie Marfell presented *Spotlight on Post-Baccalaureate Issues and Collaborative Models*.

American College of Nurse-Midwives Annual Meeting

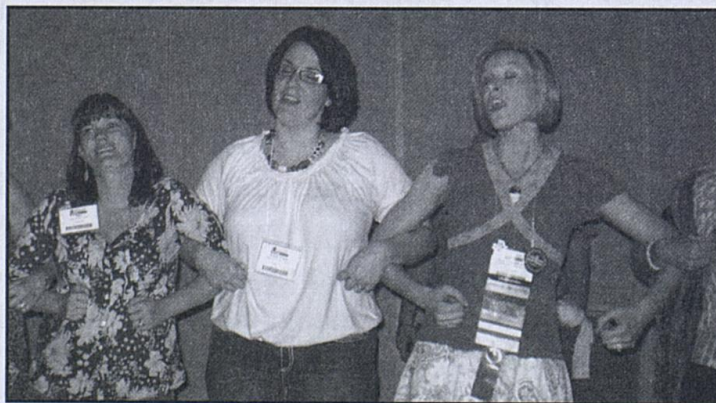
Frontier alumni, faculty, students and preceptors gathered in San Antonio, Texas, recently for the American College of Nurse-Midwives Annual Meeting, held from May 24-28. Members of the Frontier family had a strong presence at the event, reflecting the powerful impact our graduates are making in the world of women's health. The ACNM Annual Meeting provides opportunities for students, nurse-midwives and other women's healthcare providers to sharpen clinical skills, learn the latest evidence-based research, share experiences and celebrate the amazing work that midwives are doing throughout the country and the world.

Frontier was well represented in the Clinical Project Poster Presentations at the ACNM meeting, with several Frontier graduates, students and faculty qualifying to present in this competitive refereed event. Frontier alumni and faculty also presented several education sessions at the conference. Frontier alumna and ACNM President Holly Powell Kennedy, CNM, PhD, FACNM, FAAN, the first Helen Varney Professor of Midwifery at Yale University School of Nursing, co-presented the keynote address, "Normal Birth in an Industrial Age: Keeping Risk in Perspective," with Dr. Andrew Kotaska.

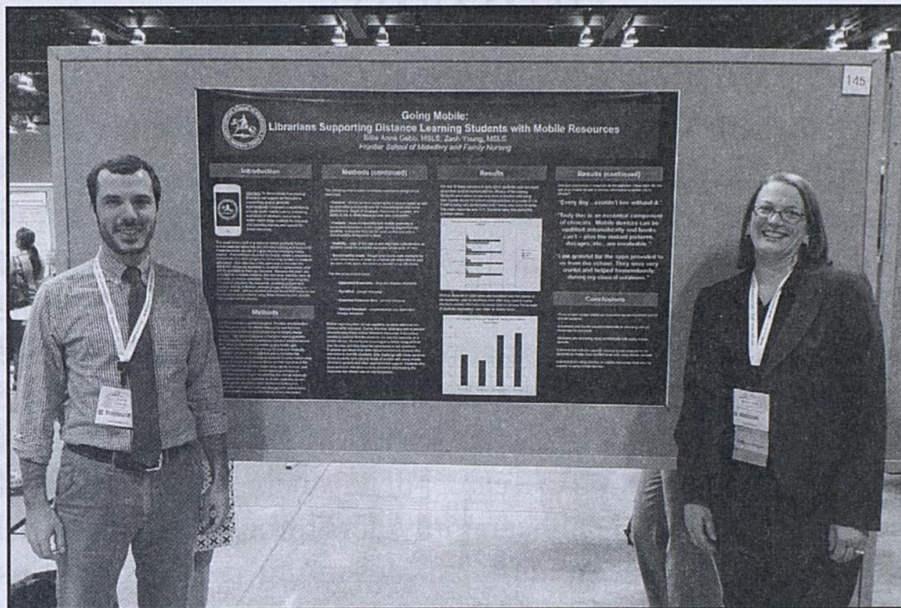


Nicole May, left, and Linda Karle, right, both 1973 graduates of Frontier, pose with Frontier President and Dean Susan Stone at the Frontier reception at the ACNM conference.

On the evening of May 26, at the elegant Marriott Rivercenter in downtown San Antonio, more than 100 members of the Frontier family gathered for the much-anticipated Frontier Alumni Reception, catching up with old friends and classmates and celebrating the Frontier spirit. Frontier President and Dean Susan Stone led the event by talking about the exciting happenings at the school and recognizing Pioneer alumni (those who graduated from the school before 1989) and members of the 88 classes that have graduated since that time. Everyone “circled up” around the room - in Frontier tradition – linking arms and singing songs such as “Amazing Grace.”



Alumni “circle up” at the Frontier reception.



Zach Young and Billie Anne Gebb presented a poster session on "Going Mobile" at the Medical Library Association conference.

Presentations by Frontier Librarians

Billie Anne Gebb, Director of Library Services, and Zach Young, Information Services Librarian, traveled to St. Louis and Minneapolis for the United States Distance Learning Association (USDLA) and Medical Library Association (MLA) meetings.

Their presentation for USDLA was *Leading the Way with Mobile Technology: Implementing a Mobile Initiative*. At the MLA conference, they presented a poster session on *Going Mobile: Librarians Supporting Distance Education Students with Mobile Resources*. Both conferences were a great opportunity to showcase FSMFN's program where students use mobile devices to access information for educational and clinical content.

FIELD NOTES

Dr. Susan Stone, President & Dean, Named National Rural Health Association's Distinguished Educator of the Year

With great pride, the Frontier School of Midwifery and Family Nursing announces that Dr. Susan Stone has been named the National Rural Health Association's Distinguished Educator of the Year for 2011. Dr. Stone was honored on May 5 during the 34th Annual Rural Health Conference in Austin, Texas. Dr. Stone's



devotion to a career of advancing the education of rural healthcare providers throughout the United States made her a deserving recipient of this prestigious national award.

Dr. Stone Dr. Stone, who has led Frontier as its President and Dean since 2001, has been instrumental in the growth and success of the Frontier School and her passion for the vision of Mary Breckinridge is evidenced by the School's continued commitment to educate advanced practice nurses to serve in rural and underserved areas. Enrollment at Frontier has grown from just 200 students in 2006 to a current enrollment of over 1,000 students representing all 50 states and many countries. Dr. Stone has maintained a focus on educating nurses who will serve rural and underserved populations, which is evidenced by the fact that 75% of students enrolled in 2010 resided in rural counties and/or health professional shortages areas.

Like Frontier's founder, Dr. Stone has devoted her career to improving healthcare for women and families and has been instrumental in expanding the School's outreach worldwide, through a unique melding of online learning and real-world clinical experiences.

With Dr. Stone's expert guidance, determination, passion and leadership, Frontier is poised to become the number one education provider of advanced practice nurses to serve in rural areas, both domestically and internationally.

Frontier School of Midwifery & Family Nursing Ranks in Top 50 Graduate Schools

The Frontier School of Midwifery & Family Nursing (FSMFN) has been named one of the top 50 graduate schools of nursing in the country, according to the Best Graduate School rankings released by *U.S. News and World Report* on March 15. The rankings are repeated every four years and FSMFN repeated its top 50 performance from 2007. *U.S. News and World Report* also ranked specialized programs within the Master of Science in Nursing degree. In the latest report, the FSMFN nurse-midwifery program ranked 13th nationally and its family nurse practitioner program was 14th in the country.

U.S. News and World Report based its rankings on the results of peer assessment surveys sent to deans, other administrators, and/or faculty at accredited degree programs or schools in each discipline. Only fully accredited programs in good standing during the survey period were ranked. For the current rankings, 478 nursing schools were surveyed.

PRIDE Deans Convening: Changing the Future of Nursing Education Together

Nursing school leaders from across the United States recently attended the Deans Convening at the Frontier School of Midwifery & Family Nursing (FSMFN) as part of the School's PRIDE Program, an initiative to increase diversity in the field of nursing. This event served as a catalyst for the School's efforts to partner with institutions around the country to provide graduate education opportunities for nurses in rural and medically underserved areas.

With funding from a Health Resources and Services Administration (HRSA) grant, FSMFN established the PRIDE Program (Promoting Recruitment and Retention to Increase Diversity in Nurse-Midwifery and Nurse Practitioner Education). The ultimate goal of the PRIDE Program is to recruit and retain qualified underrepresented students in our graduate school of

nursing who will meet the healthcare demands of an increasingly diverse population. The Deans Convening was held April 5 and 6 on the campus of FSMFN in Hyden, Kentucky. This event attracted representatives from colleges and universities in Texas, Arizona and Mississippi. Participants included Cherrie Evans, MSN, FNP-C, APRN, Director of Nursing at Central Arizona College; Bertie Almendarez, PhD, RN, Nurse Education Chair at Del Mar College; Mary Jane Hamilton, PhD, RN, Dean and Professor of Nursing at the College of Nursing & Health Sciences at Texas A & M-Corpus Christi; LaWanda Herron, PhD, MSA, MSN, RN, FNP-BC, Assistant Director and Instructor at Holmes Community College; and Rebekah L. Valdez, RNC, MSN, CNM, an Associate Professor of Nursing at Lone Star College-Cyfair.

During this event, participants toured the campus and stayed at Wendover. The participants were greeted by President Susan Stone; Julie Marfell, Associate Dean for Family Nursing; Stephanie Boyd, Director of Recruitment and Retention; Kimberly Trammell, PRIDE Program Coordinator; Debra Turner, Student Services Coordinator; and Michael Claussen, Development Coordinator. Guests were treated to a traditional southern dinner. Participants learned more about Frontier's extensive history and advanced practice nursing programs delivered via online distance education combined with a community-based clinical practicum.

Attendees took part in a roundtable discussion, addressing such issues as using demographic data to identify at-risk students; targeting recruitment efforts to underrepresented students; strategies for developing students' local support networks; and proactive retention efforts.

The information shared laid the groundwork for a partnership with each institution. The goal of partnership is to provide students from PRIDE partner institutions with educational and networking opportunities and financial savings that will make the students' transitions to advanced practice education seamless.

"We're excited about the opportunity to work with institutions from around the country to increase the diversity of the nurse-midwifery and nurse practitioner healthcare work force," said



Front row, from left: *Dr. Julie Marfell, Stephanie Boyd, Debra Turner, Dr. Bertie Almendarez and Kimberly Trammell*
Back row, from left: *Dr. Mary Jane Hamilton, Dr. Lawanda Herron, Mrs. Cherrie Evans and President Susan Stone*

Susan Stone. "It was a pleasure to meet with nursing institutions that share in our enthusiasm for this initiative and we look forward to the further development of the program."

Diversity Impact Event: *Empowering Nurses to Create Change*

Next on the agenda for the PRIDE Program, Frontier will host the first annual Diversity Impact Event. This three-day meeting is scheduled for June 9-11 on the historic campus in Hyden. This is an event where students can come back to campus for fellowship, networking and education related to diversity issues in nursing. We are looking forward to welcoming 17 current students to campus for this event.

ALUMNI SPOTLIGHT

Recent graduate Mary Jo Ytzen is making a difference in rural Iowa

A recent graduate of Frontier, Mary Jo Ytzen is invigorated by her new career as a nurse practitioner in rural Iowa. Mary Jo, CFNP Class 63, had three job offers after graduating last fall. She accepted a job in Greenfield, Iowa, where a diverse work environment has provided her with great practice opportunities in an underserved community.



Mary Jo Ytzen – Mary Jo works in a rural clinic for Adair County Health System. The clinic is attached to a 25-bed Critical Access Hospital. She is one of three nurse practitioners and three physicians in the practice located in an Iowa county with a population of 7,500 and encompassing 570 square miles. The Adair County Health System operates three clinics within the county – in Greenfield (population 1,888); Stuart, (population 1, 669); and Fontanelle (population 615).

Mary Jo cares for clients in the office clinic, in the ER and has hospital privileges to admit and follow her patients throughout their hospitalization. After a short time on the job, she sees a daily average of two to three patients in the emergency room and between 10 and 13 in the office clinic. The community is incredibly supportive of nurse practitioners, and the state of Iowa – which doesn't require NPs to have collaborative agreements – is also very NP-friendly. "Iowa is a great place to practice as an NP."

Before attending Frontier, Mary Jo spent a number of years in nursing, doing everything from working in critical care to serving as an upper-level manager in a cardiology practice. A couple of years ago, she started thinking about how she wanted to spend the next 15 years. "I decided I really love patient care; and I really wanted to get into an FNP program so that I could make an even bigger difference in the lives of patients."

That's when she found Frontier. "I stumbled upon Frontier just by Googling on the Internet." She quickly identified with the School's focus on leadership, its philosophy of nursing and its emphasis on serving rural and underserved communities. Mary Jo attended Frontier Bound in September 2008 and immersed herself in the School and her program, serving on the Student Council and mobile device technology committee. At October's commencement, she received the 2010 Nurse Practitioner Leadership Award.

Mary Jo is grateful for her Frontier experience and particularly values the accessibility of the faculty and the School's emphasis on technology. "One of the things I appreciate from Frontier is the integration of mobile device technology into the classes and clinicals . . . I use the applications on my iPod Touch every day in my clinical practice."

Her best experience as a nurse practitioner so far has been treating a 57-year-old diabetic who had previously gone undiagnosed. He presented to the ER with a persistent sore throat and vomiting, and after obtaining lab work he was found to have a blood sugar of 875. Mary Jo admitted him into the hospital, started him on insulin and other medications, and cared for him during his entire hospital stay. Since up to that point he had not been attentive to his health, she began to work closely with him and help him with major lifestyle modifications. One week after hospital discharge, he had improved greatly and had a fasting blood sugar of 146. She continues to work with him in helping him to manage his diabetes.

Mary Jo loves helping her clients make positive choices and having an impact in their lives. "It's just the right fit. I feel blessed."

**Save the Date: Frontier Courier Conclave &
Alumni Homecoming – September 30-October 2, 2011**

Make plans to join alumni, former Couriers, faculty and staff for this fun-filled weekend in Hyden, Kentucky, to be held in conjunction with the Mary Breckinridge Festival. Call the Alumni Relations Office at 859.253.3637, extension 5014, for more information.

Plea for Knitted Lap Quilts, Baby Caps and Scarves

Frontier nurse-midwifery students present baby caps to the first baby they deliver. The nurse practitioner students present lap quilts or scarves to their patients. FNS receives these items from our “knitting” friends. As the School continues to grow by leaps and bounds, we need more and more of these items. The size needed for lap quilts is approximately 40-by-42 inches. Yarn should be worsted weight.

We would like to extend our deepest appreciation to Elizabeth Codman High (former Courier, 1952) and the “Flying Fingers” of Westminster at Lake Ridge Continuing Care Retirement Community for their generous and ongoing supply of lap quilts, baby caps and scarves. Students graduating from Frontier are honored to pass these on to their patients and share the story of Frontier!

Wendover Guests

Several nursing schools and other groups have come to Leslie County this spring to take a guided tour of The Big House and the Frontier School of Midwifery & Family Nursing. These groups include: Thomas University, Shawnee State University, University of Kentucky, University of Tennessee at Knoxville, Berea College, Leslie County Technical School and Lee County Technical School.

The Wendover Bed & Breakfast Inn continues to attract visitors from across the nation. Your stay includes a hearty country breakfast and a tour of Wendover and the FSMFN upon request. Now you can become a fan of the Wendover Big House on Facebook: www.facebook.com/WendoverBigHouse.



Guests from Thomas University in Thomasville, Georgia

FOOTPRINTS

Excerpts from Wide Neighborhoods – Mary Breckinridge's Biography – Chapter 36

Those of my readers, thousands of them, who have a deeprooted affection for the Frontier Nursing Service will want to know something about our plans for the future. But when I think of us in a future, even that of next week, I am reminded of a cartoon I saw years ago in a London paper. A bewildered man sat in a baby Austin car right under the nose of a gigantic bus, with traffic snarled in all directions. Leaning out over the bewildered man, the bus driver said, "May I ask, sir, what are your plans?" If one looked at things only from the outside, there would seem to be not much use in making plans while wars, cold and hot, keep their stranglehold on the future. But those of us who travel within as well as without, know that we are not helpless, that there is no reason why yet another civilization, ours, should move inexorably toward its doom. Such being so, we in the Frontier Nursing Service make plans.

We have come a long way since our work began, since we first started to build our hospital and depended on mule teams to haul its cement and plaster from the railroad. We hitched our wagon to a star then and when we traded wagons for trucks, we held on to the star. The heart of our work has lain in its start with things as they were and its acceptance of the laws of growth. In planning for the future growth the Frontier Nursing Service still adheres to the principles that gave it being.

There will never come a time, in no matter how remote a future, when man will not enter the world through birth and leave it by death; when the young of the race will not need protection; when the broken, the sick and the old will not need the kind of care we in the Frontier Nursing Service are trained to give.

For more than a quarter century, the Frontier Nursing Service has gathered facts about the birth and death, the childhood, the sickness and accidents of those who live on the land –

mountainous land with more timber and coal than food. The readers of this book know that the system we developed did not originate with us. We were reminded of this as recently as 1938, after we had a visit from Dr. Harley Williams of England, when he wrote an account of our work that was printed on a leader page of the London *Times*. In this he spoke of our descent in tradition from the Highlands and Islands Medical and Nursing Service, and said, "The daughter service has in some respects and in a miniature scale surpassed the parent."

Our aim has always been to see ourselves surpassed, and on a larger scale. The thing that we most want – more than all our plans – is to better the work we do now in the years to come. Which of you has not felt, as we so often do, the bafflement that comes from having really tried to do better and failed? We sometimes feel as though we were rusty tools from which is expected the precision of fine instruments. But in our hearts we know that the rustiest tools are of more use, if they yield themselves to the hands of the master Craftsman, than shining instruments untouched by His hands.

Since the first aim of the Frontier Nursing Service is to help children, we struggle continually to improve our techniques in their behalf. In common with all who study the loss of infants at birth, we know that some of these deaths need not be, and perhaps one field in which we can make real progress in the years to come lies in the prevention of some of this waste of human life.

We have never done enough for children, even though the emphasis of all our years of work has lain with them. We must find a way in which we can help to bring about a normal emotional life for more of them, during those tender years when wounds are made which leave scars forever.

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.

The following people gave contributions to the FNS **IN MEMORY OF** their friends or loved ones. The names in bold are the deceased:

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Curtis Calhoun

Mary Ann Calhoun

Anna Henkel Dickieson, RN

Samuel C. & Dorothy
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Janet Mirtschin

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In Memory Of – Continued

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William A. & Susan Spencer Small
Burgess P. & Caroline Standley
Frank Taylor
David R. Treadwell
Frank & Diana Treco
Mrs. Job Turner
Elsie Maier Wilson

The following people gave contributions **IN HONOR OF** their friends or loved ones. The names in **bold** are the honorees:

Kelli Patrick & Paul Adanick

Constance McClure

Amee Adkins & Marcena Gabrielson

James Wisner & Rebecca Smith

QUARTERLY BULLETIN

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(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: Merrill Lynch, Attn: Travis Musgrave, 301 East Main Street, Suite 1200, Lexington, KY 40507, 859-231-5258

Contributions in the State of Florida

Frontier Nursing Service Foundation, Inc., is registered with the Florida Division of Consumer Services, Registration #CH8792, to solicit contributions in the State of Florida. A copy of the official registration and financial information may be obtained from the Florida Division of Consumer Services by calling 800-HELP-FLA, or 850-488-2221. Registration does not imply endorsement, approval, or recommendation by the State.

QUARTERLY BULLETIN

CURRENT NEEDS

FNS has a current 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.

STUDENT NEEDS

Books Scholarship: *Offset the cost of books for a financially needy student*

\$1,000

Student Financial Stipend: *Funds set aside to help a current student facing financial hardship*

\$500

INSTRUCTIONAL NEEDS

Mardi Cottage Classroom technology: *Classroom needs a 55-inch display and camera system to match the other classrooms on campus*

\$5,000

Clinical laboratory supplies: *Baby blankets, anatomical models, infant stethoscopes used in our Clinical Bound instruction*

\$100

Library software and other needs: *More than \$12,000 in software needs, including ContentDM (institutional repository software that allows for the storage, management and delivery of our collections to users across the Web); interlibrary loan management software; iPad accessories and equipment; drug reference software. Seeking 12 donations of \$1,000.*

\$1,000

CAMPUS NEEDS

Network Wiring Infrastructure *in Morton Gill building to support computer and telephone needs*

\$16,000

Fiber Optic Interfaces *to interconnect buildings on campus: \$1,000 per building x 7 buildings*

\$7,000

WENDOVER NEEDS

AC Unit for Courier Dorm

\$5,000

Roof for Garden House

\$10,000

Stihl Chainsaw

\$350

FRONTIER NURSING SERVICE

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 Incorporation
of the Frontier Nursing Service.
Article III as amended April 1999