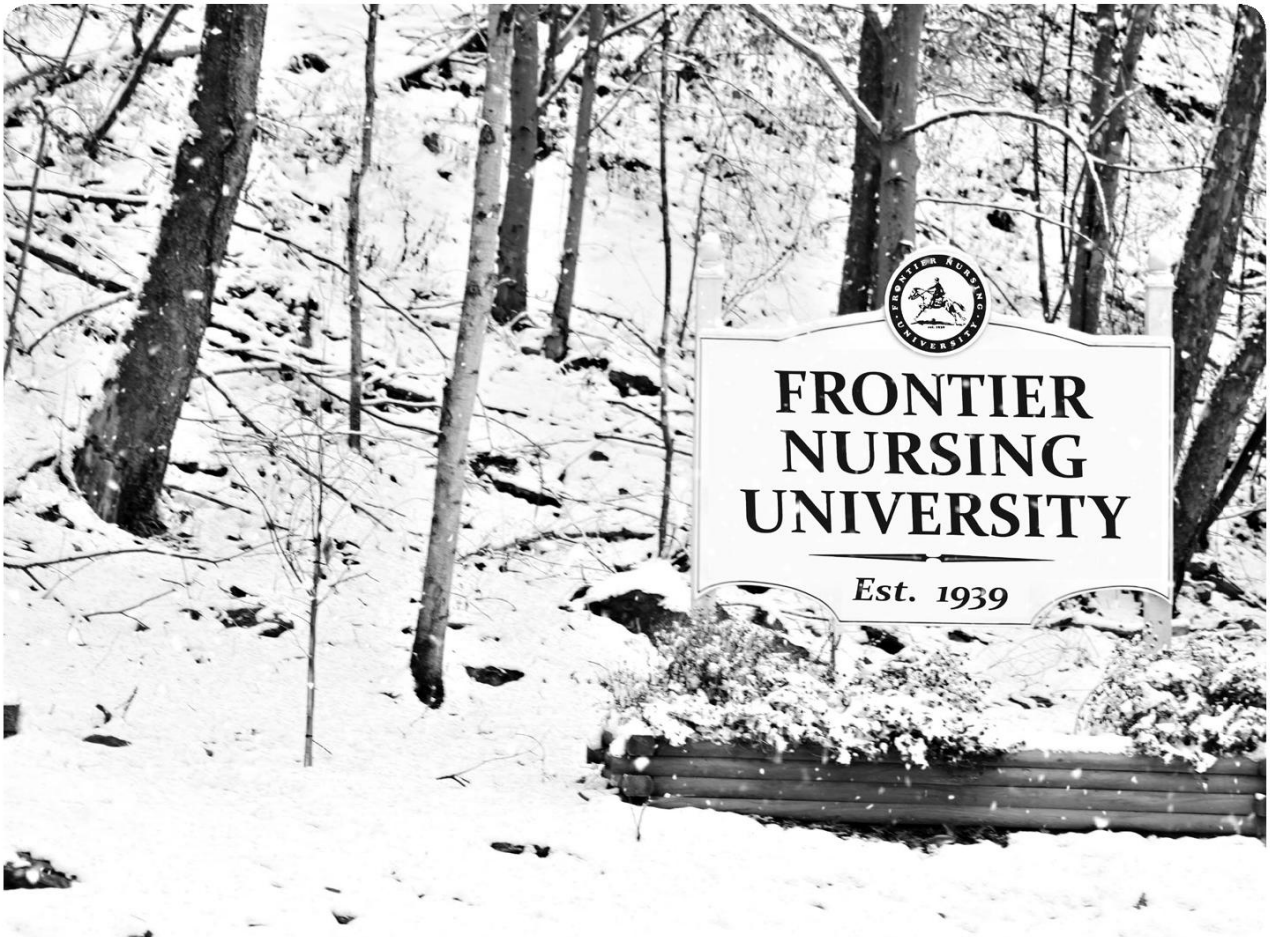


# FNU

FRONTIER NURSING UNIVERSITY

Winter 2014 ■ Volume 89 ■ Number 1



## 75TH ANNIVERSARY

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2014 marks the 75th anniversary of Frontier Nursing University.

Details about our plans to celebrate this milestone year  
are inside this issue!

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QUARTERLY BULLETIN

Introduction to Frontier Nursing University

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 families, with a particular focus on children.

Mrs. 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, based at their small hospital in Hyden. Originally the staff was composed of nurse-midwives trained in England.

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

—Mary Breckinridge, Wide Neighborhoods, 1952

They traveled on horseback and on foot to provide quality primary care, including maternity care, to families in their own homes. In 1928, she recruited young people to serve as Couriers and help the Frontier staff and nurse-midwives in all manner of efforts. 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, Kentucky.

Today, Mrs. Breckinridge’s legacy extends far beyond Eastern Kentucky through Frontier Nursing University (FNU), 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 Health Care Nurse Practitioner. FNU has students and graduates serving all 50 states and many countries.

HOW TO REACH US

**The Office of Development and Alumni Relations:** Please direct questions, comments or updates to Denise Barrett, Director of Development, at (859) 899-2828 or send an e-mail to [development@frontier.edu](mailto:development@frontier.edu).

**The Wendover Bed & Breakfast Inn:** The Big House, Mary Breckinridge’s home, is a licensed Bed & Breakfast Inn located at Wendover. For reservations or to arrange a tour, call Michael Claussen, Development Coordinator, at (859) 899-2707 or e-mail [michael.claussen@frontier.edu](mailto:michael.claussen@frontier.edu). Group tours can be arranged, and we are always happy to set up tours for organizations and educational programs with an interest in nursing history and Appalachian studies.

## Celebrating 75 Years



**W**e are proud to be celebrating 75 years of providing advanced nursing and midwifery education. We have many activities, events and communications planned throughout the year to celebrate our anniversary.

When Mary Breckinridge founded the Frontier Graduate School of Midwifery, it was to meet an immediate need for nurse-midwives to serve in rural Appalachia. As the British nurse-midwives departed the United States to return home and serve their country the Frontier Nursing Service found itself with a shortage of staff. The plan to open a nurse-midwifery school was immediately put into action. Over the course of the next 75 years the University has evolved, including the transition to distance education, the achievement of accreditation, the addition of new programs, and the tremendous growth. However, the mission has remained the same, and the work of the University has remained focused on meeting the immediate healthcare needs of women and families through the work of our graduates — though now our reach is nationwide and worldwide.

Today, Frontier Nursing University continues to educate nurse-midwives and nurse practitioners to meet our nation's immediate healthcare needs. With the growing demand for primary care, the need for family nurse practitioners and nurse-midwives has never been greater. In 2013, over 500 graduates attained a graduate degree and qualified for the national certification exam. FNU graduates hail from all fifty states and are living in the rural and medically underserved areas that need improved access to care. In fact, our latest demographics revealed that 71% of FNU students reside in federally designated rural counties and 76% reside in Health Professional Shortage Areas. FNU is improving access to quality healthcare with each graduate.

We have several activities planned to celebrate this important year and we hope you will make plans to join us. I look forward to seeing you!

*Susan E. Stone*

Susan E. Stone, DNSc, CNM, FAAN, FACNM  
President

## FNU 75th Anniversary Weekend

**75 Honorees:** We are proud to honor 75 individuals and organizations that have served a special role in Frontier's past and present. Honored individuals will be chosen on the basis of their:

- long-term leadership and service to FNU
- promotion of FNU
- ongoing, longstanding stewardship of FNU
- demonstration of personal commitment to the Frontier mission
- dedication to serving the communities served by FNU
- contributions to FNU's academic success and impact in the field

If you would like to submit a nomination, please email them to Denise Barrett, Director of Development at [denise.barrett@frontier.edu](mailto:denise.barrett@frontier.edu) or call 859-899-2828.

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### October 2-5: 75th Anniversary Gala and Weekend Events

**Thursday, October 2:** Arrival day for out of town guests

**Friday, October 3:**

*Keeneland Race Day:* Group visit to the beautiful Keeneland race track and facilities.

*Reception at the Bodley-Bullock house:* Enjoy an evening at the beautiful Bodley-Bullock house in downtown Lexington.

**Saturday, October 4:**

*Brunch with Silas House at Shakespeare & Co.:* Join us for brunch and discussion with celebrated Kentucky Author Silas House.

*Day trip to Hyden, KY:* Tour the historic campus buildings and enjoy a lunch nearby at Wendover, Mary Breckinridge's home.

*75th Anniversary Gala:* Enjoy a sumptuous dinner, cocktails, and dancing!

**Hotels will book quickly in Lexington in October!**

We encourage you to make your hotel reservations as soon as possible.

**Hyatt Regency Lexington:** (859) 253-12345; [www.lexingtonhyatt.com](http://www.lexingtonhyatt.com)

**Hilton Lexington/Downtown Hotel:** (859) 231-9000 or (877) 539-1648; [www.lexingtondowntownhotel.com](http://www.lexingtondowntownhotel.com); Group Code FNU104

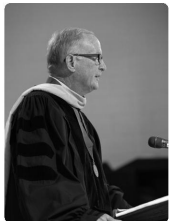
**Doubletree Suites by Hilton Hotel Lexington:** (859) 268-0060; [www.doubletree.hilton.com/lexington](http://www.doubletree.hilton.com/lexington)



More than 500 degrees were awarded to students from almost every state across the nation.

## FNU Awards Record Number of Advanced Degrees

Frontier Nursing University (FNU) hosted its 2013 commencement ceremony on October 26 in Hyden, Ky., home of the historic FNU campus. Over the past year, a record setting number of advanced-practice nurses and nurse-midwives graduated from the University. More than 500 degrees were awarded to students from almost every state across the nation.



Dr. Charlie Mahan delivered an inspiring commencement address to nearly 1,000 graduation attendees

Nearly 200 of these graduates are new nurse-midwives while nearly 300 are new nurse practitioners who will help to fill the national primary care gap. These graduates will provide care to women and families in their communities across the nation and will help to increase access to care in rural and underserved areas. Nearly 1000 attendees were present at the ceremony, including hundreds of graduates and guests along with nearly 150 FNU faculty and staff members.

During the ceremony, student and faculty awards were announced and scholarship recipients were also recognized. Jean Kerfoot Fee, 1959 graduate, was awarded an honorary doctorate for her many accomplishments and her tireless work on behalf of our students. Na-

tionally regarded expert in maternal and child health, Charles Mahan, M.D. delivered the commencement address. Mahan is a University of South Florida Dean Emeritus both in the Department of Community and Family Health, College of Public Health, and the Department of Obstetrics and Gynecology, College of Medicine, and has served as an FNU Board member for 11 years. His message is inspiring to the new advanced practice nurses and midwives entering the work force as graduates of FNU over the past year. Those who attended the ceremony heard the message loud and clear. "As you walk out of this ceremony, I would like you to seize THIS day and EVERY day for the rest of your lives — to help move our country from near the bottom of all developed nations to the top in the health and safety of babies, children and families." Dr. Mahan shared tips for seizing the day as he expressed his firm stance that nurse-midwives and nurse practitioners will help to fill the primary health care gap.

*“As you walk out of this ceremony, I would like you to seize THIS day and EVERY day for the rest of your lives — to help move our country from near the bottom of all developed nations to the top in the health and safety of babies, children and families.”*



You can view the full commencement address at [http://www.frontier.edu/webdocs/2013\\_commencement\\_address.pdf](http://www.frontier.edu/webdocs/2013_commencement_address.pdf).



ALUMNI SPOTLIGHT

## Damara Jenkins, CNM FNU Graduate, Class 48

After contemplating medical school, Damara Jenkins stumbled upon the idea of midwifery. She discovered that midwifery fit more with her personal philosophy, and so from that point on she knew what she wanted to do. She chose to pursue a career as a Certified Nurse-Midwife. A family history tied to Frontier Nursing Service as well as the distance education program format were two big factors in her decision to choose Frontier Nursing University. Her grandfather was a surgeon who had volunteered with the Frontier Nursing Service. Also, as a mother raising four children and working, she found FNU's distance education format a very attractive option. Most importantly, though, the mission is what led Damara to Frontier.

*“My goal was not just to produce more nurse-midwives in Kentucky but also to focus on serving women in my local community.”*

With her personal passion and goals closely aligned with the mission that Frontier has had for 75 years, it was an obvious fit. “My goal was not just to produce more nurse-midwives in Kentucky but also to focus on serving women in my local community,” Damara stated. Damara has now been practicing as a CNM at Woman Care in Indiana (just outside of Louisville, Ky) since July of 2011. Woman Care has an ideal practice set-up; it is a collaborative environment with three nurse-midwives and three OB/GYNs working together to serve the local

area. One unique thing about Woman Care, is that more than 50% of the patients at this practice are from Louisville, although the practice is actually located in Indiana. As the largest city in Kentucky, Louisville unfortunately has no midwifery care options available in the metropolitan area. Damara shares, “Women who seek the care of a nurse-midwife travel up to an hour away to our practice in Indiana. Most patients are just grateful that they have this option available at all.” At Woman Care the CNMs attend approximately 500 births each year at the local partner hospital.

Damara is not only following the mission of Frontier by providing midwifery care through her regular job duties, but she is also serving as a preceptor for FNU midwifery students. In addition, she is very involved in a

local group that is trying to establish a birth center in Louisville. Being a part of the “Friends of the Birth Center” group is a first step to increasing birth options for women in this area.

Damara's story is one that clearly follows the mission of Frontier and hopefully she will inspire others who are contemplating the idea of becoming a nurse-midwife. “I love my job...yes, it's difficult and you have to have the flexibility to change your plans at any given moment, but it is so rewarding just witnessing women's strength.

*“It's also amazing just being a part of the midwifery community and connecting with people from all over the world as we support and learn from one another.”*



**COURIER CORNER**

*By Nancy Reinhart,  
FNU Courier Program Coordinator*



**T**he Courier Program is in full swing for 2014! I have spent the winter making improvements to the program and refining things so the Couriers and the clinics in which they serve to meet critical needs will have the best experience possible. It was a success last year and I know this year will be even better.

As one mentor said of her 2013 Courier: "We have loved having her here... Her help has been amazing. I have been really impressed with the initiative she has taken on whatever projects we have given her and her ability to push forward on these projects independently. I wish we could keep her longer!"

By the time this arrives in your mailbox, we will have selected eight young people from across the country to join us as Couriers this summer. We had a strong pool of applicants this year and I'm looking forward to welcoming and getting to know the group at Wendover in June. They bring lots of ideas, plenty of enthusiasm for Frontier's mission and a willingness to learn.

We are thrilled to welcome Mountain Comprehensive Healthcare Medical Clinic in Whitesburg, KY as a new Courier Program site this year! The Courier at this site will serve under Frontier nurse-midwifery graduate Melissa Newell in addition to other practitioners. Couriers will return to Mary Breckinridge Hospital, Little Flower Clinic and the Hazard Clinic in Hazard, KY, Lisa Ross Birth Center in Knoxville, TN and Women's Wellness and Maternity Center in Madisonville, TN as well.

**Connecting with Couriers**

I've enjoyed connecting with so many of you former Couriers by phone and at recent events. The chance to capture some of the program's fascinating history by interviewing you is a top priority for me. It both enriches the program's development and keeps its history alive. If you are a former Courier who has not yet been interviewed and would like to be, please email me: [nancy.reinhart@frontier.edu](mailto:nancy.reinhart@frontier.edu).

**COURIER SPOTLIGHT**

**Jess Rice**

*Jess Rice served as a Courier in 1994 and says that the Courier program has always stayed "with her." She joined the Courier Advisory Committee in 2013 and is currently pursuing a nursing degree.*



**Briefly introduce yourself.**

I was raised in Pennsylvania but I spent my twenties and early thirties on the West Coast, living two years in Portland, OR and twelve years in Oakland, CA.

I'm a second-career nursing student at the University of Pittsburgh — in the one-year accelerated BSN program (with prerequisites of course!).

I have an undergraduate degree in Biology but I have worked in education (Oakland Public Schools), publishing (Ten Speed Press), and in the solar industry (SunPower Corporation). I also fancied myself a singer-songwriter at one time and got involved in the Bay Area arts scene.

**Briefly describe your experience as a Courier.**

Here are the things I remember the most: watching Sherman Wooten decapitate a copperhead snake with a shovel. Doing home health rounds in a tiny Yugo down little dirt roads that seemed to actually be hiking trails. The fourth-of-July celebration in Wendover with The Greased Pig Contest and Raccoon-On-A-Log contest. Bluegrass. Moonshine. Kudzu. X-ray runs. Learning to drive a stick shift to go on said x-ray runs. Observing my first surgery while trying to hide my shock that the surgeons made jokes and listened to Pink Floyd while operating.

My fellow couriers were probably the most memorable — Dascha Wier, Anne Kelsey, and Michael Todd. They were college seniors and I wasn't even a college freshman yet. I vividly remember late nights on the Garden House porches — listening to The Cowboy Junkies and Tori Amos and talking about medicine and politics and the-meaning-of-it-all.

*How did it impact you, your life and your vocational direction?*

I'm in nursing school now but being a Courier probably had a bigger life impact than that. It was like being in the Peace Corps for me — it forced me to adapt to a culture that was strange to me and to find a way to connect and contribute.

*What is the legacy of the Courier program from your view?*

It puts things in sharp relief — makes you appreciate technology, medical and otherwise, for all its wonders,\*and\* it helps you identify the parts of life that are important that have nothing to do with technology — caring for people, working hard, sticking your neck out, making a difference, and enjoying nature.

*Why do you remain involved?*

I lost touch for a while but I saw something about Sherman Wooten come across an e-newsletter and that's when I jumped back in. He really made an impression on me. And now as a nursing student, I'm interested in Frontier in a new way— professionally — as a case study of sorts. I hope the Courier Program continues to flourish.

**Coming Soon:** *Unbridled Service: The History of the Courier Program*

Delight in a fresh perspective on Frontier Nursing history told through pages of colorful and rich stories and photos about Mrs. Breckinridge's famous Courier Service. FNU professor Anne Cockerham's book *Unbridled Service: The History of the Courier Program*, to be published this spring, will serve as a companion to *Rooted in the Mountains, Reaching to the World*. The book takes us through each era of the 85-year service learning program, detailing Couriers' support of FNS functions throughout the years and the evolution of the Courier service up to today.

If you are a former Courier, this book will surely connect with your memories of the time you will never forget. Told primarily from the perspective of Couriers like yourself and accompanied by hundreds of striking photographs, you will surely find yourself in its pages and relish the experiences of which it reminds you.

*Unbridled Service: The History of the Courier Program* will be published soon and sold through our website at [www.frontier.edu](http://www.frontier.edu). We'll notify you by mail as soon as it is available for sale.

FIELD NOTES

## Frontier Nursing University names new Dean of Nursing and Associate Deans



**D**r. Julie Marfell, DNP, APRN, FNP-BC, FAANP has been named as the Dean of Nursing at Frontier Nursing University and recently began serving in this new role. Dr. Marfell follows Dr. Susan Stone who has served as both President and Dean for twelve years. With the increasing growth of the University, the decision was recently made to split the roles of president and dean to better serve the educational needs of the increasing student population. Dr. Stone will continue in the role of President while Dr. Marfell will take on the role of Dean.

Dr. Marfell has led FNU's family nursing program for 14 years serving as Department Chairperson of Family Nursing for 10 years and as Associate Dean for Family Nursing for 3 years. Dr. Marfell has an extensive background in nursing education, nursing leadership and as a family nurse practitioner. She earned degrees from Barnes Hospital School of Nursing in St. Louis, MO and Rush University in Chicago, IL. She has been a certified family nurse practitioner for 19 years.

Dr. Marfell shares, "I am very proud to have the opportunity to be the Dean of Nursing at Frontier Nursing University. Nurse-Midwives and Nurse Practitioners are needed now more than ever to meet the predicated shortage of health care providers and increase access to quality health care. We are continuing our tradition of preparing registered nurses to provide excellent care to women and families with our new MSN+DNP curriculum that began in January of 2014. The faculty members at FNU are leaders in education and are all certified in their professional specialties. I am excited to be leading this faculty as they educate our students to begin their careers as nurse-midwives and nurse practitioners."

With the two separate roles of President and Dean, FNU is better poised to serve its increasing student body, with current enrollment at more than 1500. The leadership transition will allow the University to focus more on strategic education goals in addition to fostering the innovative, student-focused, community environment that it strives to provide.



**Dr. Anne Cockerham, PhD, CNM, WHNP-BC**, has been named as the Associate Dean of Midwifery and Women's Health. Dr. Cockerham has served as course coordinator and FNU faculty member for four years and will also continue to serve in her recently appointed position as Professor of History where she devotes a portion of her time to preserving, recording and disseminating the unique history of the University.

Dr. Cockerham holds certification as both a nurse-midwife and women's health care practitioner which uniquely positions her for serving in the role of Associate Dean for the midwifery and women's health programs. She earned her Master of Science in Nursing from Case Western Reserve University, certificates for nurse-midwifery and women's health from FNU and a PhD with a focus in nursing history from the University of Virginia. As Associate Dean of Midwifery and Women's Health, Dr. Cockerham will ensure that FNU's community-based nurse-midwifery and women's health graduate programs continue to excel and attract the most qualified students.



**Dr. Lisa Chappell, PhD, RN, FNP-BC**, has been named as the Associate Dean of Family Nursing. Dr. Chappell has served as an FNU Course Faculty, Course Coordinator and Clinical Bound Team Leader for five years.

Dr. Chappell has been a certified family nurse practitioner for eighteen years and a nurse for 38 years. She also has sixteen years of teaching experience. Dr. Chappell's teaching and administrative experience combined with her drive for excellence certainly positions her for serving in the role of Associate Dean for FNU's family nursing program. She earned her Master of Science in Nursing from the University of Alabama in Birmingham where she received both her family nurse practitioner and maternal infant clinical nurse specialist certifications. She also earned her Doctor of Philosophy in nursing from the Medical College of Georgia. As Associate Dean of Family Nursing, Dr. Chappell will ensure that FNU's family nursing program continues to successfully attract the most motivated and mission-driven nurses.

## Mary Breckinridge Festival hosted in Hyden

The annual Mary Breckinridge Festival was held Sept. 30-Oct. 5, 2013 in Hyden. FNU hosted a booth and gave out FNU brochures, pens and note pads to hundreds of people. The "I Am an FNS Baby" pins were given out to many who were delivered by an FNS midwife, some at home and some in the hospital. FNU staff were honored to meet the younger sisters of the "Baby in the Saddlebag" photo. The baby was Arbert Asher and his mother was Nellie Asher. They've been told, by family members, that he was the first baby delivered by the nurses, when they came to Leslie Co. in 1925. FNU had a free drawing for a copy of "Rooted in the Mountains," which was very popular as well. Donna Nantz, from Stinnett, won it. The FNU float won 1st in heritage and 2nd overall. FNU staff also participated in the Relay for Life "Amazing Race." John Wooton and Chasity Collett represented FNU as a team and the FNU booth was one of the pit stops. FNU faculty and staff enjoyed the festivities and look forward to next year's festival!

*John Wooton and Chasity Collett participate in the "Amazing Race."*



*The FNU float won 1st in heritage and 2nd overall.*

## Annual Fall Committee Events held in Lexington, Louisville, Cincinnati and Boston



*Bluegrass Committee members Linda Roach, Selma Owens, Helen Rentch, Vicki Tobin and Lindy Karns present the Bluegrass Committee Scholarship to FNU student Lana Little*

### Bluegrass Committee hosts luncheon and awards first Bluegrass Scholarship

FNU faculty and staff gathered with friends and supporters at the annual Bluegrass Luncheon event, hosted on Sept. 25, 2013. Musicians Anna Harrod and Darrin Hacquard, students at Berea College, opened the event by performing Bluegrass tunes for

our guests on the patio of the Lexington Country Club on a beautiful fall day.

FNU President Susan Stone and Dean Julie Marfell led this annual gathering of our friends, many of whom have longtime connections to Frontier or who trace their roots to Hyden, Ky. Alumni Shirley Pollard Ramsey, a family nurse practitioner graduate, and Kendra Adkisson, a nurse-midwifery graduate, inspired our guests by speaking about the work they are doing to improve healthcare in their communities. Lana Little, a current family nurse practitioner student who lives in Paris, Ky., was presented with the first Bluegrass Scholarship, created through efforts led by the volunteers on our Bluegrass Committee. Our guests with Hyden roots included Elizabeth Kramer, who grew up in Hyden and who serves on FNU's Leadership Council; Tibby Adams, whose mother was a friend of Mary Breckinridge's; Martha Copeland, an FNS baby; and sisters Erma Kemble, Teresa Stacy and Deanna Stacy, originally from Hyden.

FNU wishes to extend a special thank you to Neace Lukens insurance company and company executives Mark Bizer and Dino Lancianese for generously sponsoring the luncheon. We also are grateful for the continuing support of our dynamic volunteers who serve on the Bluegrass Committee: Linda Roach,

Helen Rentch, Fra Vaughan, Lindy Karns, Vicki Tobin, Selma Owens, Ann Evans, and Martha Copeland.



*President Stone presents Betty Brown with an FNU pin in recognition of her support of the endowment campaign*

### Louisville Committee Hosts Annual Luncheon

On November 10, 2013 a group of 30 Frontier friends and donors gathered at Louisville's River Valley Club. Organized by the Louisville committee and hosted by committee chair Sandy Schreiber, the luncheon was enjoyed by all. Guests were moved by a presentation by former Courier Kaleigh Hire about her experience serving and working under Frontier midwives at the Lisa

Ross Birth Center in the summer of 2013. Frontier donors Mary Clay Stites, Betty Brown and Donald MacLean Bell (MacLean Foundation) received pins honoring their contributions to Frontier Nursing University. We were honored to provide updates to supporters, re-engage with longtime Frontier friends, and introduce new guests to our work and mission.

### Marian Leibold hosts Cincinnati Committee Dinner

Long-time Frontier supporter and former Courier Marian Leibold hosted a dinner on behalf of Frontier Nursing University on October 16, 2013. Marian hosted the dinner at the historic home where she grew up, which is currently for sale. The home was built in 1906 by Mary Hanna and purchased by her parents in 1957. With a view of sunset

over downtown Cincinnati surrounding the thirty-five guests in attendance and a miniature horse complete with saddlebags grazing in the front yard, the location was a spectacular setting in which to discuss Mary Breckinridge's far-reaching perspective on healthcare and service. Mrs. Leibold, FNU President Susan Stone and Courier Program Coordinator Nancy Reinhart were able to introduce several individuals unfamiliar with Frontier to our



*Former Couriers Kit Wysor and Marian Leibold*



history and work. Especially meaningful for Mrs. Leibold was the presence Kit Wysor — a fellow former Courier with whom she served and later became lifelong friends. As always, we were honored for the opportunity to visit with friends in the area and share updates from FNU.

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### **Boston Committee Hosts Luncheon and Names Lees Breckinridge Yunits New Committee Chair**

Mrs. Patsy Lawrence, former Frontier Courier and longtime supporter of Frontier Nursing University, has served as the Chair of the Boston Committee for many years. Annually, Patsy coordinates a beautiful luncheon at the Dedham Country Club in Dedham, Massachusetts, and invites fellow Couriers, friends and supporters of Frontier Nursing University to gather for fellowship and updates from President Susan Stone.

The 2013 luncheon was held on a beautiful fall day in November. Couriers Frances Keene, Deborah Smith, Sarah Steck and Lois Cheston attended, along with supporters Peter Breckinridge Coffin, Lees Breckinridge Coffin and Caroline Standley. President Stone reviewed the latest updates and achievements of the University and Denise Barrett informed the group of our success in the endowment campaign. President Stone presented Mary Breckinridge Society lapel pins to Patsy Lawrence and Lois Cheston, in recognition of their contribution to the endowment campaign.

We are excited to announce that Lees Breckinridge Yunits, great-niece of Mary Breckinridge, accepted the position of Chair of the Boston Committee. She will work with Patsy and FNU staff to continue the Boston Committee event and outreach in the area. We look forward to our next trip to the Boston area for Peter Coffin's annual Kentucky Derby Party and another luncheon next fall.

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### **Mountain Club of Lexington Endows New Scholarship Fund for FNU**

Members of Lexington's Mountain Club attended a luncheon on Friday, December 13, 2013 at FNU's administrative office. The Mountain Club was formed in 1929 to maintain social and employment-related connections between

mountain people staying in the area and those moving to Lexington, KY. Mary Breckinridge was named a lifetime member of the club. At its height, the club had as many as 1500 members. The December 2013 meeting was a historic one as it represented the last official gathering of the club. President and Treasurer, Elizabeth Kramer, supported by thirteen other club members present, awarded FNU a portion of the remainder of the club's funding — a sum totaling \$85,000. The money will be used as a scholarship corpus to offer an annual scholarship to a student from one of 52 named Kentucky mountain counties. This scholarship is given in memory of former Mountain Club members and in honor of the current Mountain Club members. Frontier Nursing University is honored to invest this funding and provide annual scholarships to deserving students.

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### **Wanted: Handmade Items**

One type of gift that has been very popular for many years are homemade baby caps, blankets and scarves. Frontier nurse-midwifery students present a handmade baby cap to the first baby whose birth they attend, and our nurse practitioner students present lap quilts or scarves to their patients. As our university continues to grow, we will need more and more of these wonderful items. The size needed for lap quilts is approximately 40 by 42 inches. Yarn should be worsted weight.

We appreciate the many knitting groups and friends who send items to us. These baby caps, scarves and blankets are circling the globe as our students pass them on to women and families and share the story of Mary Breckinridge and the Frontier Nursing Service. It's such a special way to pass on the vision and mission of Frontier! Thank you to the following groups and individuals who have sent items recently:

Rev. LaVonne Althouse  
Elina Comer and the St. Vincent de Paul Knitters  
Susan Dow Johnson- CNEP Class 3  
Harriet Palmer  
Helen Stadtmiller  
Ann Williams and the National Society Daughters  
of Colonial Wars in the State of Georgia

### The Wendover Bed and Breakfast Inn Expands

In 2013, the Wendover Bed and Breakfast Inn has added 8 additional guest rooms to increase our current number to sixteen guest rooms. The additional rooms were part of a new Kentucky law that allows a greater number of rooms for bed and breakfasts. The past limit was only 9 rooms. We have had many rooms in the Garden House that our Couriers have traditionally stayed in and an apartment in the Wendover Barn that could not be certified as guest lodging until now. We can now host groups of up to 24 and also have The Livery available as meetings space, making this an ideal spot for a small group event.

There are six rooms in the Garden House with a single twin bed and the Garden House Suite with a full sized bed and private full bath room. The Wendover Barn Apartment is perfect for families as it has a queen bed in the Master Bed Room, a sofa with pull out bed a nice living room and a full private bathroom. We also have affordable rates to fit any budget. Please visit our webpage at [www.frontier.edu/bedandbreakfast](http://www.frontier.edu/bedandbreakfast) for additional information and become a fan on our Facebook page at [www.facebook.com/WendoverBigHouse](http://www.facebook.com/WendoverBigHouse). We also have listings on two popular travel sites: Trip Advisor.com and Yelp.com. Make plans to visit us at Historic Wendover soon!

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### Picture Kentucky Workshop comes to Leslie County, Kentucky

During the month of October, photojournalism students from the University of Kentucky and Kent State University spent a week with noted photojournalists from across the country at a workshop called Picture Kentucky. The goal of the Picture Kentucky Workshop Series is to teach students how to tell compelling stories through photographs. It is the hope of the workshop's organizers and financial supporters that the students will share in an intense, fulfilling experience that they will carry with them for a lifetime. All participants at this year's workshop stayed at the Wendover Bed and Breakfast Inn and based their headquarters at the Livery. To view the wonderful photographs that the students captured at the workshop, visit [www.picturekentucky.org](http://www.picturekentucky.org).

We hope to have additional workshops and retreats for other groups at the Wendover. The Livery is a multi-purpose facility that is the ideal spot for meetings and other gatherings.

### Beech Fork Nursing Center

*In December, the first outpost district clinic that was built for the Frontier Nursing Service, the Historic Beech Fork Nursing Center, was burned to the ground. No one was hurt in this fire but an important piece of Frontier history is now lost. The Beech Fork Nursing Center was a pre-cut mail order kit home that was purchased for \$1,800 from the Aladdin Company in 1925. Over the years, many Frontier nurses, including current Mary Breckinridge Chair and FNU Board member Kitty Ernst, called Beech Fork home. Below is the story Mrs. Breckinridge used to describe the construction of Beech Fork in her autobiography, Wide Neighborhoods.*

---

#### Jessie Preston Draper Memorial Nursing Center "Beech Fork"

Our first outpost nursing center was also the first place to be built after Wendover. Gladys Peacock and Mary B. Willeford had been with us about two months, in 1926, when I told them to go up to Beech Fork to open up the district there and build the nursing center. They said that they knew nothing whatever about building. I replied that neither had I known anything about it when I built Wendover. If I could learn by doing, so could they. The site chosen was thirty two miles from the shipping point which was Pineville in Bell County. It took the mule teams four and sometimes five days to go to the railroad and return with supplies. Peacock and Texas rode off with the light hearts of those whose ignorance is total. Since there was no trained builder anywhere near that section, and no possibility of getting one to go in, I had ordered with the permission of the donor, Mrs. Draper Ayer of Boston, a ready-built house to be shipped to Pineville and hauled across to Beech Fork. Its plumbing was to come with it. The circular about it implied that a child could put it up, with a little help from daddy and mummy. I sent a man to the site to drill a well. This was so abominably done that I fired the man in the Middle Fork with the river rising so quickly that, tall as Teddy Bear was, it had reached his belly. There wasn't time for argument. I sent the driller out on one side of the river while I rode out on the other. A second well man drilled a decent permanent well, later.

Peacock and Texas stayed with our old friends, Mr. and Mrs. Carlo Hoskins at Hoskinston, near the mouth of Salt Well Creek, two and a half miles below the site of the nursing center. Their first job was to build the barn, and get the foundations for the house laid in advance of its arrival. They did not want to show their ignorance of the task to which they were assigned, but it took a lot of bluffing on their part not to lose face. The first morning after their arrival, they got to the site at seven o'clock and found twenty-five

men all grouped around beech trees, all wanting to work, and all waiting for directions from them. After they had told some of the men to cut down the trees where the house and the barn were to go, others to dig the foundations, and those who could quarry to get out stone, Peacock was approached by Mr. Carlo Hoskins who, because of his experience and intelligence, had been chosen to be foreman. He said to her, "What about the sills?"

"What about what, Mr. Hoskins?"

"Sills."

She said afterward that she felt swamped. What were sills? Surely he could not be talking about window sills yet, before the foundations were even dug. She looked wise and thoughtful.

"Well, Mr. Hoskins," she said, "I'll ask Miss Willeford. Mrs. Breckinridge may have said something to her about them."

So Peacock went down the hill to the barn site where she found Texas. She called her to one side and said, "What about sills?"

"What about what?"

"Sills."

"What the dickens are sills?"

Peacock replied, "Well, look here, old sport, Mr. Hoskins has asked about sills. What are we going to do about it? We can't let him think that we don't know what they are. We've just got to bluff."

They scrambled up to where the foreman was standing. "Mr. Hoskins, Mrs. Breckinridge did not say anything to Miss Willeford about sills." Here Texas chipped in casually, "Er-what would you suggest, Mr. Hoskins? You know these parts so much better than we do."

"Well, I reckon you can get all you want off Luther Moseley's land. He said you could have all the timber you needed."

So it was timber!

"How soon do you think you'll be ready for them?"

"I reckon we'd better be getting them out right now."

They delegated four men to go with Mr. Hoskins, who climbed the hill at the back of the house site for about half a mile. Peacock and Texas slowly followed at some distance away, out of sight. They meant to find out what a sill looked like. Soon two enormous trees came rolling down the hillside, splashed into the water, and floated down the river until they landed on a shallow spot. Four mules, dragging large chains and hooks, were attached to the trees and snaked them up to the site. The sharp blows of four axes rang out. Little by little, slowly and evenly, the men hewed until the two large trees were made into four even blocks thirty feet long and eight inches deep. So these were sills. The whole of their house was to rest on these blocks. No wonder that Mr. Hoskins thought them important!



NOTES

**Leah Atkinson**, CFNP Class 87 will publish an article in the *Journal of Pediatric Nursing*. The title of the article is "Advancing Adolescent Maternal Development: A Grounded Theory." It will be featured in one of the upcoming issues.

**Leslie Brooks**, former Courier, writes that she still looks back fondly at her days at FNS as a Courier in 1974, 39 years ago! She also writes that she started donating blood at FNS due to a shortage and has continued to donate on a regular basis. So far she has donated over 10 gallons!



**Jo Ann Burke** shared this 1904 photo of midwives posing with a pelvis. A nod to our historic profession!

**Jean Byrne** writes that she worked for Frontier Nursing Service as assistant statistician and assistant bookkeeper from September 1941-1942. She returned in May 1943 as Head Statistician and stayed until 1946. She is now living in a retirement community and concludes that her FNS memories are wonderful.

**Evelyn Chanler** writes that she was a Courier in 1949, 64 years ago, and has many fond memories and that it was a wonderful experience.

**Caroline Delafield Cox** recently made a gift in memory of her godmother, Flicka Delafield Van Praagh, noting that Mrs. Van Praagh participated in the Courier program as a young person and never forgot her experience and spoke of it until the end of her life.

**Karen Herman**, CNEP Class 10, retired in January 2012 after 14 ½ years with the Arkansas Department of Health.

Class 90 graduate, **Jennifer Hoadley**, CNM is developing a project aimed at creating a documentary on Midwives for Haiti (a project started by another FNU graduate, Nadene Brunk). Please read more about her project at [www.alaskafilmforum.org/m4h-doc](http://www.alaskafilmforum.org/m4h-doc) or like her project on Facebook at [www.facebook.com/MidwivesForHaitiADocumentary](http://www.facebook.com/MidwivesForHaitiADocumentary).

FNU Faculty Member, **Diana Jolles**, CNM, MS is leading a virtual community for students, faculty, and practicing midwives via the Institute for Health-care Improvement (IHI) Open School courses.

**Janice Kersgaard** writes that she retired from teaching nursing and midwifery in Pakistan for 32 years. She now teaches Certified Nurse Assistants at a local community college. She returned to Pakistan in 2013 for three months and plans another 3-month trip in 2014.

CNEP Class 70 graduate **Lindsay Lachant**, is the newest midwife at Connecticut Childbirth & Women's Center! Congratulations on your new position, Lindsay!

**Mary M. Malone** (1974 graduate) writes that she has retired after 38 years of midwifery practice. Mary writes "I will forever be grateful to all the women who allowed me into their lives during their pregnancies and beyond. The benefits I received far exceeded any care of advice that I was able to share. I never imagined as a student that I would find a career so challenging and thoroughly enjoyable. Thank you to all who helped make that possible."

**Carmine "Margo" Mowbray** writes from her home in western Montana. Her first work of fiction, *An Answering Flame* is based on the true stories of her aunt, Doris Reid, who was a nurse-midwife in the Frontier Nursing Service during World War II.

Margo spent time in Wendover examining FNS archives and researching the Leslie, Clay and Perry County area. "The folks I met in Kentucky were warm and very helpful. It was clear that since its beginning, the FNS continues to make a big impact on people's lives and well-being," she said.

This 206-page book includes historic photos from both the FNS and University of Kentucky archives and quotes from Mrs. Breckinridge's *Wide Neighborhoods*.

"I can't take credit for these amazing stories. Aunt Doris wrote an amateur memoir in 1980 that was full of thrilling episodes of treating folks with only what she could carry in her saddlebags. Her book sat on my shelf all these years. It was a real joy to present her stories more professionally for readers to enjoy," Margo says.

*An Answering Flame* is available at retail stores for \$15.95; and on Amazon.com in both soft cover and a Kindle version for \$4.99. Her website is: [www.authormargomowbray.com](http://www.authormargomowbray.com)

**Virginia Mucciaccio**, State Treasurer of the Daughters of Colonial Wars in the Commonwealth of Massachusetts, writes that her late mother, Ethel Ledegang, knit more than 1,000 baby caps for Frontier and took great pride in doing so. Her mother lived beyond her 101st birthday, and enjoyed the many thank you notes she received from students. She even insisted that when she passed the notes be on display at her visiting hours. Thank you for the continuing support from the DCWs of the Commonwealth of Massachusetts!

**Patrice Lihatch Mushlin** writes that "this old Courier is thrilled to know the program is up and running again!" We are too, Patrice!

Congratulations to CFNP Class 69 Graduate, **Rebecca Ray**—she is a new board member for the Ohio Association of Advanced Practice Nurses!

**Clara Rice**, graduate class of 1953, writes that she worked as a missionary nurse in Burundi and Rwanda, Africa and is now living in an assisted living facility. She retired in 1990, but worked as a volunteer in a small clinic until 2011.

**Leslie Rigney** (formerly Olivas) married James Rigney in February 2013 in Korea. They now reside in Brooklyn, NY and Las Vegas, NV. Leslie is retired from 15 years service at Indian Health Service as an OB nurse.



Leadership Council members **Sandy Schreiber**, **Betty Brown** and **Mary Clay Stites** enjoyed a stay at the Wendover B&B last fall. Here they pose with the statue of Mary Breckinridge located in downtown Hyden.

**Ms. Helen Sproat** writes that her father, Dr. Scott McKell sent Frontier Nursing Service regular donations and that after his death, her mother, Estelle McKell continued to support Frontier. Ms. Sproat is glad to continue that support and her family has been supporting Frontier for more than 70 years! Thank you for your commitment!

**Suzie Stammer** writes that she loves getting the Quarterly Bulletin and remembering her Courier days in the summer of 1968 and 1969! Her stepmom, Judy Stammer, got her involved and she loved it!

**Karen Watt**, CNM (CNEP Class 7) is birthing a new full scope midwifery practice at Texas Health Resources Presbyterian Hospital with fellow Frontier alumnus, Robin Fincher.

**Estella Wetzel** is joining the ROHC (Regional Occupational Health Clinics) in Springfield, Ohio. ROHC is a multi-specialty practice offering general medicine, occupational medicine, chiropractic medicine, physical therapy, and acupuncture services.

**Patience White** writes that she still looks back on her Courier days as very formative and adds that it set her path to be a physician interested in public health policy.

**Tracey Wiese**, Post-Master's DNP Class 9 Student, FNU grad and our first Jonas Scholar, presented her work in Washington D.C. on October 28th at the Jonas Scholars Conference, as part of her scholarship requirements. Her Capstone Project is the creation of an educational program for Alaskan Primary Care Providers on the early recognition and adequate reporting of Child Maltreatment.

**Martha Finkelstein Young** writes that she still cherishes her memories of being a Courier in 1978!

### We want to hear from you!

Please send your news and updates to [alumniservices@frontier.edu](mailto:alumniservices@frontier.edu) so that we may share them with the Frontier family through our online and print communication channels. You may also mail updates to Frontier Nursing University, Attn: Quarterly Bulletin, 132 FNS Drive, Wendover, KY 41775.

### 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.*

**Colonel James Thomson Breckinridge**, USMC (retired) passed into eternity to be with his Lord and Savior, Jesus Christ, on Friday, October 11, 2013 at Arbor Acres, Winston-Salem, NC. Colonel Breckinridge was associated with the US Marine Corps his entire life. The son of a career Marine officer, he was born on May 17, 1924 in Washington, D.C. where his father commanded the Marine Barracks. As a youth, he lived on Marine installations at Quantico, VA, Parris Island, SC, and Palo Alto, CA. In the 1930's he lived in China when his father commanded the Marine detachment in Peking. Colonel Breckinridge was a graduate of Saint James School in Hagerstown, MD. He attended the Virginia Military Institute for one year before being selected for the Marine officer candidate program at the University of North Carolina, Chapel Hill. After being commissioned a second lieutenant in August, 1945, he joined the First Marine Division in North China as the intelligence officer for the Seventh Marine Regiment. As a first lieutenant, Breckinridge commanded the Marine security guard for the US embassy in Paris, France. During the Korean War, he saw action as an infantry platoon commander with the Fifth Marine Regiment. Breckinridge served two tours in South Vietnam, each time as an adviser to the Vietnamese Marine Corps. Other career highlights included the command of the Second Battalion, Second Marine Regiment at Camp LeJeune, NC, and command of the Marine Barracks at Great Lakes Naval Training Center. Colonel Breckinridge was predeceased by his parents, Lieutenant General James Carson Breckinridge and Dorothy Thomson Breckinridge and his brother, First Lieutenant John Cabell Breckinridge, who was killed during the Korean War. He is survived by his wife of 66 years, the former Julia Harrison of Little Rock, AR, whom he met while they were students at the University of North Carolina. He is also survived by his daughter, Julia Breckinridge Davis, two sons, James Carson Breckinridge (Deborah) and John Cabell Breckinridge; three granddaughters, Julia Harrison Davis, Catherine Davis Hornaday (Matthew), and Katherine Graham Breckinridge; and great-grandson, Knox Thomson Hornaday.

Col. Breckinridge was a nephew of Mary Breckinridge and longtime supporter of Frontier Nursing Service and Frontier Nursing University. His daughter, Julia, served as a Courier for the Frontier Nursing Service and continues to remain engaged with the work, most recently hosting a tea at her home in North Carolina.

**Felicia (Flicka) Van Praagh**, a former FNS Courier and longtime supporter, passed away early Christmas morning at the age of 79. She is survived by her loving husband Ian, her three children Cecily, Ian and Giles, their spouses Alex, Anne and Stacy and five grandchildren Helen, Louisa, Sam, Emma and Claire. Flicka was a gallant force in the



lives of many. She headed up international adoption for many years at Spence-Chapin where she placed in excess of 500 children. Flicka was the fifth generation of her family to be born in Manhattan. She and her husband Ian raised their family on the Upper West Side and in St James on Long Island. She will be remembered for her generosity, selflessness and practicality. She will be sorely missed by family and friends alike.



**Virginia "Ginny" McAlister** passed away peacefully on Saturday, February 8, 2014 at Agrace Hospice Care in Madison after a year and a half struggle with cervical cancer. Ginny was a Frontier Nursing University student studying to become a nurse-midwife. On February 6, 2014 she was awarded an Honorary Masters in Nursing from Frontier Nursing University.

FNU was honored to grant the honorary degree to Ginny. Her dedication to continue her studies in nurse-midwifery demonstrated her passion for improving the lives of women and children. She was an inspiration to the faculty and students at FNU.

Part of CNEP 88, Ginny began her journey to become a Frontier midwife in the summer of 2011. In July of 2012, Ginny was diagnosed with a rare and fast-growing cervical cancer. Throughout her battle, Ginny continued to take classes at Frontier. During some especially hard times, her family and friends questioned the wisdom of Ginny's decision to remain enrolled.

Perhaps she explains it best in her October 2013 **C is not for cookie** blog post: (<http://cisnotforcookie.blogspot.com/>)

*"I feel extreme guilt about school. I have had a lot of people question why I don't just give up school and I'm sure it doesn't make sense to many others. I know I shouldn't have to explain myself, but I'm going to briefly. I am almost done. I have done all the classes. I have a paper to write for a non-clinical class and then clinical work. I have over 300 hours towards my required 675 clinical hours. This is my dream. This is so important to me. There is more that I can't explain here like how the entire time I have done this program it has been a struggle with my own mortality and strength, or how much all of my family has given up to support me. I've had endless discussions about this topic with Geoff and my parents and my friends and the decision is always the same...I need this. I need to do this. Even if I am going to die, I want to die knowing that I finished my Midwifery degree. That I made it. That I have my master's degree and that I wasn't a quitter. I'll go so far as to say this is one of my dying wishes. It's about so much more than me. It's about what I believe in and what I want to be in my kid's eyes. It's about the example I want to set for them."*

Frontier Nursing University is establishing an endowed scholarship in Ginny's name. This scholarship will be awarded annually in her memory. Gifts to the scholarship fund can be made online at [www.frontier.edu/online-giving](http://www.frontier.edu/online-giving) or by mail and made in honor of Virginia McAlister. Thank you to all who have contributed so far.

TRIBUTES

*The following people gave contributions to Frontier in memory of Virginia "Ginny" McAlister. The list is complete as of 2/14/14.*

**Virginia "Ginny" McAlister**

Brenna Reimber  
Shandra Andry  
Amanda Murray  
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Nancy Beall  
Nancy Pol  
Theresa Mantle  
Kathryn Schrag  
Claudia DeBlaw  
Shigang Li

TRIBUTES

The following people gave contributions to Frontier in memory of their friends or loved ones. The names in bold are the deceased.

**"Grace's Gift"**

Class 95 Students:  
Debra Erich  
Jacqueline Hebron  
Kelly Hokit  
Melissa Lawlor  
Jacquelyne Brooks

**Colonel James T. Breckinridge**

Julia Breckinridge Davis  
Virginia Holmes Brown  
Alice Hinman  
Mrs. Paul K. Holmes  
Mr. and Mrs. F.D. Hornaday, III  
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**Michaelis**

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**Sheila Mumford**

Kentex Mineral Co.

**Shirley T. Ohl**

Harriet Nicol

**Georgeanna Page**

Washington DC Alumnae of Alpha Sigma Alpha

**Flicka Delafield**

**Van Praagh**

Caroline Delafield Cox  
Mr. and Mrs. John Dennis Delafield

**Ruth Longfellow Wright**

Marilyn F. Wright

The following people gave contributions to Frontier in honor of their friends or loved ones. The names in bold are the honorees.

**Faye Feltner**

Jeff Feltner

**Jean Feltner**

Jeff Feltner

**Jeff Feltner**

Wanda Feltner

**Betty Leggett**

Jeff Feltner

**In Honor of Donald and Karen Hellwig's 50th Wedding Anniversary**

Joyce Wiechmann

**Marion and Jack Leibold**

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**Kathleen Lewis**

Jeff Feltner

**Linda and Steve Longstreth**

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Front row, l-r: Marion McCartney, Jane Leigh Powell and Nancy Hines; back row: Dr. Michael Carter, Michael Rust, Dr. Susan Stone, Dr. Charles Mahan and John Foley. Not pictured: Dr. Wallace Campbell, Kitty Ernst, Ken Tuggle and Dr. Nancy Fugate Woods

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**Barb Gibson**, Facilities Manager

## YOUR GIFTS AT WORK

FNU launched a \$10 million endowment campaign in late 2011 and we are pleased to report that nearly \$2 million in donations has been allocated towards the growth of the endowment so far. Building the endowment is an important effort that will support three main components of FNU operations: Students, Faculty, and Facilities. Many of the major contributors to the endowment campaign have utilized planned giving in order to make a substantial gift that is mutually beneficial to both FNU and the donor. Please consider the FNU Endowment in your estate planning and consider other vehicles for supporting Frontier such as IRA distributions, life insurance policies, or annuities.

Endowed Scholarships will benefit FNU students forever and provide donors with an opportunity to honor or memorialize individuals. Several new endowed scholarships have been established including the following:

- The Kentucky Mountain Club of Lexington Scholarship
- Van Sloun Scholarship
- Mary Wilson Neel Scholarship
- Susanne P.W. Grandin Scholarship

Annuities are another method for supporting the FNU endowment and reaping immediate tax benefits. John Henry, of Ohio, established a Charitable Gift Annuity (CGA) with FNU in 2012. Mr. Henry made this donation to FNU in honor of his sister, Virginia Henry. Virginia did not attend Frontier, but practiced as a nurse all her life and was always supportive of Frontier's work. He says he was tickled to be able to honor her in this way. Virginia Henry is recognized as a Sponsor in the Mary Breckinridge Society. The Mary Breckinridge Society has been established to permanently recognize all of the donors who contribute to the endowment campaign. The CGA allowed Mr. Henry to have an immediate tax deduction in 2012 for a portion of the gift. FNU manages the annuity and makes regularly scheduled payments to Mr. Henry from the fund.

Designating FNU as a beneficiary of a life insurance policy is another way to make a planned gift, contribute to the campaign's success, and be recognized as part of the campaign. For those that receive annual distributions from a retirement account, but would benefit from reducing their annual income, IRA distributions can be designated to FNU and counted as a charitable deduction. Finally, gifts of appreciated stock are a convenient method of transferring funds to the FNU endowment.

We want to help you to make a gift that is meaningful, recognizes you or your loved ones, and funds the activities of FNU that are most important to you. Please call Denise Barrett, Director of Development with any questions. (859-899-2828 or Denise.Barrett@frontier.edu).

## Ways to Give: A Lasting Investment

*Your investment in Frontier Nursing University is an investment in quality healthcare for all.*

There are many ways you can support FNU. Gifts ranging from donations for operations to trust instruments to testamentary gifts each provide much needed support for our work. Some of the more common methods are:

- **Annual Fund Donations:** Gifts may be made by check or credit card and can support the general operations of FNU, or be restricted to particular programs. You can use the enclosed remittance envelope or make a gift online at [www.frontier.edu/online-giving](http://www.frontier.edu/online-giving).
- **Stock Gifts:** You can donate your appreciated stock directly to FNU. Please call the Office of Development for instructions.
- **Charitable Remainder Trusts:** These gift instruments allow you and/or your loved ones to benefit from monies placed in the trust during your/their lifetime. Upon the death of the named beneficiary, the remaining balance in the trust is transferred to FNU.
- **Perpetual Income Trusts:** These gift instruments allow the income from monies you place in trust to benefit FNU in perpetuity. The principal of your gift remains intact for the life of the trust, and the income it generates is transferred periodically to FNU.
- **Life Insurance:** You can name FNU as the beneficiary of your life insurance policy, or transfer ownership of the policy directly to FNU.
- **Charitable Gift Annuity:** You can give a one-time gift to FNU in exchange for fixed, recurring payments over the balance of your life. Upon your death, the balance of your original gift is maintained by FNU for its general use.
- **Testamentary Gifts:** You may make provision in your will to provide a specific bequest to FNU, or provide for some or all of your remaining estate to be given to FNU upon your death.

Each of these gift avenues has specific tax implications. Please contact your attorney or financial advisor for further information. For additional information on making a gift to FNU, please call 859-899-2828 or email Denise Barrett, Director of Development at [denise.barrett@frontier.edu](mailto:denise.barrett@frontier.edu).

**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