

# **FNS**

**FRONTIER NURSING SERVICE**

September 2011 ■ Volume 87 ■ Number 1



## **CELEBRATING 10 YEARS AS A B&B**

Since 1925, Mrs. Breckinridge's Log Home, The Big House, has hosted guests from around the world. In 2001, the Big House and Wendover Barn became certified as a B&B, and the Wendover Bed & Breakfast Inn was born.

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US ISSN 0016-2116

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Frontier Nursing Service Quarterly Bulletin (USPS 835-740, ISSN 00162116) is published at the end of each quarter by Frontier Nursing Service, Inc., 132 FNS Dr., Wendover, KY 41775. Periodicals Postage Paid at Hyden, KY and at additional mailing offices. Subscriptions: \$5 per year. POSTMASTER: Send address changes to Frontier Nursing Service Quarterly Bulletin, 132 FNS Dr., Wendover, KY 41775.

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## Introduction to Frontier Nursing Service

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 childbirth 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 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.

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@frontier.edu](mailto:michael.claussen@frontier.edu).

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

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### THE JOURNEY

*by Jane Leigh Powell,  
Chairman of the Board of Governors*

As I write this, I have happiness in my heart but at the same time a lump in my throat. Happiness because we have finalized an agreement with Appalachian Regional Healthcare, which took over Mary Breckinridge Hospital, the clinics and Home Health Agency on Sept. 1. The negotiations have been complex and time consuming. Great credit and thanks go to Ken Tuggle, an attorney and Board Member, and Jeff Buckley from Alliant Management Services for the hours they have spent on behalf of the Frontier Nursing Service in assuring that the agreement goes forward. The Hospital remains alive and the employees are keeping their jobs! (A press release follows). The lump is caused by the realization that the FNS will no longer own and administer a hospital and clinics, something that began in 1928 with the dedication of the Hyden Health Center and Cottage Hospital, followed in 1975 by the dedication of the new Mary Breckinridge Hospital.

However, every ending has to have a beginning and that was in 1925 when the Kentucky Committee for Mothers and Babies was formed by the “Executive Group” of Trustees made up of thirteen Kentucky citizens. Its motto was “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), which has been printed on the back page of every Quarterly Bulletin since that date, along with “Its Purpose,” which has been amended several times as the scope of the Service grew and changed.

Within the first year of operation, donations of 50 cents to \$1,000 were raised from 233 donors totaling \$9,712. The second year, 673 donors from 21 states, France and Nova Scotia contributed \$41,940 (including \$1,800 for a nurse’s salary for one year). Today, we have over 6,000 donors who continue to give their support.

In 1928, the trustees voted to change the name to Frontier Nursing Service and Mary Breckinridge wrote, “The reason for the change lies in the fact that our work is not local in its application. The conditions we

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are endeavoring to meet in Eastern Kentucky exist among millions of Americans in isolated areas in a number of states where the difficulties of a frontier existence still prevail.” The Executive Group remained all Kentuckians until 1931, when it became a “national body,” and in 1966, after Mary Breckinridge’s death, the governing body became the Board of Governors.

As we close out the era of the Board of Governors, I’d like to pay tribute to the many past and present Governors for their tireless efforts in directing the actions of the FNS. They have come from all over the country with different backgrounds and interests, making well-rounded discussions and decisions. The original “Executive Group” formed in the early days was responsible for laying the foundation that we have followed, resulting in 86 years of success.

My happiness continues for the progress of Frontier Nursing University, which keeps on growing. Because so many changes are happening to the country’s healthcare “system,” I would like to ask that support continue for the School as the graduates will be greatly needed, more than ever, and will be essential in the years to come.

Having been Chairman of the Board for twenty years, I will make this my last report to you, and I can’t thank you enough for your interest in our work and your financial support over the years. It is you that have kept us going and you that have believed in Mrs. Breckinridge’s philosophy of health care for all ages. In her own words, Mrs. Breckinridge said, “The glorious thing is that it has worked.”

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## PRESS RELEASE

*August 10, 2011, Hyden, Ky.* – Appalachian Regional Healthcare, Inc. (ARH) and Frontier Nursing Service, Inc. (FNS) announced today that a definitive agreement has been signed for purchase of the Mary Breckinridge Hospital, its clinics and home health agency. The purchase is expected to close at the end of the month and ARH will take over operations on September 1.

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“ARH is excited to become a member of the Hyden and Leslie County communities. We look forward to continuing the legacy of Ms. Breckinridge and bringing new healthcare services to the community,” ARH President and CEO Jerry W. Haynes said.

Jane Leigh Powell, chairman of the Frontier Nursing Service Board of Governors, said the sale will ensure that Hyden and Leslie County will continue to have local access to quality healthcare.

“We are pleased to finalize this agreement with Appalachian Regional Healthcare, a longstanding and leading healthcare provider which is consistently recognized for its quality and commitment to excellent patient care,” Powell said. “We feel ARH is as committed as the FNS Board of Governors is to ensuring that quality healthcare will continue to be provided in the greater Leslie County service area.”

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 standalone hospitals are merging with larger healthcare systems in order to continue to be viable and sustainable. Haynes said the transaction between ARH and FNS is consistent with what is occurring in the healthcare environment today and affords Mary Breckinridge Hospital stability and the opportunity to grow the services it provides.

“It has been ARH’s longstanding mission to ensure all residents of Eastern Kentucky and Southern West Virginia have local access to the medical services they need. We are 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.”

**PRESIDENT'S REPORT**

**News from the Frontier**

*by Dr. Susan E. Stone,  
President & Dean*

During the last three months, I have traveled around the United States meeting and talking with many Frontier alumni, past Couriers, current students and FNS supporters, as well as nurse-midwives and nurse practitioners who were previously employed at Frontier. It has been an inspiring journey to say the least.

My journey started in May with attendance at the American College of Nurse-Midwives (ACNM) annual conference. Everywhere I went during the five days I was there, I was stopped by graduates of Frontier. They told me many stories such as:

*“I work with the Indian Health Service in Colorado. The work is challenging, and I love it.”*

*“I am working in Alaska. I travel clinic to clinic via small plane providing healthcare. I love providing care to this population who so needs it.”*



*Visiting with alumni at the Frontier reception at the ACNM conference*

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*“I am working in Baltimore providing service in an HIV Clinic. We are able to provide a comprehensive program of care for this vulnerable population.”*

*“I have opened a freestanding Birthing Center. It is wonderful to provide this option for women and their families.”*

It is a pleasure to reunite with fellow alumni at our annual conferences. We had over 100 graduates attend the Frontier reception at ACNM, and many received awards at this year’s meeting. I am so proud of these graduates who are fulfilling the mission originally developed by Mary Breckinridge for Frontier Nursing Service and continued today by Frontier Nursing University.

I also traveled on to Louisville, New York City, Rochester and Boston. One amazing group of Frontier family members that I connected with during my travels is the Couriers. For those of you who don’t know about the Courier Program, Mary Breckinridge started this program early in the history of the Frontier Nursing Service. When the Service started in 1925, there were no telephones and the only mode of travel was on horseback. They needed people who could help with caring for the horses, carrying messages, information and supplies clinic to clinic, assisting the nurse-midwives and later the nurse-practitioners with providing healthcare and basically doing whatever needed to be done. Mary Breckinridge put a call out to her friends, relatives and associates asking them to send her their daughters and sons to volunteer for a period of time at Frontier, and she would teach them about service to humanity. The vast majority of Couriers were young women who came to Frontier to work for anywhere from six weeks to twelve months. There were some Couriers who stayed for a longer period. For example, Jane Leigh Powell, current National Chairman of the Frontier Nursing Service Board of Governors, began her experience with FNS as a Courier in 1954. She soon became Senior Courier, a position she held for two years. She continued returning to FNS on and off until 1974. During this time, she organized the Mary Breckinridge Hospital Capital Fund Drive. The late Kate Ireland, our past Honorary National Chairman, also began her association with FNS as a Courier in the early 1950s. The Courier Program quickly became essential to the success of the Frontier Nursing Service.

In April, I met former Couriers Marian Leibold and Mary Cassidy at





*Enjoying dinner with Couriers and friends at the home of Lee Fox in Pittsford, NY*

the Cincinnati Committee Dinner. These women continue their commitment to Frontier through various activities and committee work. This summer I met Couriers who were at Frontier as recently as 2005 and as long ago as 1929. They told me stories of their time at Frontier and how much it meant to them. LouAnne Roberts told me of her time at Frontier, working at Wendover and at FNS Clinics. She also talked fondly of her visits with Mr. George Wooton on Wendover Road. She felt this experience influenced her eventual decision to choose a career as a nurse practitioner. She later returned to Frontier as a nurse practitioner student precepting in the clinics with Frontier alumnus Heidi Froemke, DNP, FNP. Today she works in New York City as a Family Nurse Practitioner. Sarah Bacon was a Courier in the early 1990s. She currently lives and works in New York City as well and maintains a keen interest in the progress of FNS and FNU. I also met Caroline Williams, who fondly remembers her time at Frontier as a Courier. Of note, I met Frances Storrs at the New York City Committee meeting. Mrs. Storrs was a Courier in 1929. You will read more about her time at Frontier later in this edition of the Quarterly Bulletin.

In June, I traveled to Louisville and had a delightful lunch with two former Couriers, Sandy Schreiber and Betty Brown. Both Sandy and Betty continue to be involved in service to the FNS today through their work with the Louisville Committee. They are currently assisting us in the planning of the 2011 Fall Louisville Committee luncheon, which will be held October 6 at the Louisville Country Club. Sandy

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is the current Chairperson of the Louisville Committee, and Betty is the immediate past Chairperson. Later in June, I traveled to Rochester, N.Y., where former Courier Lee Fox hosted a Rochester Committee dinner at her house. Lee was a Courier at FNS during the 1970s.

Late in the summer, I went to Boston to meet with former Courier Patsy Lawrence as well as Caroline Standley and Sally Willis. These women continue their support of Frontier through their work on the Boston Committee. You may be wondering about these committees and what they do. Read on through this edition of the Quarterly Bulletin and you will learn more about the FNS Committees.

The Courier Program has remained an essential part of Frontier since the beginning of the Service. The basic premise of the Courier Program is service learning. Service Learning is an activity through which participants learn and develop through active participation in an organized service that is conducted in and meets the needs of a community. Programs are designed to help instill a sense of responsibility to the greater good. The Courier Program certainly meets that goal. As I continue to meet Couriers far and wide, I have realized that this is definitely one common thread: they feel a strong need to make the world a better place and are devoted to doing that through many efforts in their lives.

With the sale of the FNS healthcare entities, you may wonder about the future of the Courier Program. Although the Courier Program has been suspended since January 2011, we do plan to continue the program. During 2012, we will hold strategic planning sessions, which will include the valuable input of former Couriers, targeted towards the future of the Courier Program. Many exciting ideas are being discussed and we hope to re-establish the program by summer of 2012. Stay tuned for more information as the plans develop.

And so the work continues. The roots of the Frontier Nursing Service continue to spread far and wide throughout the world, “providing shade and fruit to wide neighborhoods of men.” I hope to see many of you during our upcoming fall travels.

**BEYOND THE MOUNTAINS**



*Attendees of the New York Luncheon at the Cosmopolitan Club*

## **Continuing the Tradition:** Frontier Hosts 2011 New York City and Rochester Committee Events

In June, President Stone and Denise Barrett, Director of Development, traveled to New York to host two events for supporters in New York City and Rochester. The New York City event, hosted at the Cosmopolitan Club, welcomed eleven guests, including former Couriers, alumni and longtime supporters. Four former Couriers attended the event, including Frances Storrs (1929 Courier), Caroline Williams, LouAnne Roberts and Sarah Bacon. Diana Kirkwood Horton, whose father was an obstetrician and worked for a period of time with the Frontier Nursing Service, also joined to reconnect with Frontier. Filomena Vagueiro (CNEP Class 41), Laura Hollywood (current FNU faculty) and several other supporters were in attendance. We are proud to continue the longstanding tradition of hosting this Frontier event at the Cosmopolitan Club.

The following evening, former Courier Lee Fox hosted a dinner at her home in Pittsford, New York. This evening welcomed many alumni, several Couriers and a Breckinridge family member. Alumni in attendance included Mary Mattocks (Pioneer 1988), Cecilia Stearns, Patti Beverly, Mary Robin MacIntyre, Sarah Parker and Theresa Brown-Mahoney (all from CNEP Classes 8 and 9), and current student Jennifer Orcutt. Also attending were Sallay Parmigiani (Courier 1965), Heather Bernard (FNS Trustee) and Susan Graham, a relative of Mrs. Breckinridge. This group consisted of a wonderful mix of individuals representing the past, present and future of Frontier!

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**The New York Committee**  
 of  
**The Frontier Nursing Service, Inc.**  
 invites you and your friends to attend  
 an address with colored slides by  
**Mrs. Mary Breckinridge**  
 on Wednesday afternoon, January 23rd, 1946, at 3 o'clock  
**The Cosmopolitan Club**  
**129 East 65th Street**  
 Tea No appeal for funds

NEW YORK COMMITTEE OF THE FRONTIER NURSING SERVICE		
<b>CHAIRMAN</b> MRS. MILWARD W. MARTIN	<b>RECORDING SECRETARY</b> MISS WARION E. FITZHUGH	<b>TREASURER</b> MRS. HERMAN F. STONE
<b>VICE-CHAIRMAN</b> MRS. RICHARD STORRS	<b>CORRESPONDING SECRETARY</b> MRS. CLIFFORD GRATZ	<b>COURIER CHAIRMAN</b> MISS HELEN STONE
<b>BARGAIN BOX CHAIRMAN</b> MRS. WILLIAM MACFEE	<b>BARGAIN BOX ASSISTANT CHAIRMAN</b> MRS. WALTER SINGER	<b>BARGAIN BOX TREASURER</b> MRS. SEYMOUR WADSWORTH
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*This invitation, mailed to us by the cousin of the late Elizabeth Walton (Frontier graduate 1945), invites friends to the annual NYC Luncheon held at the Cosmopolitan Club. The Vice Chairman listed, Mrs. Richard Storrs, attended the 2011 NYC Luncheon held on June 21. The NYC Luncheon continues to be held at the Cosmopolitan Club each spring. You can read more about Mrs. Storrs, a former Courier for the Frontier Nursing Service, in the article that follows.*

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Fall City Committee events are being planned for Lexington, Louisville and Philadelphia. We look forward to visiting our friends in these areas and providing detailed reports on the many accomplishments and future plans for Frontier Nursing University!



*The Rochester Dinner*

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### **Mrs. Frances Storrs – Frontier Courier, 1929**

*by Michael Claussen,  
Development Coordinator*

More than 80 years ago, Mrs. Richard Storrs was a Courier for the Frontier Nursing Service, an incredible experience that “opened up a whole different side of life” for her as a 17-year-old.

This past spring, we were delighted to visit with Mrs. Storrs again at the annual New York Luncheon at the Cosmopolitan Club in New York City. As Mrs. Storrs may be our oldest living Courier, I was asked to capture her story for this issue of the Quarterly Bulletin. In her Courier days, she was known as Franny Rousmaniere to the FNS staff, but during my conversation she was simply Frances. At 98, she has a vivid memory of her time as a Courier. It was a true pleasure to speak with her about her recollections of the early years of FNS and the Courier program.

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When asked how she became a Courier, Frances said her mother, whose name was Mary Rousmaniere, was a friend of Mrs. Breckinridge's. Both her mother and father were interested in the Frontier Nursing Service and gave money for the Hyden Hospital. Frances mentioned that her six weeks with the Courier program were very worthwhile and opened a whole new world to her.

Coming from New York City, Frances appreciated the incredible opportunity she received to experience rural life in Kentucky. Just getting to Wendover made for an interesting adventure. "To get there, I took the train down and they would take you on a bus and they dropped you off on the side of the road." An FNS staff member then met her with a horse for the trip to Wendover. She says, "For a New Yorker, that was a bit of a shock."

Frances, who was on horseback every day she was in Kentucky, quickly grew to love the horses. She fondly recalled that the FNS horses were some of her favorite friends, and she was happy to care for them. She also made rounds to all the nursing centers, got the mail, transported patients to the hospital on horseback, performed secretarial work and just remained available to be helpful.

Frances remembers Mrs. Breckinridge fondly. "She was absolutely marvelous. She was a very competent woman. She sat at her desk and she ordered things done and she'd make prayers." Every day at 4 p.m., the work would stop at Wendover, and everyone would have tea with Mrs. Breckinridge.

When she returned to New York City, Frances attended college, had six children and traveled a great deal. "I had a wonderful life, and now I am still enjoying life. I am very grateful to the Frontier Nursing Service. It was such a contrast in my life for me, and it was very good to see it. Very good!"

A few of Frances' children also came to Wendover to serve as Couriers. Frances said she was exhilarated by her time as a Courier and would recommend the experience to anyone, because there is no place like Wendover. "Being down there on horseback, going from center to center and helping patients. ... It was completely new to me, and that's where the main value was. It was such a contrast to my city life where there was such formality. ... Mrs. Breckinridge was such a marvelous inspiration and it was just a joy to be there."

Upon the close of our conversation, Frances commended the work of Frontier Nursing University, saying she thinks it is wonderful.



*Jewell Olson, Betty Mantay, Elaine Douglas and Jody LeVahn*

## **Class of 1961 celebrates 50th anniversary**

**Editor's Note:** *Thank you to the Class of 1961 for sharing the wonderful memories that follow. We were saddened to learn of Helen Traschel Potter's passing just before the reunion and of Jewell Olson's passing several weeks after. We send our condolences to their friends, family and classmates.*

### **Submitted by Elaine Douglas**

The Class of 1961 recently had a reunion in Columbus, Nebraska, where Jewell Olson, one of the class members, lived. Only four of the seven were able to come, but we had a wonderful time of memories and laughter and singing. We were known as "The Singing Class," as we did just that at the FNS, and it was usually a seven-part harmony.

Our class was unusual in that four had already been missionaries and the other three of us were planning to go into mission work. We had a true common bond in the Lord. The seven of us were: Jewell Olson, Columbus, NE; Mary Nell Harper, Everett, WA; Martha Lady, Mechanicsburg, PA; Jody LeVahn, Minneapolis, MN; Helen Traschel, China and Indiana; Betty Mantay, Alberta, Canada; and myself, Elaine Douglas, Sebring, FL (previously from Afton, NY).

Eventually, we graduated and traveled: two to Belgian Congo; one to Cameroon; one to Rhodesia; one to Ethiopia; one to Eritrea; and one to Bolivia. That was Helen, who also was the only one who married. While we were in Hyden, we gave each other nicknames, which characterized us. Helen's name was "Third-Stage-Traschel." This was because she was often late to deliveries and only got there for the Third Stage!

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Our reunion was May 26-28. On May 24, we were shocked to receive the news that Helen Trachel Potter had passed away and had gone Home that day to be with the Lord she served and loved. She had not been sick long, but when the cancer was discovered, it was too late. She was under the tender care of Good Shepherd Hospice in Sebring, FL, in the last week of her illness.

### Conference Roundup:

Frontier makes a strong showing  
at annual nursing meetings

Each year, Frontier is well-represented at the major nursing conferences in the country – including annual meetings sponsored by the American Association of Birth Centers (AABC), the American Academy of Nurse Practitioners (AANP) and the American College of Nurse-Midwives (ACNM). Frontier Nursing University faculty, alumni and students continue to prove themselves as leaders in the field of advanced practice nursing and midwifery. Included here is a roundup of some of the conference honors received.

#### AANP 2011 HONOREES

##### **AANP Foundation Nurse Practitioner Domestic Humanitarian Award:**

**Susan Calloway**, RN, PhD, FNP-BC, an FNU faculty member in Austin, Texas. Her contributions were described this way: “From establishing a soup kitchen for the homeless, working with community stakeholders to reduce youth alcohol and drug use, to serving as a mental health advocate – Calloway has demonstrated an eye for unmet needs and an ability to make a difference.”

**AANP Fellow:** FNU faculty member **Joy Elwell**, DNP, FNP-BC, was inducted as an AANP Fellow. Nomination highlights included her tireless work to eliminate barriers to nurse practitioner practice and increase access to health care in New York, where she has been instrumental in changing legislation in the state that is more favorable to NPs.



**AANP State Award for Excellence:** FNU faculty member Cathy Fliris, DNP, FNP-C, (at right in this photo) received the AANP State Award for Excellence for Wyoming. The award honors NPs who demonstrate excellence in practice, research, NP education or community affairs in their state. Dr. Fliris is a Frontier graduate, a DNP from Rocky Mountain State, a National Health Service Corps scholar and currently works at a rural health clinic in Wyoming.



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**Joyce Knestrick**, PhD, CRNP, FAANP, Associate Dean for Academic Affairs, was elected this spring as AANP treasurer.

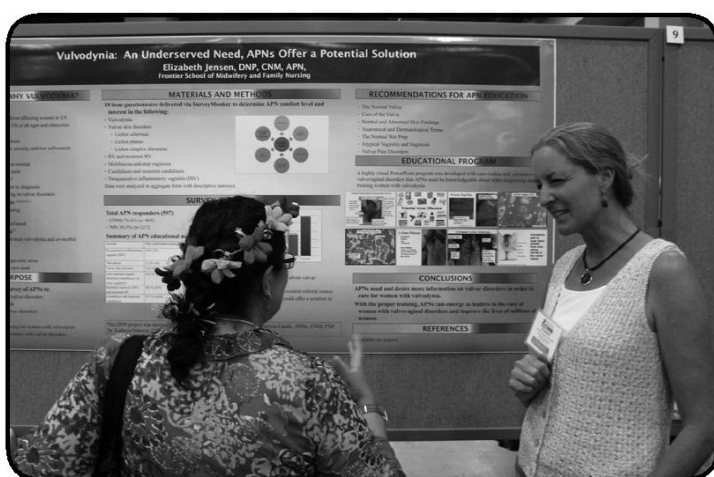
### ACNM 2011 HONOREES

#### ACNM Foundation Awards

**W. Newton Long Fund Award** (*funds projects relating to the advancement of midwifery*): Frontier graduate **Rebeca Barroso**, DNP Class 4.

**Varney Participant Award**: Frontier student **Kendra Adkisson**, CNEP Class 72. Kendra also won honorable mention in the ACNM Video Contest.

#### Other ACNM Honors



*DNP 3 graduate Elizabeth Jensen tied for the award for best Division of Standards & Practice clinical poster at the ACNM conference in San Antonio, Texas, in May. She presented her Capstone work in a poster presentation titled: "Vulvodynia: An Underserved Need, APNs Offer a Potential Solution."*

**Poster Award**: DNP graduate **Elizabeth Jensen**.

**2011 ACNM Outstanding Preceptor Honoree**: Frontier graduate **Katie Isaac**, CNM, Class of 1980.

### AABC 2010

**Kathryn Schrag**, CNM, FNP, MSN, was honored with the 2010 National Professional Achievement Award from the American Association of Birth Centers. Kathryn is an FNU Regional Clinical Coordinator and course faculty member as well as the Chair of the International Health Committee.



**FIELD NOTES**

## **DNP students exemplify the Frontier mission**

Frontier's Doctor of Nursing Practice program is preparing nurse practitioners and nurse-midwives to bring leadership skills to improving health and the delivery of primary care. The program has a special focus on improving the health status of rural and underserved populations, and each DNP student completes a Capstone Project toward this mission. Many students are working with nationally known content experts and are sparking changes for the better through their work.

We are extremely fortunate to have the expert guidance and mentorship of many faculty, alumni and national leaders who act as the Capstone Chairs, Co-Chairs and Content Experts for each DNP student's project. Nearly 20 FNU faculty members have lent their time and expertise as Capstone Chairs and Content Experts. Another 20, not on the faculty, also have acted in these roles. We rely on this network of experts to ensure that each project is thorough, well-researched and documented to help ensure its impact on healthcare delivery. The ultimate goal is to transform healthcare services and quality of care one DNP project at a time. Below is a list of DNP Class 3 and 4 graduates' Capstone Projects:

### **DNP Class 3**

**Kelly England:** *Patient care enhancement of acute viral upper respiratory illness*

**Anita Kellam:** *Alcohol screening brief intervention training for Fort Belknap healthcare providers*

**Jan Kratochvil:** *Compliance of primary care staff with American Pain Society Clinical Guidelines for the assessment of chronic pain patients*

**Elizabeth Jensen:** *A needs assessment and development of an educational program for Advanced Practice Nurses to care for women with vulvodynia*

**Nancy Pesta Walsh:** *The adaptation and implementation of cross-cultural Cognitive Behavioral Group Therapy Sessions for the treatment of depression in women at a rural health clinic*

**Laura Aughinbaugh:** *Healthy Baby Office Initiative*

**Linda Kuhlenschmidt:** *Training the office staff of Impact Christian Health Center in cultural competence*

**Marcel Simo:** *Implementation of an educational program on fall prevention and safety at the Senior Activity Center in Frankfort, Kentucky*

**Suzanne Carrington:** *Postpartum hemorrhage: Teaching indigenous Mayan Traditional Birth Attendants in Guatemala*

**Audra Malone:** *Pediatric overweight and obesity: Using the Healthy Eating and Activity Together (HEAT) guidelines to improve nurse practitioners assessment and diagnosis of pediatric overweight and obesity in a family practice setting*

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**Kimberly Satterfield:** *Sexual violence in rural society: An education workshop for health care professionals*

**Lenore Charles:** *Comfort over pain in pregnancy*

**Kimberly Couch:** *Revealing wellness to perform: Establishing a worksite wellness program*

### DNP Class 4

**Jennifer Savage:** *An educational program on Department of Transportation medical examinations*

**Kristy Dietrich:** *Improving consistency of diabetic treatment within the Kentucky Department of Corrections*

**Angela McLaughlin:** *Identification of barriers and facilitators with resulting strategies to increase participation in a health risk assessment program among male coal miners*

**Julie Paul:** *Obstetrical triage and certified nurse-midwives*

**Margaret Holcomb:** *Implementation of an educational program with specific guidelines designed to eliminate barriers to successful adoption of a Centering Pregnancy Program*

**Frances Sparti:** *Implementation of an educational module for interviewing/communication skills for Registered Nurses in a residency program: Bridging the gap between medical histories and medication reconciliation*

**Deborah Crowe:** *Diabetes patient education program in a Community Health Clinic*

**Rosemary Minnick:** *Evaluating the impact of nurse practitioner services on perceived health status, use of the emergency department, and self-identification of substance abuse with subsequent use of a substance abuse program at a homeless shelter*

**Anne Lake:** *Implementation of Bone Health Protocols in an Orthopedic Specialty Practice*

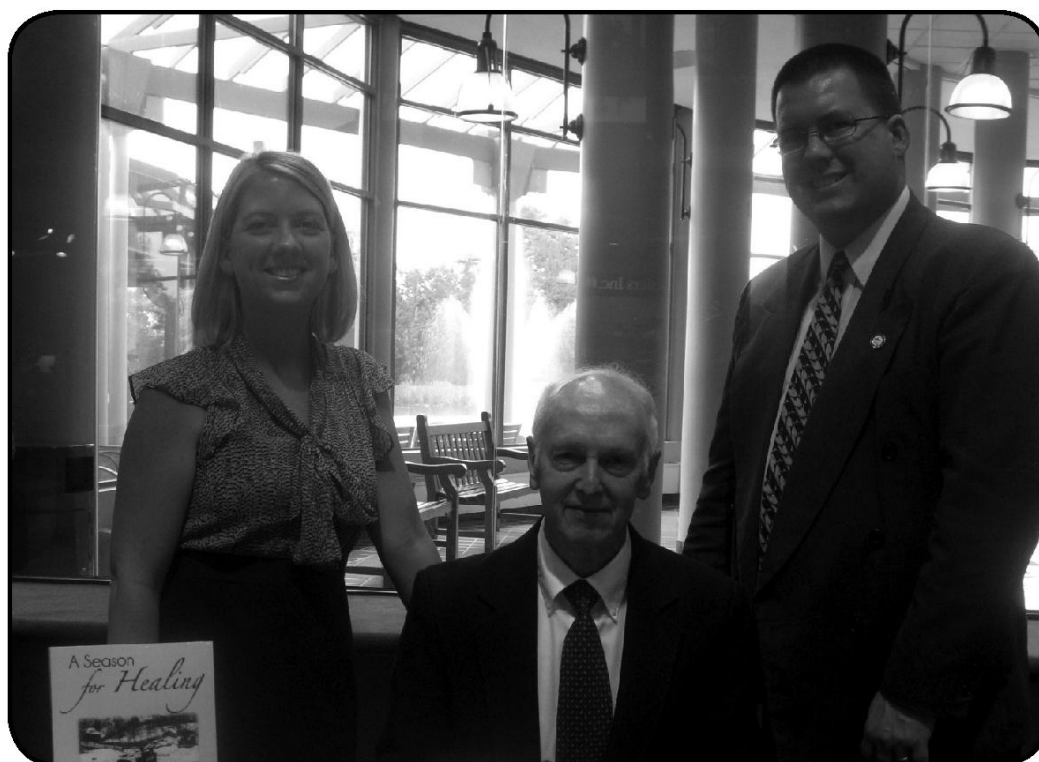
**Rebeca Barroso:** *The prevalence and magnitude of burnout among nurse-midwives: A Pilot Study*

**Kelly Wilhite:** *The effect of simulation education for labor and delivery staff on duration of immediate skin-to-skin contact*

**Tambra Yates:** *Laboring Down as an alternative for second stage labor: An evidenced-based approach*

The Capstone Projects completed so far as part of the DNP program are outstanding. Many projects have directly influenced healthcare delivery by being adopted by healthcare systems, hospitals, clinics and birth centers across the country. The topics chosen by our graduates demonstrate the impact of their research, design and implementation on healthcare provision in their communities.

The DNP Program continues to admit two new classes of students each year. We most recently welcomed 22 new students as part of DNP Class 7. They attended DNP Bound on the campus in Hyden in early September. DNP Class 8 will begin in March 2012. For more information about the DNP Program, please contact Dr. Barbara Anderson, Director of the DNP Program, at [Barbara.Anderson@frontier.edu](mailto:Barbara.Anderson@frontier.edu).



*Kentucky writer Charles Roe, center, poses with Denise Barrett, FNU Director of Development and Alumni Relations, and Michael Claussen, Development Coordinator, at a recent book signing.*

## **Early days of FNS provide backdrop for new novel**

On Friday July 22, author Charles L. Roe read and discussed his new book, *A Season for Healing*, at Joseph-Beth Booksellers in Lexington, Ky. The book is a fictional account of a young nurse from the Bluegrass who travels to Eastern Kentucky in the early part of the 20th century to join the Frontier Nursing Service (FNS). Lynn Rowland is posted to an FNS nursing outpost, where she and her companion nurse are often on their own in dealing with injuries, disease and difficult births. Into her world of service and caring comes David Banastre, who wants to familiarize himself with the area in hopes of writing a novel. As both she and David immerse themselves in the lives of the local people, they form a deep bond.

Denise Barrett, Kelli Patrick and Michael Claussen from Frontier Nursing University (FNU) attended the event. Mr. Claussen spoke about how Mrs. Breckinridge's legacy continues today and answered questions about FNS and FNU.

## **‘Pioneer Project’ set for spring release**

Anne Cockerham loves researching her “family” history. A Frontier graduate and faculty member, Anne is bringing the story of her Frontier “family” to fruition. She has been the primary investigator for a forthcoming book that is the culmination of the Frontier Pioneer Project, an effort that began in 2006 to highlight the experiences of Frontier’s Pioneers – those who graduated from the school between 1939 and 1989, before Frontier’s distance-learning transition. The book manuscript is complete, and Butler Books, a publishing company in Louisville, will handle the design and final details of the project this fall. Tentatively titled *Rooted in the Mountains, Reaching to the World: Stories of Nursing and Midwifery at Kentucky’s Frontier School, 1939-1989*, the book is scheduled to go to print early next year with release set for spring 2012.

Dr. Cockerham, a member of CNEP Class 27 who also completed the Women’s Health Care Nurse Practitioner program at Frontier, joined the Frontier faculty in May 2009. She holds a Ph.D. from the University of Virginia and completed an award-winning research project in nurse-midwifery history for her doctoral dissertation. Being able to focus on research and on Frontier – “something so near and dear to my heart” – was fantastic, she said.

The Pioneer Project launched five years ago, when Frontier’s Pioneers received an invitation to be interviewed. Nearly 100 Pioneers accepted and were interviewed by Frontier nurse-midwifery students. In 2010, Dr. Cockerham came on board to lead the second phase of the project – researching and writing the narrative for a publication that showcases the history of the school and captures the achievements of the Pioneer alumni. The interviews form the basis of a full-length book that explores the fascinating stories and experiences of the school’s Pioneers. Dr. Cockerham felt fortunate to have Arlene Keeling, a renowned nurse historian and director of The Center for Nursing Historical Inquiry at the University of Virginia, working with her as a consultant. Anne traveled from her home in Northern Virginia to visit the archives in the Frontier Nursing Service Collection at the University of Kentucky as well as the collection at Berea College in Berea, Ky. She used the Pioneer interviews as primary data and conducted her own research to round out the story and provide histori-

cal and social context for the times. Dr. Cockerham approached each chapter by decade.

Through their subsequent work in the United States and around the world, Frontier alumni – who have cared for thousands of women, babies and families – constitute a significant portion of the legacy of the FNS. The stories of their experiences in school and in their careers after graduation provide a fascinating glimpse into a part of nurse-midwifery history that has heretofore not been given significant attention, and therefore is the purpose of this book.

We think you'll love reading the Pioneers' stories and seeing the vivid and compelling photographs that accompany these historic tales. Be on the lookout for more information about the book's release and book-signing events.

### ALUMNI SPOTLIGHT

## Frontier nurse-midwives deliver care to diverse communities of Homer, Alaska

Julie McCarron, CNEP Class 16, and CNEP graduate Sonja Martin-Young are “living the midwifery dream in Homer, Alaska.” The two Frontier graduates are part of a small midwifery practice established about 30 years ago, a collaborative practice with three midwives, a retired midwife who covers calls during vacations, and four family practice doctors. The midwives handle all the obstetric care and consult and transfer care to the backup doctor when necessary. They also have two consulting OB-GYNs who come to Homer from Anchorage once a month and a general surgeon who performs any C-sections. The nurse-midwives attend about 80 to 90 percent of the births in Homer at a small community hospital with three labor and delivery nurses (LPRNs).



**Julie McCarron**

Homer has a population of about 5,000 in the city itself with a catchment area of about 11,000. The practice serves a diverse population, including some Native villages across the bay and members of the Russian Old Believer community, who represent about a third of the women served. The Russian Old Believers are a Russian Orthodox re-

ligious group that was banished from Russia during the Russian Revolution. They live in three separate villages around Homer. After leaving Russia, the Russian Old Believers went to China then Uruguay, Brazil and Bolivia, then came to Canada and the United States, where they have established settlements in Alaska, Oregon and Washington. “They are a wonderful group to work with and have unique needs with women’s health care and religious customs and beliefs,” McCarron says. “They wear beautiful, colorful full-length dresses and head coverings. The married men have beards.” Russian Old Believers fast several times a year, McCarron says, so nutritional issues such as anemia are common. Families are large, although the women seem to be having fewer children than they used to, she says, and many from the less strict villages use birth control.

.....  
“There is so much more we could tell you about this wonderful group of people, our community and our midwifery practice.”

*Julie McCarron*

.....  
They also tend to marry young and embrace traditional gender roles, with the men working to support the family, often in the fishing industry, and the women working at home. They are strong women, McCarron says, and are the backbones of their families. Russian Old Believers have cars, electricity and cell phones, but most do not have computers. The population speaks a Russian dialect with most of the young women born in Alaska speaking English as well. McCarron says an interpreter is often needed, as some women who were born in South America and came to Alaska as brides speak Portuguese or Spanish and Russian.

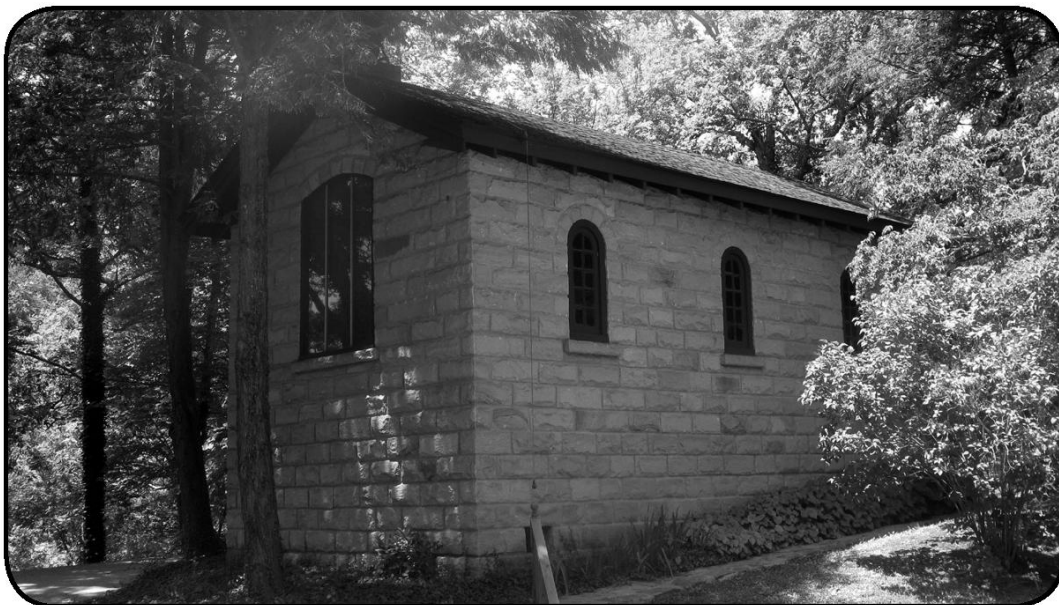
“There is so much more we could tell you about this wonderful group of people, our community and our midwifery practice,” McCarron writes in a recent note to Frontier, “but I’ll leave it at this for now.”

McCarron and Martin-Young are among many Frontier alumni living and practicing in Alaska who are furthering the legacy of Mrs. Breckinridge by providing healthcare services in this underserved area. We appreciate their dedication to the mission.

## **Plea for Knitted Lap Quilts, Baby Caps and Scarves**

Frontier nurse-midwifery students present baby caps to the first baby they deliver, and our nurse-practitioner students present lap quilts or scarves to their patients. Frontier receives these items from our knitting friends, and as Frontier Nursing University 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.

Our graduates are honored to pass these handcrafted treasures on to their patients and share the story of Frontier!



## **Planning a Wedding?**

Consider Our Lovely Campus Chapel

The beautiful St. Christopher's Chapel on the historic campus of Frontier Nursing University in Hyden, Ky., is now *the* place to have your small, intimate wedding. With our famous 15th-century stained glass window inside, this is the ideal setting for a picture-perfect wedding ceremony in the mountains! Contact Susan Morgan for more information at (606) 672-2312.



**WENDOVER REPORT**

## **College Groups Stop in at Wendover**

Wendover hosted two special groups this past summer. Ten University of Wisconsin-Eau Claire social work students and faculty members visited Wendover and Frontier Nursing University as part of their 10-day Appalachian immersion trip to Eastern Kentucky.

In late June, continuing a tradition that has occurred for at least 50 years, Berea College hosted a tour of Appalachia. While the tour is typically an opportunity to introduce new faculty and staff to the area, this summer – for the first time – the Appalachian Seminar and Tour was open to friends and alumni of the college. Guests from across the country were guided by Dr. Chad Berry, of Berea’s Loyal Jones Appalachian Center, on a tour that engaged participants in a meaningful week of reading, discussion and travel throughout Central and Southern Appalachia.

Brenda Ritchie, CFNP Class 63, and FNU faculty member Julie Daniels attended the Berea tour and luncheon at Wendover on June 24. Ms. Ritchie spoke about the roles of a family nurse practitioner, life in Appalachia and the vital relationship between Frontier and Berea College in shaping tomorrow’s leaders. Ms. Ritchie is a recipient of the Berea Appalachian Fund Scholarship, which generously supports selected students from Appalachia in their studies at Frontier. Ms. Daniels spoke about the roles of the nurse-midwife and about her experiences as the former director of Maternity Services for Mary Breckinridge Hospital.

Wendover also plays host to a steady stream of FNU students, who continue the tradition of gathering at the Big House for a celebration dinner during the on-campus portions of their distance-learning education. The rich heritage of the Frontier Nursing Service and the wonderful legacy of Mrs. Mary Breckinridge originate within the Big House walls, making these visits a special time for students and faculty.

### **Bed and Breakfast Update**

Our historic inn now has a web page on the FNU website. Please visit our page at [www.frontier.edu/bedandbreakfast](http://www.frontier.edu/bedandbreakfast) for updated information and to make reservations. You can also become a Facebook fan of the Big House at [www.facebook.com/WendoverBigHouse](http://www.facebook.com/WendoverBigHouse). If you are in Eastern Kentucky, a trip to the historic headquarters of the Frontier Nursing Service is an outstanding experience. Exciting guided tours of Wendover and FNU are available with advance notice.

## FRONTIER NURSING SERVICE

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The Wendover Bed and Breakfast Inn and FNU also received some statewide exposure during the recent Kentucky State Fair held in Louisville in August. For the third year in a row, the Leslie County tourism booth in the “Pride of the Counties” exhibit informed visitors about the University and the bed and breakfast.



*Ray Wilson plays mandolin at the Leslie County booth at the state fair.*

### **Rare Species of Owl Discovered at Wendover**

Wendover security guards Dusty Sparks and Jack Robertson discovered a rare species of owl that was stuck in a gutter on the property. It seemed as though the owl had broken its wing when it hit the gutter. After a few phone calls, a member of Leslie County’s Raptor Rescue picked up the owl, which was taken to the Raptor Center in Covington, Ky., for recovery. The group planned to nourish the owl, which had a broken wing and two broken ribs, back to flying health and return it to Wendover for release when it could fly again. Unfortunately, the owl did not make it.

It is interesting to note that four owls of this species, the Northern Wheat Owl from Canada, were taken from Texas and brought to Kentucky (two male and two female). The group believes the owl had been at Wendover for several months – probably more than a year. He mostly lived at The Livery, sitting on the fence. We are sad the owl did not survive, but we give thanks to Dusty and Jack for being so caring and for finding help for the little creature. We are proud our employees are the “caring kind.”

### FOOTPRINTS

This year marks the 80th anniversary of the premiere of *The Forgotten Frontier*. This motion picture, produced by Marvin Breckinridge Patterson, continues to be shown to Wendover visitors as an introduction to Frontier. Mrs. Breckinridge wrote about the filming and premiere in her book *Wide Neighborhoods*. Pages 277-278 are reprinted below.

*The Forgotten Frontier* is the name of our motion picture to the making of which Marvin Breckinridge Patterson gave the better part of a year of her girlhood. First, she took lessons from professionals. Then she came down to the mountains several times to shoot her pictures, so as to take them at all seasons of the year. The result was a gift to the Frontier Nursing Service of five reels of dramatic pictures as good, professional men tell us, as the best of the silent moving picture period. Insofar as we know, *The Forgotten Frontier* is the only motion picture of its kind, unique in its portrayal of an early American way of life that has, even in the Kentucky mountains, largely receded into the past. The pictures were acted from real events by our own people – amateurs and volunteers all. There is a shooting scene between two men in a forest, produced like one that had occurred not long before, with the injured man, accompanied by a Frontier nurse, carried to Hyden Hospital by his neighbors on a stretcher made of slings run through the sleeves of their coats. There is a good logging and raft picture. In another reel, one nurse is shown crossing a swollen river ford, and a second nurse is shown swimming the river on horseback when it is too deep for fording. There is a childbirth scene with the actual birth blacked out but showing our saddlebag setup and Texas handing the baby to its mother afterward.

Whenever Marvin had people lined up for her to shoot a scene, she met the appointment herself no matter what the weather. One night she and I stayed at Hyden Hospital because the river was a little high to get back to Wendover without swimming. She had arranged for a group of men to meet her the next morning across the river from the Hyden ford. While she sat at breakfast, wondering how she could get herself and her great camera over there intact, Dr. Capps dropped in. With his rather charming drawl he said, “Miss Marvin, you can’t cross the regular ford but I got over the river at Skimmer Jim’s. If you sit on your laigs, and hold the reins in your teeth and lift the camera up with your hands you can get across at Skimmer’s.” That is about as Marvin did it. Dr. Capps himself took part in these pictures. With his mare, Lady Jean, he re-enacted Dr. Collins’ swimming the river to reach us for an emergency operation.

## FRONTIER NURSING SERVICE

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When *The Forgotten Frontier* was finished, we decided to have its premiere in New York City and to make the event a profitable one for the Frontier Nursing Service. We engaged Mecca Hall for the evening of January 15, 1931. Mrs. Langdon Marvin of our New York Committee, who had come down to Kentucky to see our work firsthand, consented to act as chairman of a subcommittee to meet weekly and handle the details. The New York Committee opened a one-room office and engaged in Anne Winslow, Vassar graduate, a most capable executive secretary.

We had a diorama of the Frontier Nurse at work in winter designed and executed by Dwight Franklin, whose exhibits in the Museum of Natural History are famous. Anne placed this exhibit, rent free, in a window on Fifth Avenue. The seal of the Frontier Nursing Service, now so widely known, was comparatively new then because the young artist, David Shoemaker, had drawn it for us only the year before. Anne had posters printed with this seal and a notice of the entertainment. These she placed in hotels, clubs, restaurants, museums, professional offices, Fifth Avenue busses, and the Grand Central and Pennsylvania Railroad Stations. Her enthusiastic assistants in all these enterprises were the New York couriers of that era. Our benefit was a huge success. Miss Ruth Draper gave herself to us that evening and was her glorious best. The great hall was full, except for a few top balcony seats, and fifteen debutantes, who acted as ushers, were run off their feet. *The Forgotten Frontier*, with Mr. Tertius Noble at the organ, drew a stupendous applause. It must be remembered that those were the days of the silent motion pictures and that few films were better or more dramatic than ours.

We showed *The Forgotten Frontier* hundreds of times after its premiere in New York, sometimes to drawing room groups (in 16 mm size) and sometimes (in 35 mm size) at regular motion picture theaters and in large halls. Insofar as I recall, it was last shown in April, 1939, at a command performance at Government House in Ottawa, where Marvin Breckinridge took it at the request of Lady Tweedsmuir. Marvin told me that Lady Tweedsmuir was eager to see a system analogous to that of the Frontier Nursing Service introduced into parts of Canada. The diorama that Dwight Franklin made for us has been exhibited as recently as the spring of 1950 when our Assistant Director, Helen E. Browne (Brownie), took it to New York for the international and Fourth American Congress on Obstetrics and Gynecology. It gets free storage, between exhibitions, in the basement of the Security Trust Company, at Lexington, Kentucky.

### 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.*

**Carolyn Lawless Mahan**, 72, of Tampa, Fla., passed away June 17, 2011. Mrs. Mahan was the wife of FNS Board of Governors member Charles Mahan.

**Ruth Ermine Rabenhorst**, a Frontier alumna and former staff member, passed away Aug. 14, 2010. She graduated from Frontier in 1966 as a certified nurse-midwife. Mrs. Rabenhorst spent 10 years as a North American medical missionary in Cameroon, West Africa.

**Elizabeth "Betty" Prata**, CFNP Class 60, passed away April 1, 2011, in Las Vegas. Betty returned to school in her late 50s to become a family nurse practitioner through Frontier. She traveled to Guatemala in fall 2009 as part of Frontier's international health initiative. She volunteered in the Honduran Peace Corps, worked with and taught life skills to women and children at the Cathedral Spanish Center in Boston, and served as a nurse and teacher in various cities and countries.

**Elizabeth Caryl "Beth" Walton** passed away July 3, 2011, in Milwaukie, OR. Desiring to be a missionary nurse, Miss Walton spent six months training at Frontier when it was known as the Frontier Graduate School of Midwifery. Miss Walton served under Conservative Baptist Foreign Mission Society (currently World Venture) as a missionary nurse and administrator at Kothara Leprosy Hospital in Maharashtra, India, and other mission compounds close by from 1946-1983.

**Lynne Maureen Davis**, CNEP Class 51, passed away Aug. 11, 2011, in Estero, Florida. She was 56. Mrs. Davis was a Certified Nurse-Midwife and taught OB at Edison State College until shortly before her passing.



**Jewell Olson**

**Jewell Olson**, Class of 1961, passed away Aug. 8, 2011, in Columbus, Neb. She was 89. Miss Olson was a medical missionary for more than 30 years in the Belgian Congo. Between 1961 and 1962, she worked at a hospital in Uganda, near the border, after having fled the Rebels in the Congo.

**Helen Trachel Potter**, Class of 1961, passed away May 24, 2011. She was 74 and was a resident of Wauchula, Fla. She was born to missionary parents in China, and she served as a missionary in Bolivia with her husband, Harry.

**Susan Nelson Frode Pesce**, 64, of Chattanooga, Tenn., passed away July 12, 2011. She received her BSN from Georgetown University in 1968 and Nurse Practitioner degree from the University of California in San Diego. She served as a nurse on horseback for FNS, traveling throughout the Appalachian Region.

## FRONTIER NURSING SERVICE

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

**In memory of Albert Ernst**

Mrs. Ruth C. Beeman

**In memory of Mary Ellen Houston**

Ms. Mary D. Boldrick

**In memory of Kate Ireland**

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(Hytham Kadrie, Tareck Kadrie, Sharon

Farber, Adele Ackell, Matt Kodsji, Sally

Horne)

**In memory of Helen Traschel Potter**

Class of 1961 (Elaine Douglas, Jewell Olson,

Mary Neel Harper, Martha Lady, Jody

LeVahn, Betty Mantay)

**In memory of Ruth Rabenhorst**

Ms. Dorothy F. Young

**In memory of Francis Salyer**

Ms. Maryanne Inman

**In memory of Bernice Washburn**

Mrs. Elizabeth Bradburn

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

**In honor of Birdie Ruth French**

Bill and Beverly Friel

Ms. Marilyn F. Wright

**In honor of Alice Hendrickson**

Mrs. Mary Francillon

**In honor of Kelli Patrick & Paul Adanick**

Mr. Mark Story

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(the parent)

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## FRONTIER NURSING SERVICE

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### **Form of Bequest**

For the convenience of those who wish to remember Frontier 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, Inc., 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:

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, 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

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### CURRENT NEEDS

Frontier Nursing University 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

<i>Books Scholarship: Offset the cost of books for a financially needy student</i>	\$1,000
<i>Student Financial Stipend: Funds set aside to help a current student facing financial hardship</i>	\$500

#### Instructional Needs

<i>Mardi Cottage Classroom technology: Classroom needs a 55-inch display and camera system to match the other classrooms on campus</i>	\$5,000
<i>Clinical laboratory supplies: Baby blankets, anatomical models, infant stethoscopes used in our Clinical Bound instruction</i>	\$100
<i>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.</i>	\$1,000

#### Campus Needs

<i>Network Wiring Infrastructure in Morton Gill building to support computer and telephone needs</i>	\$16,000
<i>Fiber Optic Interfaces to interconnect buildings on campus: \$1,000 per building x 7 buildings</i>	\$7,000

#### Wendover Needs

<i>AC Unit for Courier Dorm</i>	\$5,000
<i>Roof for Garden House</i>	\$10,000
<i>Stihl Chainsaw</i>	\$350

## FRONTIER NURSING SERVICE

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### 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