

FNU

FRONTIER NURSING UNIVERSITY

Fall 2013 ■ Volume 88 ■ Number 3 & 4



FNU COURIER PROGRAM 2013

Frontier Nursing University is proud to continue the historic Courier program, and welcomed a new class of 2013 Couriers this summer.

Read more about them on page 6.

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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.

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. 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.



THE JOURNEY

*By Dr. Susan E. Stone,
Frontier Nursing University President and Dean*

Frontier Nursing University Announces New MSN+DNP Program

*New program offers more options for
graduate nursing and midwifery students*

Frontier Nursing University is a unique institution in that we are solely focused on graduate nursing education. Our institution provides advanced education for registered nurses so that they may further their education, increase their scope of practice and better meet the healthcare needs for their communities. All graduates of FNU are advanced practice nurses with Master's or Doctoral degrees.

The advanced practice nursing field is gravitating towards the doctoral degree for entry into advanced practice. What this means is that in the future, nurses wishing to practice as advanced practice nurses may need to complete the Doctor of Nursing Practice degree. The Master's degree may no longer be sufficient to begin advanced practice. This is not very different than the evolu-

tion of other disciplines' education requirements, such as pharmacy, physical therapy and dentistry, which all require doctoral degrees for entry into their practices. While it remains to be seen if and when regulators adopt the DNP as a requirement for entry into advanced practice nursing, there is no doubt that adding the DNP adds to the skills of our graduates.

FNU will introduce a new curriculum beginning January 2014. This new curriculum will allow students to complete a Master of Science in Nursing (MSN) with a focus in nurse-midwifery, family nurse practitioner or women's health care nurse practitioner studies and have the opportunity to seamlessly progress to a companion Doctor of Nursing Practice (DNP) degree. The MSN+DNP program is a new approach that will offer more options for students, and provide the opportunity for many more nurses to achieve the highest level of nursing and midwifery clinical education available by completing the DNP degree.

FNU's new MSN+DNP curriculum is designed to prepare nurse-midwives and nurse practitioners to be excellent clinicians as well as leaders in the health care system. FNU graduates will be change agents who improve the health care system while providing high-quality primary health care with a focus on women and families in rural and underserved areas.

FNU will also offer post-master's certificates in nurse-midwifery, family nurse practitioner and women's health care nurse practitioner specialties with the ability to seamlessly enter the companion DNP. Additionally there is a Bridge entry option to the new MSN+DNP curriculum for students entering with an associate degree in nursing. For those who are already certified as nurse-midwives and nurse practitioners, FNU will continue to offer the post-master's DNP degree.

We are excited to stay on the cutting edge of graduate nursing education by offering this new curriculum. We feel this will ensure our graduates are the best prepared in their fields and prepared to serve their communities with the highest level of education and training available. As always, we thank our students, alumni, preceptors and donors across the country for providing the financial support that makes it possible to continue expanding and adapting our programs.

To view a video announcement and to also view more details about FNU's new MSN+DNP program, visit www.frontier.edu/newprogram.

ALUMNI SPOTLIGHT

Laura Ballou, FNP-BC FNU Graduate, Class 68



“I am thrilled that my education led me to a place where I feel I can make a difference every day.”

Laura Ballou has done it all — from caring for acute patients with appendicitis, lacerations and broken bones to providing wellness exams for adults and children — all in a remote island in the Bering Sea, where the nearest hospital is over 900 miles away. After graduating from Frontier Nursing University (FNU) as a Family Nurse Practitioner, Laura accepted a position in a rural Alaskan community comprised of about 4,000 residents and 8,000 seasonal fishing industry workers, many of whom have never received health care before and only come in for acute care.

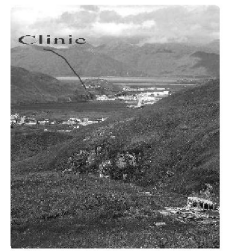
The center where Laura works is designated as a “Frontier Hospital” — an extended stay facility where patients are cared for until transferred elsewhere. Laura and her colleagues provide routine

wellness and OBGYN care; they perform health screenings and often catch undiagnosed chronic problems such as hypertension, hyperlipidemia, and diabetes. They do not deliver babies unless they are preterm or an unknown pregnancy. Pregnant women leave the island at 36 weeks and there are no midwives and no surgical facilities available.

“I became a Family Nurse Practitioner out of a desire to serve in a rural community where I can actually make a difference,” Laura shares. Laura has been in charge of the Community Outreach Committee and is the Legislative Liaison for the clinic. She has established a quarterly outreach meeting with each of the local canneries to provide screenings, immunizations, and promote wellness awareness.

Laura chose FNU because of the online program’s flexibility that allowed her to work and take classes that fit her schedule. Frontier specifically appealed to her because of the focus on rural communities and the broad range of course work offered. She is currently a mentor for another student

and she enjoys being able to help students relish in their accomplishments when they overcome hurdles they thought were insurmountable. She likes talking with fellow graduates to hear about their positions after graduation, and she is excited and eager to precept FNU students and share with them the work that has brought her joy and fulfillment. Laura shares, “I am thrilled that my education led me to a place where I feel I can make a difference every day.”



“I became a Family Nurse Practitioner out of a desire to serve in a rural community where I can actually make a difference.”



The location of the “Frontier Hospital” is on a remote island in the Bering Sea.

COURIER CORNER

By Nancy Reinhart,
FNU Development Officer/Courier Coordinator



We welcomed six Couriers this past summer to the Frontier family! Let me tell you a little bit about them...

Emily Beckelbimer is a student originally from rural West Virginia. She is currently working towards a Master's Degree in Public Health at the University of Kentucky. She served the community of McKee, KY, at the White House Clinic and lived with Frontier alumnus Jean Fee.

Bryanna McClure is an Elmhurst College nursing student who hails from Chicago, IL. She says she joined the Courier Program to grow as a person in all aspects of her life—personally, academically and professionally—and did just that! She served at the Women's Health and Wellness Center in Madisonville, TN, and witnessed her first birth while there. Bryanna's mentor, Frontier nurse-midwifery alumnus Carla King, said she wished they could have kept Bryanna all year long.

Anthonia Adams, originally from Conyers, GA, is studying biochemistry and economics at Washington and Lee University. The Courier Program shares a special partnership with the Shepherd Higher Education Consortium on Poverty of which Washington and Lee is a part. Anthonia was the Shepherd's chosen representative to Frontier's Courier Program this year. She served at the Hazard Clinic this summer and participated in many home visits with her nurse practitioner mentor.

Ethan Waranch, son of a Frontier alumnus, traveled from Arkansas through a very long traffic jam and several thunderstorms to get to Wendover. He served the community of Hazard at the Little Flower Clinic. Ethan is particularly interested in social work and describes himself as a person who wants to better understand and help all people. He felt the Courier Program helped him to do that.

Teresa Horan is a pre-med student at St. Mary's College in Maryland. She spent her summer shadowing Dr. Varghese and Nurse Practitioner Linda Ahrens at the ARH Mary Breckinridge Hospital and clinics. She also was

able to go on home visits and volunteer in the community. Teresa put together a comprehensive packet of information about diabetes for the patients of Big Creek.

Kaleigh Hire, a recent college graduate with a major in agriculture, heard about the Courier Program during a fall 2012 presentation at Berea College. She knew it was the perfect opportunity to pursue her interest in nurse-midwifery and applied immediately. By serving the Lisa Ross Birth Center in Knoxville, TN, this summer under mentor and Frontier nurse-midwifery alumnus Linda Cole, she got the opportunity to attend births and get a feel for the "midwife life." She leaves interested in pursuing certification as a lactation consultant.

The Couriers arrived at Wendover for orientation on June 9, 2013. During the orientation, we reviewed the history of FNS, FNU and the Courier Program; discussed the roles and responsibilities Couriers would take on at their site; enjoyed guests speakers such as President and Dean Stone, Associate Dean Marfell and Kitty Ernst; and explored the local community.

They returned to Wendover from July 31 to August 2 to close the experience together. While their experiences were varied, they were all wonderful examples of Mary Breckinridge's idea of "service to humanity." We thank them for their time as Couriers. We hope they will stay in touch and let us know how they are doing in the future. As all of us former Couriers know, serving in this way is a gift that keeps unfolding through the rest of our lives.

A big thank you to our guest speakers, community hosts and to the Kentucky School of Bluegrass and Traditional Music for your help with Courier Bound Orientation. You helped start these Couriers out on the right foot to follow the footsteps of so many Couriers before them. Also, a big thank you to our clinical site partners, especially Courier Program mentors, and to those of you who spent time with them this summer!

Know someone who might be interested in being a Courier?

Direct them to www.frontier.edu/courier. Application materials for the summer 2014 program will be up soon.

We are looking forward to the release of this fall's book by Anne Cockerham about the history of the Courier Program. Read more about it in this issue and be sure to contact us to secure your copy today!

COURIER SPOTLIGHT

Lee Fox, 1976

Lee is an active member of the Courier Program Advisory Committee and a supporter of Frontier. She lives in upstate New York.



Briefly describe your experience as a Courier.

As a courier, I lived at Wendover in the Garden House with my fellow courier, Liz Mulvaney, a nursing student from Arizona. Our duties included delivering supplies to the clinics two times per week. We had both an FNS jeep and a VW "Thing" to drive and we would go to the hospital to gather all of the supplies the day prior to delivery and then head out early the next morning to the clinics which were generally in a circle around Hyden.

My recollection is that there were approximately five clinics and the deliveries would take us the whole day, stopping of course to say hello to people who flagged us down to look at rattlesnakes in pits, and to behold the glorious mountains and other amazing sights. Evenings and weekends were spent listening to music, ogling

beautiful quilts, and visiting Pentecostal churches. Or gaining wisdom from Cecil Morgan, Helen Browne and Kate Ireland and eating Opal's delicious food at our communal dinners in the Big House.

I wanted to experience as much as I could so I went out with the home care nurses as well as being called to some night deliveries at the hospital. The home visits were eye-opening and fascinating: a man who had lost at Russian roulette, many Black Lung patients, and an elderly woman whose pessary had grown into place to mention a few. I also helped at the hospital in a clerical capacity.

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

I was not a very good math and science student in high school and I decided to pursue a major in art history in college. Then life intervened and I underwent multiple surgeries and chemotherapy during my sophomore and junior years of college. Suddenly the whole world of health care was introduced. A family friend suggested that I look into the FNS Courier program. I was accepted

and an amazing summer in the mountains with nurses, family nurse practitioners and midwives providing most of the primary and OB/GYN care led me to nursing school and a career in home care nursing and public health.

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

The program has allowed hundreds of young women and men to have a brief but intense experience with a model of rural primary health care that has been used around the world. The Couriers leave with a better understanding of rural primary care, of the team approach to care that is driven by nurse practitioners and nurses and that includes the whole patient. And Couriers have the opportunity to explore the mountains and their people and culture as it has changed and evolved since my brief but unforgettable encounter with coal trucks, black lung-inflicted, male patients who were expert quilters and the wonderful Frontier Nursing Service staff members.

Why do you remain involved?

I remain involved in order to help introduce new Couriers to FNU's dynamic model of primary health care and education.

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.

Anne Cockerham Appointed FNU Professor of History



Dr. Anne Cockerham has been appointed as FNU Professor of History. The background of this appointment is our desire to accurately preserve, record and disseminate the history of Frontier Nursing University. Anne is uniquely qualified for this position with a background that includes a PhD with a focus in nursing history, certification as both a nurse-midwife and women's

health care practitioner and a proven track record in efficiently completing high quality projects related to the history of the Frontier Nursing Service and Frontier Nursing University. Anne has demonstrated her skill and her commitment to this endeavor with the first two completed books documenting stories of the FNS nurses, students, and Couriers.

Anne's most recent book, *Unbridled Service: Growing Up and Giving Back as a Frontier Nursing Service Courier, 1928-2010*, will be published this fall. This story documents the incredible history and stories of the Courier program. The following is an excerpt from Chapter 3 of this forthcoming book:

Mrs. Breckinridge understood that organizations grow and change. Writing in Wide Neighborhoods, she described how the Frontier Nursing Service embraced the "laws of growth" and this growth applied to the Courier Service as well as to the larger Frontier organization. Although duties, conditions, and details differed since the Courier Service's inception in 1928, Couriers demonstrated a remarkable capacity to adapt to the evolving needs of FNS. Whether a Courier cleaned barn stalls, drove up a creek bed in a temperamental jeep, rode horseback on mountain trails to deliver vital messages, or painted an outpost nursing center, each young person was part of the long and storied tradition of Frontier Nursing Service Couriers.

Look for details soon on how to get your copy at www.frontier.edu.

Frontier Nursing University Recognized with Champion for Children Award

Frontier Nursing University was recently recognized by the County of Leslie Lifting Youth (COLLY) organization with the Champion for Children award. The award was presented to FNU President and Dean Susan Stone at the annual Hyden-Leslie County Chamber of Commerce Civic Night, which recognizes local people and organizations for their contributions to the community. FNU was selected to receive this honor for playing a vital role in establishing and delivering COLLY's healthcare programs to the local community and for supporting local families by providing food, clothing and toys during the holiday season.

COLLY is a non-profit organization established to address the needs of youth in Leslie County, Kentucky, through the development of programs focused on health, education and spirituality. COLLY provides community programs including dental education, after school health and science enrichment activities, reading and tutoring programs and school-based health clinics.

COLLY's school clinic program ensures that the four local elementary schools are staffed with clinical professionals and provide daily health care and health education to students. Clinic staff visit classrooms and teach lessons on healthcare topics to enable children to develop healthy habits they can carry on to adulthood. Frontier Nursing University received the Champion for Children award for its role as an integral partner with COLLY in establishing these school clinics and delivering healthcare services to the Leslie County community.

FNU was also proud to honor staff member Sharon Feltner during Civic Night with an Employee Recognition Award for her work at the University



top: Dr. Stone and
COLLY staff
bottom: Dr. Stone
honors staff member
Sharon Feltner

for the past six years. Sharon is an asset to FNU through her role in the admissions department. She has admitted almost 800 students, and she processed more than 1,000 applications just over the past year. She is a devoted employee and her friendly and cheerful personality ensures that students always feel welcome when they visit campus.



Frontier Nursing University Scholarship Awarded to Leslie County High School Senior

Continuing the traditions of Mary Breckinridge and the Frontier Nursing Service, FNU now offers a \$1000 scholarship to a Leslie County high school senior who will be attending nursing school. The award recipient is determined based on several eligibility requirements including GPA, essay and community service hours. The scholarship was presented to Samantha Couch by Student Services Coordinator Debra Turner on May 14, 2013.

2013 Kentucky State Fair

For the past few years, several FNU staff volunteer at the Leslie County Tourism booth at the Kentucky State Fair to promote the University and the Wendover Bed and Breakfast Inn. This year, Stephanie Boyd, Brittney Edwards, Michael Claussen, Susan Morgan and Katie Moses represented FNU at this exciting event. The tourism booth won the Best Booth Award for the Pride of the Counties section in 2012.



Staff members Stephanie Boyd and Brittney Edwards volunteering at the Leslie County booth at the Ky State Fair



Couriers Visit with Mountain Club Members in Lexington

Thanks to the invitation of FNU Leadership Council Member and Hyden native, Elizabeth Kramer, our summer Couriers visited with a crowd of 20-25 people originally from Eastern Kentucky on Tuesday, July 23. Couriers presented information about their sites and experiences and fielded questions from the attendees. Everyone enjoyed a potluck dinner.

Frontier Nursing University Named a "2013 Great College to Work For®"

Frontier Nursing University is one of the best colleges in the nation to work for, according to a new survey by *The Chronicle of Higher Education*, the nation's most important source of news about colleges and universities.

The results, released in *The Chronicle's* sixth annual report on The Academic Workplace, are based on a survey of more than 44,000 employees at 300 colleges and universities. In all, only 97 of the 300 institutions achieved "Great College to Work For" recognition for specific best practices and policies.



Recognition by The Chronicle of Higher Education puts Frontier Nursing University in elite company

FNU won honors in 9 categories this year and was also named a 2013 Honor Roll Institution for being rated highly across multiple categories:

- Job satisfaction
- Work-life balance
- Teaching Environment
- Confidence in Senior Leadership
- Collaborative Governance
- Professional/Career Development Programs
- Compensation & Benefits
- Respect and Appreciation
- Supervisor/Department Chair Relationship

“This is a very satisfying affirmation for FNU. We are constantly striving to make FNU a community which values the needs and contributions of every individual. In that sense everyone at FNU helps to make this a great place to work,” said FNU President & Dean Susan Stone.

“The institutions that the Great Colleges program recognizes provide innovative educational experiences — while also offering their employees outstanding workplace experiences — and we are eager to help readers learn more about them,” said Liz McMillen, *The Chronicle’s* editor.

The survey results are based on a two-part assessment process: an institutional audit that captured demographics and workplace policies from each institution, and a survey administered to faculty, administrators, and professional support staff. The primary factor in deciding whether an institution received recognition was the employee feedback.



Shot Entirely in Kentucky, *Journey into Wellbeing* TV Series Features Frontier Nursing University

PBS. The pilot episode of the national health and wellness series *Journey into Wellbeing*, shot entirely in Kentucky, first aired in February 2013 on PBS stations in select markets, including KET.

Journey into Wellbeing includes a panel of Bluegrass-based experts alongside natural health explorer and host Debra K., who lived in Kentucky for 20 years. Segments include:

- Bobby Benjamin, Executive Chef, La Coop, Louisville. Chef Benjamin teaches Debra K. to redo traditional recipes in a healthier fashion, including the famous Hot Brown
- Lena D. Edwards, MD, FAARM, Balance Health & Wellness Center, Lexington. Dr. Edwards provides Debra K. with her initial health assessment and offers tips to viewers on beginning their own healthy journey
- Foxhollow Farm, Crestwood. Debra K. learns about bio-dynamic farming and the journey Foxhollow’s leaders have taken to create a profitable organic farm

- Frontier Nursing University, Hyden. In Eastern Kentucky, Debra K. explores a graduate school that educates nurse-midwives and nurse practitioners and has the oldest and largest continually-operating nurse-midwifery education program in the nation
- Molly Galbraith, Fitness Expert, J&M Strength & Conditioning, Lexington. Molly puts Debra K. through her paces and assigns a fitness grade, while offering simple tips for beginning a fitness journey

Working with a Kentucky-based crew to shoot the pilot in October 2012, Debra K. adds, “From redoing traditional recipes in Louisville, organic farming in Oldham County and hiking through spectacular fall foliage at Natural Bridge, the show presents Kentucky’s wellness options in a positive, educational light that encourages viewers to begin their own health journey. I believe every state has hidden gems of well-being and Kentucky was the perfect place to start *The Journey*.”

Described as one part Rachael Ray, one part Ellen DeGeneres, Debra K. is a former Fortune 250 marketing and sales leader, author of “Success from the Start,” executive director of the Destination Spa Group, and founder of the wellness education company imassage, Inc. “I’m an overworked, pudgy insomniac!” laughs Debra K. “I’m at that point in life where I recognize what I’ve been doing isn’t good enough anymore; I’m sure many of you feel the same. I invite you to join me as we travel and uncover the secrets to living an energetic, vibrant life!”

For more details on *Journey into Wellbeing*:
www.JourneyIntoWellbeing.com and <http://reciperedoblog.com>

Historical Document Found by Frontier Graduate

Frontier Graduate Joy Brands (Class of 1965) recently found a true treasure of Frontier History—the actual application of Mary Breckinridge to become certified as a Nurse-Midwife in Kentucky. We sent this document to the Frontier Nursing Service Collection at the University of Kentucky. A copy of this document is hanging at the Hyden Campus of Frontier Nursing University.

BEYOND THE MOUNTAINS

FNU Represented Well at National Conferences

American College of Nurse-Midwives Annual Meeting



Tonya Nicholson and Susan Stone pose with Frontier alumna Jennifer Gadoua

FNU faculty, alumni, students, staff and preceptors invaded Music City for the 58th Annual American College of Nurse-Midwives meeting and exhibition, held May 29-June 2, 2013, which attracted a record-setting crowd, attracting 1900 attendees.

Several members of our Frontier family received awards during the conference. **Dr. Janet Engstrom**, FNU Associate

Dean of Research, received an ACNM 2013 Distinguished Service Award in recognition of her research with human milk in the NICU which has had one of the most important practice changing effects of the past 20 years. Additionally, Dr. Engstrom has offered years of service as an educator and mentor to countless students and practicing midwives.

FNU Faculty Members **Deborah Karsnitz** and **Susan Yount** were inducted as Fellows of the ACNM at this year's annual meeting. Fifteen new midwives received this prestigious distinction for their outstanding professional achievement and contributions to the midwifery community. FNU Faculty members previously inducted as Fellows include **Susan Stone**, **Kathryn Osborne**, **Barbara Anderson** and **Janet Engstrom**.

FNU Faculty Member **Dr. Anne Cockerham** received the ACNM Foundation Excellence in Teaching Award. Dr. Cockerham was selected for this award by FNU students.

FNU Faculty Member **Susan Yount** received an award for her poster "Comparison of birth outcomes in relation to health behaviors of Women: Group versus Individual prenatal care."

The FNU Alumni reception, a much-anticipated annual gathering at the ACNM Annual Meeting, drew more than 100 faculty, students, alumni, staff, preceptors and friends. **Susan Stone**, **Tonya Nicholson**, **Kitty Ernst** and **Barbara Anderson** led the festivities. Dr. Nicholson paid special tribute to FNU's preceptors, or clinical mentors, asking them to stand up and be recognized for their contributions. Each preceptor also received a gift. In Frontier tradition, the crowd circled up at the end of the evening to share news of their work and reflections on what their Frontier experience has meant to them. And, as always, a rousing round of singing capped off the night.

American Association of Nurse Practitioners National Conference

FNU faculty, alumni, students, staff and preceptors, along with over 5,000 other nurse practitioners, traveled to Las Vegas for the American Association of Nurse Practitioners 28th National Conference, held June 19-23 at The Venetian, The Palazzo and Sands Expo and Convention Center. The conference was the largest in AANP history and a great success.

FNU graduate **Karen Millett** received the Maryland Nurse Practitioner of the Year award while graduate **Jenny Lee Mitchell** received the Colorado Nurse Practitioner of the Year award. These awards were part of the State Award for Excellence program which recognizes a nurse practitioner in each state every year who demonstrates excellence in clinical practice. Karen and Jenny were honored during the Salute to the States Award Ceremony and Reception at the AANP National Conference.

FNU is proud to announce that two faculty members were elected to serve on the 2013 American Association of Nurse Practitioners Board of Directors. AANP is the largest professional membership organization for nurse practitioners of all specialties. Dr. Joyce Knestrick is serving as Treasurer on the AANP Executive Committee while Dr. Joy Elwell is serving as an AANP Region Director.



Rhonda Arthur and Julie Marfell congratulate Karen Millett (center)

The FNU Alumni reception united nearly 70 faculty, students, alumni, staff, preceptors and friends. Dr. Julie Marfell and Dr. Rhonda Arthur led the festivities for the evening. Frontier paid special tribute to all FNU preceptors, recognizing them with a gift during the reception. All attendees shared news of their work and any honors they have received while everyone celebrated in fellowship together.

Spring Committee Events Generate Support for FNU

We were honored to visit with old friends and rally new supporters to our mission at several spring events. FNU continues the tradition started by Mary Breckinridge of coordinating committees of supporters. We are honored to have enjoyed support from groups in North Carolina, Washington DC, Boston, New York City, Cincinnati, Philadelphia, Louisville and Lexington. If you are interested in organizing a group or event to support Frontier in your community, please contact us.

Julia Breckinridge Davis, great niece of Mary Breckinridge, hosted a tea at her house in Winston Salem, NC, last March. It was the first year for this event and it was a pleasure to meet with alumni, students, preceptors and supporters in the region.



left: Nearly twenty guests gathered for a tea at the home of Julia Breckinridge Davis; top right: Ms. Davis serves tea to a guest



The annual Washington, DC Committee luncheon was held April 18th at Congressional Country Club. Molly Singerling, daughter of the late, long-time DC Chairperson Ruth Newell, graciously helped Frontier to secure this beautiful venue. We were delighted to visit with nearly 40 friends and give an annual update.

top, l to r: Joan McPhee, Catherine Davis and Nita Micas attending the DC Luncheon; bottom: Molly Singerling and Susan Stone

Peter and Abby Coffin, of Chestnut Hill, MA, hosted their 2nd annual Kentucky Derby party to benefit Frontier Nursing University. This year's festivities were held at the Coffins' residence with more than 100 guests. This was a fun event with current FNU supporters and many individuals who learned about our work for the first time. Nearly \$10,000 was donated as a result of this gathering to support the FNU endowment campaign.



In May we returned again to the Cosmopolitan Club in New York City for an annual luncheon. We were pleased to visit with a dozen of our longtime supporters and report in person on the impact of their giving and the importance of their continued commitment to Frontier.



top: Abby Coffin and guest; bottom: Peter Coffin with former Courier Elizabeth Ives Hunter

NOTES



Denise Barrett, Director of Development, her husband Matthew, and son Keenan, are proud to announce two new additions to their family. Hattie Marie and Alton Crosby Barrett were born April 4.

Shelley Thorkelson, a 2003 FNU nurse-midwifery graduate, was chosen as the Certified Nurse-Midwife of the Year nationally for the Indian Health Service. This distinction was based partly on her work with successfully restructuring diabetes care for pregnant women in Indian country and impacting the outcome of reducing LGA (large for gestational age) rates from 45% to 8%. She also serves as Director of Advanced Practice for the National Indian Health Service Rural Obstetrical Nurse Residency Program and as the lead instructor for this program. Shelley writes, "I just wanted to share as a proud Frontier graduate that my educational foundation received from you all is still serving me well."

Mary Gadbow Davis, a 1996 Frontier nurse-midwifery graduate, was selected as the People's Choice Award winner at Oakland University's Nightingale Awards for Nursing Excellence in May. This significant award, presented at an event attended by 700 people, is given to someone in the nursing profession who has provided outstanding care or made a significant difference in someone's health and wellbeing. The award is presented by the School of Nursing at Oakland University, located in Rochester, Mich. More than 100 nurses were nominated for the award, with patients and healthcare consumers submitting the nominations. The list was narrowed to the top three, with Mary announced as the winner on the night of the event. Congratulations, Mary!

Rachel Sieman, a Class 42 nurse-midwifery graduate, recently opened the Mahoning Valley Birth Center, in Youngstown, Ohio, which she says is the only freestanding birth center in her state.

While visiting North Carolina, Dr. Susan Stone and Kelli Adanick were pleased to pay a visit to **Mr. Jacob Smit** at his home in the Blue Ridge Mountains of North Carolina. Mr. Smit, who lives in Deep Gap, shared some lovely memories of his wife, the late **Norma Elizabeth (Sallada) Smit**, a retired nurse who was a longtime supporter of Frontier. Mrs. Smit, who passed away

in May 2011 at the age of 92, received her nursing degree from the University of Albany as a participant in the Cadet Nurse Corps Program, a program supervised by the U.S. Public Health Service to train nurses during World War II. Mrs. Smit was later a public health nurse in New York City, when public health nursing was coming into its own in the 1950s. She also worked as an emergency room nurse. "Some of her happiest years in nursing were in the ER," Mr. Smit said. "Norma enjoyed ER nursing so much. She developed strong friendships." Mr. Smit graciously presented a check for \$1,000 to help with tuition for an FNU nursing student in North Carolina. FNU will award the scholarship this fall.

Dr. Stone also visited former FNS Courier **Kirby Coleman Brown**, 89, who lives in Winston-Salem, during the trip to North Carolina. Mrs. Brown was a Courier in the fall during the late 1940s. She recalled of her duties as a Courier: "My job was to clean up the horses and weigh babies using the meat scales."

Kim Stacy of Willisburg, Ky, writes that Anne and L.B. Stacy delivered four of their seven babies with FNS, Deanna, Teresa, Kim and Greg. "The midwives have always been a part of our lives," says Kim. At 89 years old, Kim wrote that her mother still talked about the love and care she received from her nurses. Kim shared that she is proud to support Frontier Nursing University.



Garnet Jones, a former mental health nurse in Hyden in the late 1960's and early 1970's, recently visited Frontier Nursing University with her granddaughter **Sierra Hamm**. Sierra is interested in applying to Frontier. Garnet recalled helping Dr. Beasley and Leonard Hood teach mental healthcare classes for the second class at Frontier School (1971 or 72) and was the commencement speaker around that same time.

Holly Powell Kennedy, 1985 Frontier Nursing University graduate and the Helen Varney Professor of Midwifery at the Yale School of Nursing (YSN), was recently named Executive Deputy Dean at YSN.

We want to hear from you!

Please send your news and updates to 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.

Handmade Items are Popular Way to Support FNU

Frontier nurse-midwifery students present a baby cap to the first baby whose birth they attend, and our nurse practitioner students present lap quilts or scarves to their patients. Frontier receives these items from our knitting friends, and as our university continues to grow, we 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:

Recently we received gifts from the following people:

- Marlene Butts
- Missouri Department of Corrections
- Frontier Alumnus, Harriet Palmer



During a spring visit to Washington DC, Susan Stone met with the ladies known as the "Flying Fingers". This wonderful group of women get together to knit items for Frontier students.

WENDOVER REPORT

Spring and Summer Visitors at Wendover



Dr. Tom Dean, former Medical Director for the Mary Breckinridge Hospital and past president of the National Rural Health Association (NRHA), and his wife, Frontier Graduate Kathy Dean, stayed at the Wendover Bed and Breakfast this spring. This was their first trip to Wendover after 35 years. They wrote in our guest book, "We find this place as beautiful and inspiring as ever. We are thrilled that the vision of Mrs. Breckinridge continues to live."

Several schools and universities from across the country stayed at our Bed and Breakfast Inn and took part in our exciting Tour of Frontier Nursing University and Historic Wendover. Overnight guests at Wendover included social work students and faculty from the University of Wisconsin at Eau Claire; nursing students from Anderson University in Indiana; and nursing students and faculty from Thomas University in Thomasville, Ga.; Berea College in Berea, Ky.; and Illinois State University in Normal. Students and faculty from the University of Tennessee-Knoxville and Indiana Wesleyan University in Marion, Ind., came for our Frontier tour.

The Wendover Bed and Breakfast Inn continues to be a beautiful destination to visit and spend the night. We recently added 8 more rooms to the Bed and Breakfast for a total of 16 rooms to choose from at Wendover.



Become a fan of the Big House on Facebook at facebook.com/WendoverBigHouse

FOOTPRINTS

90 years ago, during the summer of 1923, Mrs. Mary Breckinridge came to Leslie County to interview 53 mountain midwives and study the needs of mothers and young children. The following passage from Wide Neighborhoods relates to experiences riding in the Kentucky Mountains.

That summer I rode thirteen different horses and three mules. Among them was every variety of sore, ringbone, kidney disorder, and other equine complaint. Only two were even fairly good saddlers. The bridles were often pierced with rope and the girths tied on with wire or string. The blanket was often a meal sack. The shoes were in such poor condition, with blacksmiths and forges few and far between that I made it a custom to carry in my saddlebags a couple of shoes of the size of the horse of the day, and turned to fit him. I traveled approximately six hundred and fifty miles on these animals, reckoned on a basis of three miles an hour, which is conservative as on some roads and some mounts I made four. I would have bought a horse for the summer's travel but for my frequent visits to my father. Several times I left the mountains at the spur of the railroads that led eventually to Louisville or Lexington, to make my way to Berea. After a day or two with my father, I would go back to the mountains via another spur that would land me perhaps three days' horseback travel from the place of my departure. Under such conditions, it just wasn't possible to depend on any one horse.

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.

Harriette Sherman Barnes, 93, of Lebanon, NH, died June 2, 2013 at Dartmouth Hitchcock Medical Center. Harriette was born in Cleveland, Ohio on April 30, 1920, the daughter of Henry Stoddard Sherman and Edith McBride Sherman. She attended the Laurel School for Girls in Cleveland, followed by Miss Hall's School in Pittsfield, Massachusetts, and Erskine Junior College in Boston. Throughout her childhood and youth, Harriette enjoyed a variety of sports, outdoor adventures and travel. She was always ready for a game of tennis, a horseback ride or a hike. As a young woman, Harriette spent time as a volunteer courier caring for the horses used by the Frontier Nursing Service in Wendover, Kentucky. This experience and others shaped her belief that we are here to serve and to help one another—a belief that Harriette modeled throughout

her life, in her own quiet, self-effacing way. After her formal education ended, Harriette worked at a number of jobs and volunteer positions before marrying her husband, James Barnes, in Cleveland in 1949.

Caroline Holdship, born May 28, 1914, died at home on June 24, 2013, at the age of 99. She was the daughter of Charles Frederick and Katharine Davis Holdship. She lived all her life on the Davis homestead in the Borough of Osborne, PA. She attended the Sewickley Academy and was graduated from Miss Porter's School in Farmington, CT. She joined the Frontier Nursing Service in the mountains of Eastern Kentucky as a courier and midwife assistant and served for many years on the board. She also worked as a biology lab assistant at the University of Pittsburgh. She was the last surviving charter member of the Sewickley Hunt and was an avid sportswoman who skied into her seventies.

W.N. Nick Lewis, Jr., of Hyden, Ky., born June 18, 1916, in Hyden, KY., the son of the late W.N. Lewis, Sr. & Zana Sizemore Lewis, departed this life on Sunday, August 25, 2013, at his residence. He was 97 years of age at the time of his passing. Nick attended the University of Kentucky where he studied engineering and sang on various campus radio programs. Nick also attended the University of Louisville. Nick and his beloved wife, Kathleen, moved to Corpus Christi, Texas, in 1954 and were residents there until 1984 (with the exception of a short stint in Elizabethtown, Ky.) Nick and Kathleen moved back to Hyden in 1984. Nick was a World War II Veteran having served honorably in the U.S. Coast Guard. He was a self-employed carpenter and U.S. Government employee. Mr. Lewis was a loyal supporter of Frontier Nursing University.

Ruth Morgan, 84, of Bardstown, Ky., formerly of Wendover, Ky., departed this life on Monday, June 24, 2013, at Flaget Memorial Hospital, Bardstown, Ky. Ruth was the widow of the late Jahugh "Jakie" Morgan. Ruth was born in Stockton, Illinois, the daughter of the late Oscar Offenheiser and the late Beryl Finkinbinder. By occupation she worked 10 years at JCPenny in Free Port, Illinois. She was a personal secretary of Mrs. Mary Breckinridge at Frontier Nursing Service. Ruth was the Head of the Department for Fundraising and receiving donations at FNS where she retired. She was instrumental in assisting Mary Breckinridge with the writing of her book *Wide Neighborhoods*.

Lilly McKim Pulitzer Rousseau, famed fashion designer and a former Courier for the Frontier Nursing Service, passed away on April 7, 2013, at age 81. Ms. Rousseau was known for her colorful and playful "Lilly Pulitzer" fashion designs that became a wardrobe staple among socialites. Lilly briefly attended college but left to work as a Courier for FNS. According to the recent book, *Lilly: Palm Beach, Tropical Glamour, and the Birth of a Fashion Legend* by Kathryn Livingston: "Soon after her arrival in Kentucky from New York, Lilly learned that she was part of something important that would contribute to many families' lives." When she returned to New York, she became a

nurse's aide at the Veterans Hospital in the Bronx. In 1951, she eloped with publishing heir Peter Pulitzer, who owned several orange groves in Florida. Reportedly, in 1959, after opening a juice stand in Palm Beach, she needed a dress that would camouflage the citrus stains. Thus was born her classic shift dress and her legendary career as a fashion icon. Her survivors include her three children, Liza, Minnie and Peter, from her first marriage.

Mary Ann Hawkes (Quarles) Sanders, 88, died peacefully on March 15, 2013. She began her education at the Hartridge School in Plainfield, NJ, graduated from Mt. Holyoke College in 1947, earned a MA from the University of Kentucky in 1952 and a Ph.D in Sociology with a concentration in Criminology from Boston University in 1966. Her first job was as the social service secretary at Frontier Nursing Service (1948-1953). Mary Ann followed in the steps of the great women she so admired like her mother, Anita Stillman Quarles, Edna Mahan and Mary Breckinridge. She set an example that has benefited many.

Anne Jane Watterson Stacy, widow of L.B. Stacy, passed away on Thursday, March 21, 2013 at the St. Joseph East Hospital in Lexington, KY. She was a former resident of Hyden, KY but was living in Lexington, KY at the time of her death. She was born on October 26, 1923 at Dickenson County, Virginia and was the Daughter of the late Fred Watterson and the late Ruth Burke. By occupation Anna was a homemaker and had been a lifelong resident of Leslie County. She was affiliated with the Baptist faith. Anna enjoyed cooking, traveling, gardening, raising flowers but she especially enjoyed being involved in the lives of her children and grandchildren. Four of her seven children were delivered by Frontier nurses.

Frances Rousmaniere Storrs of Oyster Bay, NY died April 22 peacefully at home at the remarkable age of 100. Her charitable life began in 1929 at the age of 16, when she worked as a Courier for the summer in Hyden, KY, where her mother's family had funded the Frontier Nursing Service three-room hospital, and rode horses through the back hills to help provide medical care. For the rest of her life, she devoted much of her energy to helping others through a multitude of charities, including Planned Parenthood, Visiting Nurse Services, the Oyster Bay-East Norwich Boys and Girls Club, the Oyster Bay Waterfront Center, Friends of the Bay and many others. She and her husband Richard ("Dick") were leaders in creating Oyster Bay's East Woods School in 1946 and she served the school for many years.

Anne Howard Preston Turner, beloved wife, mother, grandmother and friend, born May 28, 1919 in Lexington, Ky passed away April 3, 2013. Mrs. Turner graduated from Mt. Holyoke College in South Hadley, MA with a BA in Art History and number of awards in Horsemanship. After working briefly at the Bluegrass Army Depot during WWII, she became a homemaker and volunteered for several organizations including: Junior League of Lexington, Needle Work Guild, Frontier Nursing Service, Colonial Dames of America in Kentucky, and Garden Club of Lexington.

Barbara Wriston, a long-time supporter of Frontier Nursing Service, died peacefully at home July 2, 2013, three days after her 96th birthday. An Art Historian and Museum Educator, Barbara received a B.A. from Oberlin University, an M.A. from Brown University and, in 1977, an Honorary D.Litt from Lawrence University. She began her distinguished career at the Museum of Arts at the Rhode Island School of Design in 1939; in 1944, she became a Lecturer at the Museum of Fine Arts, Boston; and in 1961 was appointed Executive Director of Museum Education at the Art Institute of Chicago. Barbara was a Life Trustee of Chicago's Newberry Library; a Benjamin Franklin Fellow of the Royal Society of Arts in London; Trustee of the New York Public Library and Kentucky's Frontier Nursing Service. Her scholarly and entertaining book, "Rare Doings At Bath" was published by the Chicago Art Institute in 1978. Through her generous support and love for Lawrence University, she helped create and fund the Wriston Art Center Galleries there. In 1980, Barbara "retired" and moved to New York City; she became very involved with the Metropolitan Museum of Art, joining the Friends of The American Wing and the Visiting Committee for the Department of American Decorative Arts (which were her passion). In her later years, she endowed a Curatorship in the American Wing of the Museum in memory of her mother.

TRIBUTES

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

R. Bruce Bass
Mrs. Jane Haldeman Hope

Harriette Barnes
Ms. Martha Eaton Hickox
Mrs. E. Townsend Moore
Ms. Nancy Osgood
Ms. Thayer Paine

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Ernie Wright
Mr. and Mrs. Steve and Linda Longstreth

Ruth Longfellow Wright
Ms. Marilyn F. Wright
Mr. and Mrs. Steve and Linda Longstreth

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

Barbara Anderson
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Tia Andrighetti
Ms. Samantha Pehl

Julia Breckinridge Davis
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Mr. and Mrs. F.D. Hornaday

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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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YOUR GIFTS AT WORK



The summer 2012 Quarterly Bulletin mentioned the urgent repair of the 15th Century stained glass window located in the St. Christopher's Chapel at the Hyden campus of Frontier Nursing University. Mrs. Breckinridge's cousin, Dr. Preston Pope Satterwhite, had this window in his home in New York and gave it to Mrs. Breckinridge in the late 1930's. Many pieces of Dr. Satterwhite's Art Collection are exhibited at the Speed Museum at the University of Louisville. It was reported in this 2012 article that although Mrs. Breckinridge wrote that this window was from France, a group from the Metropolitan Museum of Art in New York determined several years ago

that this window was most likely from York, England. However, when the group of stained glass window experts examined this window earlier this year, they described that many features of the window suggested that this window was indeed from France. This stunning revelation implies that we should have not doubted the authority of Mary Breckinridge!

Many of our friends have responded with gifts to restore this treasure and we wish to thank everyone who supported this important project to preserve part of our Frontier heritage. Exceptional gifts were given by Mrs. R. Bruce Bass, Mr. Paul Herther, Mr. and Mrs. Charles A. Nickolaus, Ms. Irene Sidun and a wonderful grant of \$10,000 by the Van Sloun Foundation.

In May 2013, this window was taken from the chapel to a professional stained glass window restoration workshop in Ohio to be repaired. We are proud to say that this window looks better than ever and is once again mounted in our little chapel on Campus. The chapel is shown during tours of FNU and for the popular tradition of the "ringing of the bell" after every Frontier Class session at the Hyden Campus.

Would you like to have a small wedding at this historic Frontier site?

Please contact Susan Morgan at the Hyden Campus (859) 899-2605 or by email at Susan.Morgan@frontier.edu or Michael Claussen at Wendover (859) 899-2707 or by email at Michael.Claussen@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.
- **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.
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- **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.

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