

FNU

FRONTIER NURSING UNIVERSITY

Winter 2015 ■ Volume 89 ■ Number 4



GRADUATION 2014

More than 500 new nurse-midwives and nurse practitioners joined the ranks of the Frontier Nursing University alumni in 2014

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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

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

—Mary Breckinridge, Wide Neighborhoods, 1952

of nurse-midwives trained in England. 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 Susan E. Stone, DNSc, CNM, FAAN, FACNM
Frontier Nursing University President

Happy New Year!

Greetings and Happy New Year from Frontier Nursing University! At Frontier, we have been focused on completion of 2015 plans that will help us achieve our strategic goals. As part of our annual planning process, we reviewed outcomes from previous years, data and demographics on our students, and evaluated our programs. One statistic that stands out is that Frontier Nursing University is graduating nearly one-third of the newly licensed nurse-midwives in the United States each year.

“Frontier Nursing University is graduating nearly one-third of the newly licensed nurse-midwives in the United States each year!”

As the birthplace of midwifery in the United States, and the longest continually operating program in the country, this is not a surprise. But occasionally, we have to let the enormity of that responsibility sink in to understand it. Our graduates are the future of the nurse-midwifery and nurse practitioner professions.

Their achievements, outcomes and hard work will shape the growth of the profession. Therefore, we must be the leaders in the curriculum, competencies, certification pass rates, and innovative educational delivery for nurse-midwives and nurse practitioners. We must set the bar high so that the entire profession may benefit and continue to grow.

We are proud to once again be named in the *US News & World Reports* rankings of top graduate programs. FNU's master of science in nursing (MSN) program ranks in the 2015 Top 30 Best Online Graduate Nursing Programs. FNU is ranked as #28 out of nearly 140 online nursing programs. FNU also maintains its ranking in the *US News & World Report's* Top 50 Graduate Schools of Nursing, which it has held since 2011. In addition, two of FNU's online specialty graduate nursing programs have maintained their rankings in the *US News & World Report's* Top 15 nurse-midwifery and family nurse practitioner programs.

Rankings are just one way of recognizing the quality of Frontier's programs. FNU maintains accreditation with regional and professional accrediting bodies. We also monitor closely the pass rates on national certification exams for our graduates. Both our nurse-midwifery graduates and our family nurse practitioner graduates consistently have pass rates above the national average. We are committed to graduating competent, entrepreneurial, ethical and compassionate nurse-midwives and nurse practitioners who are leaders in the primary care of women and families with an emphasis on underserved and rural populations.

Thank you for your support. Donors, alumni, Couriers, students and colleagues reading this Quarterly Bulletin all play a part in our ability to grow, maintain high standards, and continue to innovate.

Onward to a successful 2015 when more than 500 new graduates will join the more than 4,000 alumni to help care for women and families across the globe.

Sincerely,

A handwritten signature in cursive script that reads "Susan E. Stone".

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

ALUMNI SPOTLIGHT

Chasity Frakes, CFNP Class 84



Chasity graduated recently and believes FNU enabled her to realize her dream—making home visits. The path to her dream was a series of surprises. Chasity earned her BSN from University of Louisville and worked for 6 months as an RN in a hospital in Louisville, KY until her husband got a new job and they relocated to Berea, KY. There, she enrolled in the FNU master's FNP program. Chasity started clinical training with an FNU alum; the last day of her rotation, on February 1st, 2013, her father was diagnosed with lung cancer. Chasity was able to take a leave from her studies and go home to nurse her father and to be with him during the last weeks of his life.

Chasity lived in Berea, Kentucky for two years before she graduated from FNU and finished clinical training at Rockcastle Family Wellness clinic, which is affiliated with a small hospital located in Mount Vernon, Kentucky. Upon completion of her educational program, she applied to work for the Rockcastle health system located in Mount Vernon, Kentucky. There was only one position open: this entailed beginning a home visit program staffed by a FNP. Chasity would visit patients in their homes after they were discharged from the hospital's acute care unit and would also make home visits for clinic patients. Chasity assumed protocols for the program would already be defined but was challenged to design the protocols for the program—a great experience for a new graduate. Mt. Vernon is a small town; as is typical of

small towns many of the hospital employees, patients and their families know each other. Chasity had to make friends with the entire county at once.

Her home visits make her feel like a true Frontier nurse of Mary Breckinridge's day; only she arrives in a Camry instead of on a horse. Many elderly patients who take medication for chronic conditions must meet Medicare requirements for a medical visit every 90 days but have challenges with access to transportation to attend office visits. Chasity's visits reduce the periodic 'trips to the clinic.' She loves the care and concern for everyone she experiences as a part of Rockcastle's system.

Chasity keeps clinic hours one weekday and Saturday mornings to get experience she will need to precept FNU students. She recently opened an afternoon Saturday Acute Care Clinic to reduce trips out of town or to the emergency room. The home visit program impacts the community by reducing Medicare costs to Rockcastle for readmissions from their acute care discharged patients—money remaining in the hospital's patient care system, which benefits the medical facility, the community, and the patient.

~
Chasity found the stories about Mary Breckinridge's Frontier Nursing Service were a great introduction for patients who had no experience with home visits, only she arrives in a Camry instead of on a horse.
~

COURIER CORNER

By Nancy Reinhart,
FNU Courier Program Coordinator



The Courier Program application process is in full swing, with interviews happening for potential Couriers as you read this. Last year, we had three to four applications per one spot in the program and we expect about the same this year.

We are excited to welcome a group of eight Couriers again this summer and to offer two new sites for them to serve. One Courier will be serving Red Bird Clinic in Red Bird, KY—about 30 minutes away from Wendover—and another one will be serving Manchester Memorial Hospital in Manchester, KY.

While shoring up the program of service for this year, we've also been busy traveling around the country to meet with former Couriers across the United States. A thank you to those who have taken time to gather together.



(left to right): Marianna Fuchs, Nancy Reinhart, Sherri Rice Smith and Carolyn Gregory

In November in Wisconsin, Carolyn Gregory (1947-48 served as a Courier, Christmas secretary and assistant to FNS staff), Marianna Fuchs (1968 Courier and later a FNS staff nurse from 1977-78), myself, and former FNS staff nurse Sherri Rice Smith (1974-75 staff nurse) gathered together on an icy night near Madison for dinner and storytelling. Sherri and Marianna told compelling tales about their time spent as FNS nurses. Sherri remembered being given a great deal of responsibility even though



Nancy Reinhart visiting with Beth Miner in Minneapolis

she had only little experience in the field. She said her time at FNS impacted her nursing practice over the years because she realized that you can make do with very little and that many people get better from their illnesses despite healthcare limitations.

In December, I had the opportunity to visit Arizona and spend time with Susan Spencer Small (1948 Courier), Nancy Dammann (1941 Courier and later FNS staff), and Isabelle Bauer, who gathered thousands of items and donated them to FNS throughout the 1990s and early 2000s. I particularly enjoyed the chance to see old journals, scrapbooks, and photos of these women's time with FNS. Having a glimpse into this history through the lenses of service and philanthropy, with some downright hilarious stories thrown in, truly is some of the most enjoyable parts of the work I do with FNU.

On an unseasonably mild and sunny December day in Western New York, four former Couriers met for food and fellowship. Lee Fox (1976), Anna Carey (2003), Jessika Hyde (2006), and Rachel Tullio (2014) had lunch together on December 22nd, sharing their experiences as Couriers as well as their adventures since then. They discussed clinics and patients and health care that they encountered during their courier experiences, but also spoke of the local music, spending time at Wendover, and meeting some

Interested in reading former Couriers' memories that were captured after we released our new book in April 2014, *Unbridled Service: Growing Up and Giving Back as a Frontier Nursing Service Courier*? Visit www.frontier.edu/courier/stories to view these newly published stories.

If you have memories to contribute to the Courier Program history—and they are all worthwhile—contact courier.program@frontier.edu to set up an oral interview.

great people. Through this reminiscing it became clear that even though the roles and responsibilities of Couriers have changed through the years, the adventuresome and caring spirit of Couriers has not. Despite a few of them meeting for the first time, the commonalities between these former Couriers soon became apparent, particularly the desire to continue to provide service to others long after their time with the program was over.

It's our goal not only to meet former Couriers, but also to hear their stories, capture their memories and secure their role in Frontier's institutional history by doing so. I sensed the magic in these stories and want them preserved not only to lift up the individuals who made Frontier what it is today, but also to continue expanding and enriching the known history of the Courier Program.

A special thank you to everyone who supported us in any way in 2014, including the Courier Program Advisory Committee members who donated their time. The program will continue to flourish in 2015 with the continued engagement, interest and support from you, the Frontier community.

Did you know we have established a quarterly "e-news" bulletin just for former Couriers? If you use an email and you haven't heard from the Courier Program, we probably don't have your address. Contact us through courier.program@frontier.edu and let us know what it is!

COURIER SPOTLIGHT

Carolyn Gregory



Carolyn served as a Courier in 1947 and then as the ENS Christmas secretary and assistant to Agnes Lewis and Betty Lester in 1948. She has continued to remain involved with Frontier over many decades as a donor and friend to FNS and the university. Carolyn served on the Courier Advisory Committee in 2012 and 2013 and she was among the individuals honored during the FNU 75th anniversary. Carolyn lived in Baraboo, WI for most of her life but recently moved to Portland, OR.

Briefly introduce yourself.

I've been a speech language pathologist for most of my life. I obtained a master's degree from Northwestern University. My husband was a professor of stuttering at Northwestern. My mother and father encouraged me to seek out experiences for my development. I suppose that is how I found out about the Frontier Nursing Service.

Briefly describe your experience with FNS and how it impacted you, your life and your vocational direction.

I have so many memories from my time with FNS. I just loved it. I cannot remember having a negative thought about anyone I encountered. I spent a great deal of time there, you see.

In particular, encountering birth at a mountain cabin and death for the first time impacted my life in a very existential way. Few people really ever see birth and death so vividly as I did. I'm a bit unusual in that my whole life has been a quest for meaning. FNS had a great impact on my understanding of life and death and what it means to be a human being.

My whole childhood women were put down. All a woman's function was to get married and have babies. FNS was the first time I saw women independently

and fully functioning without the help of men in charge and doing it competently. It greatly empowered me to be what I wanted to be.

Why do you remain involved?

I definitely believe that nurse-midwifery is integral to health care in this country and abroad. We're supporting the graduate school to train them. I believe that nurse-midwives can deal with birth in a more healthy and better way for women. They understand the most intimate and normal experience in some women's lives. I am more deeply concerned about women worldwide because of my experience at FNS.

“*FNS was the first time I saw women independently and fully functioning without the help of men in charge and doing it competently.*”

FIELD NOTES



**Annual Commencement Ceremony
Held October 25**

Frontier Nursing University (FNU) hosted its 2014 commencement ceremony in Hyden, Ky., on Saturday, Oct. 25. Over the past year, more than 500 nurse-midwives and nurse practitioners from almost every state across the nation have completed an FNU distance-education program. Nearly 200 graduates attended commencement with a total of more than 1000 guests at the event.

FNU President Susan Stone presided over the commencement ceremony. Dr. Beverly Malone, the chief executive officer of the National League for Nursing (NLN), delivered the commencement address. Dr. Malone's tenure at the NLN has been marked by a retooling of the League's mission to reflect the core values of caring, diversity, integrity, and excellence and an ongoing focus on advancing the nation's health.



Heather Lytle with Susan Stone

The Kitty Ernst Leadership Award and Family Nurse Practitioner Leadership awards were announced. These scholarship awards are given to current students who demonstrate leadership and initiative above and beyond the

expectations. The students are nominated and voted on by the faculty. This year's Kitty Ernst Leadership Award was presented to Jennifer Steir, a Class 93 nurse-midwifery student from Sheridan, Wyoming. The Family Nurse Practitioner Leadership Award was presented to Heather Lytle, Class 109, of Fairfield, Montana.

It was a beautiful weekend and wonderful ceremony. We are proud of each and every graduate who are undoubtedly already making a difference in their communities and for the families they care for across the country.



Frontier Nursing University Awards \$207,455 in Scholarships to 77 Students in Fall 2014

Frontier Nursing University (FNU) awarded \$207,455 in scholarships to 77 current students during the fall 2014 term. The scholarships awarded include the Scholarship for Disadvantaged Students Program and the Advanced Education Nursing Traineeship, both supported by the Health Resources and Services Administration of the U.S. Department of Health and Human Services, as well as internal scholarships provided directly by the University scholarship fund.

FNU awarded a total of \$122,155 in scholarships through the Scholarship for Disadvantaged Students Program (SDS) for the fall 2014 term. Twenty-nine students received SDS funding to help cover program costs, and these same students will receive funding for the upcoming winter and spring 2015 terms. The SDS Program was developed with the purpose of increasing diversity in the health professions and nursing workforce by providing grants to eligible health professions and nursing schools for use in awarding scholarships to students from disadvantaged backgrounds.

FNU awarded a total of \$20,000 in traineeships in fall 2014 through funding provided by the Health Resources and Services Administration's Advanced Education Nursing Traineeship (AENT) program. Eight students who plan to practice in rural and/or medically underserved communities received \$2500 each to help pay all or part of the costs of the tuition, books and fees of the program. The AENT program will allow FNU to award scholarships to 280 students over a two-year time period. Congratulations to our 8 AENT Recipients: Kathryn Armstrong, Jennifer Baxter, Jenna Callahan, Jeanie Doom, Tracey Hedrick-Hamilton, Christina Kilby, Megan Lewis, and Heather Lytle.

The FNU Foundation also awarded an additional \$63,500 in scholarships for the fall 2014 term through funding provided by private university fundraising efforts. These scholarships were awarded to forty students. The current \$10M Endowment Campaign has helped to create several new scholarships. The Kentucky Mountain Club Scholarship was awarded for the first time. Barbara Baker, a family nurse practitioner student from Hazard, Kentucky was one of the recipients of the Kentucky Mountain Club Scholarship. Barbara wrote the following in her scholarship essay: "I had no idea how the thought of becoming a health care

provider in a rural, underserved area would grip my soul. After reading Mary Breckinridge's *Wide Neighborhoods* I was hooked. My first trip to the Hyden campus was all it took for me to know that I was where I belonged. The quaint furnishings reminded me of the childhood home my parents, 11 siblings and I shared in the neighboring town of Hazard. I have no desire to leave the region in which I grew up. These are my people, and I want to make this a better place to live. I became a nurse because I love people, and becoming a nurse practitioner will only increase my opportunities to make a difference in the lives of the natives of this area."

Congratulations to all the deserving scholarship recipients. Thank you to the generous past and current individuals who invest their financial resources to establish endowed scholarship funds. These are the gifts that keep on giving and will benefit Frontier students on into the future.

Congratulations to all 29 of our SDS Recipients! See what a few of these recipients said about receiving the scholarship:

"I can't begin to tell you how grateful and humbled I am to receive this scholarship. Thank you so very much for this financial support and the wonderful education you are providing me at Frontier. I am so excited to know that I will be able to complete my dream of becoming a nurse-midwife!" – Rebekah Ellinger

"This scholarship means the world to me and my family. The financial burden has been lifted significantly and will allow me to focus on my studies and help me be a successful student. I am truly thankful for being chosen as a SDS scholarship recipient." – Jennifer Scholz

"This is such a blessing! Thank you for helping me help the health of babies and families." – Jeanelle Martinez

Congratulations to Dr. Judi Daniels!



FNU Dean of Nursing, Dr. Julie Marfell and FNU President, Dr. Susan Stone are pictured here with FNU Faculty Member, Dr. Judi Daniels. Drs. Marfell and Stone recently honored Dr. Daniels for being named Kentucky's 2014 Outstanding Nurse Educator.

FNU faculty member Dr. Judi Daniels was named Kentucky's 2014 Outstanding Nurse Educator. Dr. Daniels was nominated by colleagues and students and was chosen as the recipient of the award by Publishing Concepts, Inc., the country's largest publisher of State Boards of Nursing journals.

Nominations and stories for the award were encouraged of students and colleagues throughout the state. Many of the state's educators were nominated and, after careful consideration, Daniels was chosen the winner. Daniels received a cash award as well as a plaque and a story in the Kentucky Board of Nursing journal. Frontier Nursing University also received a check for a nursing scholarship.

Would you like to keep up with Frontier on a monthly basis?
Then please subscribe to our monthly eNews!

Each month the FNU eNews delivers information regarding the growth, events and happenings at Frontier.

Signing up is easy; simply send an email to michael.claussen@frontier.edu asking him to add you to our list!

Sign up today!

BEYOND THE MOUNTAINS

A Report on the Annual Luncheon of the Boston Committee, held 11/6/14

Written by: Lees Breckinridge Yunits, Chair of the Boston Committee



Boston Luncheon

The annual luncheon of the Boston Committee of Frontier Nursing University took place on a rainy day at the beautiful Dedham Country and Polo Club, in Dedham, MA. Wet leaves of every color dotted the gorgeous landscape as Mrs. Patsy Lawrence, retiring Boston Committee Chair, organized the dining room. Much to the delight of the guests, this came complete with a roaring fire,

trays of cheese and fruits, and several warming beverages. As a young Boston woman, Patsy traveled to Frontier to become a Courier and enjoyed the experience of a lifetime. Soon after, as a new bride in Philadelphia, she recalled with a laugh how Mary Breckinridge insisted she start a Philadelphia Committee for Frontier. Patsy followed her “orders,” and subsequently, when Patsy and her young family returned to Boston, Patsy formed the Boston Committee. She has led Boston well for decades with her heart and soul, making every friend and supporter of Frontier feel welcome and appreciated. Now she “hands over the reins” to Lees Breckinridge Dunn Yunits, great-niece of Mary Breckinridge.

Dr. Susan Stone, President of FNU, spoke with much enthusiasm about the continuing progress of the many programs and courses of study now available, including the future possibility of a degree program for psychiatric nurse practitioners. Lois Cheston, former Courier, who still volunteers at Massachusetts General Hospital, nodded in agreement that psychiatric services are in dire need everywhere—not just in rural and underserved areas.

Esther Mulroy, another former Courier, discovered Frontier in the 1970’s, and had interesting memories, including her first birth experience when she swiftly handed over the flashlight she was holding during delivery in order to step outside and lose lunch. One must further consider the poor midwife left in the dark!

Butternut bisque came to the table as Sage Ungerleider, CNEP Class 124, who is employed as a nurse at Mass. General, talked of broadening her nursing education via the distance-learning program of midwifery. Sage had felt the overwhelming magnetism of the mission after visiting Wendover for her orientation, and was delighted to be surrounded by Frontier aficionados. Fran Keene, daughter of Patsy Lawrence, returned from her service as a Courier (also in the 1970’s) with the motivation to pursue nursing, which she has done, and to stay involved with Frontier. Lois Cheston best remembered her role teaching the British midwives how to drive!

The chicken caesar salad arrived as the group was all ears for Suzi Kahn, long-time President of the “Kentuckians of Boston.” Suzi exuded personality talking about her role bringing notable Kentuckians to their organization’s bi-annual gatherings. Mental notes were taken that Frontier’s own Kentucky notables, Dr. Susan Stone, and the lovely Director of Development and Alumni Relations, Denise Barrett, should be high on their guest list in the near future. Denise then happily relayed the successful events of the recent 75th Anniversary, held in Lexington, KY, in October, 2014.

The vast information pool about Mary Breckinridge grew further when hearing the extraordinary tales of Karen Foster—professor of art and archeology at Yale University. Many years ago, Karen and her young family sought out adventure in France, only to discover that their adopted town had serviced the works of Mary Breckinridge, or “MB” as Karen fondly talks of her, in their efforts to restore devastated France after World War I. Karen gained so much from her French townsmen and women that she delved into translating into French the many letters that “MB” had written to her mother, and publishing the beautiful collection in a book called “Au Secours Des Enfants Du Soissonnais—Lettres americaines de Mary Breckinridge 1919-1921.” Or, “With the Help Of the Children Of Soissonnais - American Letters of Mary Breckinridge 1919-1921.” Some now thirst for these letters to be published in English!

Jeff Miller of Signature Healthcare/Brockton Hospital interested all when talking of the hospital’s exciting new venture restoring home health care to families, which has been shown to drastically reduce readmissions to their hospital. Dr. Susan Stone said she “got goose bumps” learning of the success of this program. Sue Joss, Director of the Brockton Neighborhood Health Center, spoke of the value of their organization delivering health aid to lower-income families, and their prolific use of midwives. Caroline Standley, long time supporter of Frontier,

who hails from Louisville, KY, smiled broadly at the funny way that people from Massachusetts pronounce her hometown (Lou-ee-ville, anyone?). Suzi Kahn said to “Just swallow the word—Loovull!”

The warm apple crisp with vanilla ice cream arrived to complete the meal and to once again acknowledge, with deep gratitude and respect, the years of service from the unique Mrs. Patsy Perrin Lawrence. From Courier to Chair, her heart has remained permanently infatuated with Mary Breckinridge and the Frontier Nursing. Thank you, thank you, thank you, Patsy!!

Finally, a barrel of thanks to the husbands of Patsy and Lees—Bob Lawrence and Jack Yunits—who have contributed much behind the scenes to the success of the annual luncheon. Thank you, both! See you all next year.

Mr. and Mrs. Robert Lawrence give gift to establish the Patricia Perrin Lawrence Scholarship

Mr. and Mrs. Robert Lawrence (Bob and Patsy) recently committed \$25,000 to establish the Patricia Perrin Lawrence Endowed Scholarship. This generous gift will permanently recognize the longstanding commitment and volunteer efforts of Mrs. Lawrence, a former Courier, while also providing much needed financial assistance to students.

Patsy has been an instrumental figure in the Frontier Nursing Service and Frontier Nursing University through her efforts to share the mission and work of Frontier with colleagues and friends in Philadelphia and Boston. She continues to introduce new friends and donors to Frontier Nursing University. In fact, she is hosting a showing of the “Forgotten Frontier” followed by a presentation by President Susan Stone, at Fox Hill Village on April 9, 2015. This event will host up to 200 residents and visitors to learn about our history and current work. The support she has brought to Frontier has made it possible for us to continue to grow and evolve to meet the needs of our students and to meet our mission.

The first scholarship for the Patricia Perrin Lawrence Scholarship will be awarded at the October 2015 Commencement ceremony. On behalf of its first recipient and the years of students to follow, we say thank you to Mr. and Mrs. Lawrence for their generosity and belief in the future nurse-midwives and nurse practitioners they will support.

NOTES

Mrs. Brownen Anders writes that she was a Courier in the 60's (1961) and it changed her life.

Mary Edwards, CFNP Class 55 has opened her own, fully independent practice as a nurse practitioner. Edwards' office, on Carl Russell Street just off of U.S. 127 on the north side of Hustonville, is the only nurse practitioner's office in the Danville, Kentucky region.

Carmen Kosicek, CNEP Class 15 writes that her first book, originally self-published in 2012, *Nurses, Jobs and Money* has been awarded the 'Best Book Award of 2014' out of ALL the books that Amazon sells. Her new book is *Nurses, Jobs and Resumes*, and is available through Amazon, Barnes & Noble and other distribution channels.

Deanna McPherson, CFNP 127, represented Frontier at the Kentucky Association of Nursing Students (KANS) annual conference, October 9-11, 2014, in Scottsville, KY. The conference was held at the Center for Courageous Kids, whose mission is to uplift children who have life-threatening illnesses by creating experiences year-round that are memorable, exciting, fun, build self-esteem, are physically safe and medically sound.

Sally Parmigiani writes that she was a nursing student at the Hyden Hospital and Clinic in the summer of 1966. She enjoyed reading *Unbridled Service* and has met Lee Fox at her gathering two years ago. Currently, she is a retired community health nurse.

Karen Presseault, CFNP 104 and Lori Morris, CNEP 94—students who are also a part of our Wide Neighborhoods Ambassador Program—represented FNU at the Tennessee Nurses Association and Tennessee Association of Student Nurses joint annual conference, which was held in Murphreesboro, TN, October 1-12, 2014.

Kelly Sicoli, CNM, CNEP 58, has been practicing full-scope midwifery at BirthCare & Women's Health in Alexandria, VA, since 2012. The midwives attend births in this well-established birth center, as well as home births in DC, VA, and MD, and also provide well-woman gynecologic care. Kelly and her

colleagues regularly precept Frontier students, who benefit from experiencing out-of-hospital physiologic birth.

Jan Stalder, CFNP Class 53, and associates have recently opened the newly named "Frontier Family Health," in McKinney Texas. In addition to serving the needs of the community at her clinic, Jan serves as a firefighter and paramedic.

New Alumni Association Advisory Council Named

We are excited to welcome the following ten alumni as members of the Alumni Association Advisory Council. The purpose of the Advisory Council is to support the mission of the Alumni Association, dedicated to providing high-quality programs and services to alumni for the purpose of fostering their involvement and support of FNU. Thank you for volunteering your time and expertise to Frontier!

Cathy Cook, CNM - Class 17 practices full scope Midwifery/Women's Health in Moline, IL (Medical Arts Associates). She has been a CNM since 1998. Cathy is a former Coordinator of the Mia-Amiga program and recipient of Kitty Ernst Scholarship.

Sheila Hinton, CFNP – Class 106 is a FNP primary care provider serving families at a rural health clinic in northern Florida.

Kelly Stemm, WHNP – Class 53 works as a Women's Health Nurse Practitioner at the Women's Specialty Group in Tulsa.

Ed Gonzalez, CFNP – Class 79 works for Bristol Bay Area Health Corp (bbaahc.org), an Indian Health Service facility in southwestern Alaska. The 16 bed hospital serves an area the size of the state of Ohio. The nearest facility is in Anchorage, a 1 1/2 hour flight. There are no roads to get here, you must fly or can come by boat (but that would be a long, tough trip!). Ed works mostly ER and Walk In clinic, but also does village travel to remote clinics. Ed writes that it is "truly challenging, frontier medicine, but I work with a great group of primary care providers."

Barbara Lancaster, WHNP-BC – Class 86 is Women's Healthcare Nurse Practitioner working full-time in Sparta, TN, and also a current DNP student at FNU. Barbara also enjoys medical mission work to West Africa and plans to continue serving in that capacity for many years.

Stephanie Lowe, CNEP & DNP – Classes 84 & 12 of Pennsylvania, currently works as a clinician in a women's health clinic for underserved women. She completed both her MSN and DNP at Frontier.

Susan Clapp, CNM – Class 81 is honored to serve those who serve in our nation's military as a Nurse-Midwife. Currently, she is serving at the Carl R. Damal Army Medical Center in Ft. Hood Texas.

Marcia Hoon Hanks, Class 1 CNEP, post-master's WHNP 2008 worked with FNS in the early years as a Clinical Coordinator from 1995–2002 while also working in a community supported clinic for migrant women in Ontario, OR. She started a clinic for women at St Patrick Hospital in Missoula, MT in 2004 and is still providing women's health and primary care in that clinic with 3 other providers. She has been cooperatively working with others towards developing a midwifery service at St. Patrick's. The hospital is finally planning to open its new LDRP this summer utilizing nurse-midwives.

Tia Andrighetti, CNM & DNP – Class 9 & 2 is an Associate Professor at Frontier Nursing University, living in New Hampshire with my family and our mutt "Nippers" who was adopted from Hyden.

Lisa Stout, CNEP & WHNP – Class 39 is working full scope midwifery, currently at Ft. Sill army base.

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 community 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.

WENDOVER REPORT

Wendover Christmas Party



On Saturday, December 6, Frontier Nursing University was proud to host a Community Christmas Party at the Big House. About 60 adults and children enjoyed country ham biscuits, hot chocolate, and homemade cookies. The fireplace in the living room warmed the group with a beautiful fire, Santa gave presents to all the children in attendance—and our very own Kitty Ernst joined us for a round of Christmas carols that included *Frosty the Snowman*, *Jingle Bells*, and *Away in a Manger*.

The Big House is celebrating its 90th Anniversary in 2015

Frontier Nursing University preserves, celebrates, and shares the rich heritage of the Frontier Nursing Service and the wonderful legacy of Mrs. Mary Breckinridge through the operations of the Wendover Bed and Breakfast Inn. This year we are proud to commemorate the 90th Anniversary of the birth of Frontier Nursing Service and the construction of the historic log home of Mrs. Breckinridge, the Big House. Visit the website of Wendover at www.frontier.edu/wendover and our Facebook page at www.facebook.com/WendoverBigHouse to keep up with the latest events and special promotions!

Hand-crafted items still needed

Homemade baby caps, blankets, and scarves are still in demand for our FNU Students. 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. As our university continues to grow, we will need more and more of these wonderful items. The size needed for lap quilts is approximately 40 by 42 inches. Yarn should be worsted weight.

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

Thank you to the following groups and individuals who have sent items recently:

Rev. LaVonne Althouse
Linda Butts
Marlene Butts
Elina Comer and the St. Vincent de Paul Knitters
Vera Jensen
Catherine Dodd
Susan Dow Johnson- CNEP Class 3
Harriet Palmer
Elaine Pendleton
Helen Stadtmiller
Melanie Pennington
Ann Williams and the National Society Daughters
of Colonial Wars in the State of Georgia
Second Presbyterian Church of Lexington, KY
Daughters of Colonial Wars in the State of Oklahoma

FOOTPRINTS

“Moonshine” Goes to Market

Written by: Primrose Edwards, R.N., S.C.M.
Originally Printed in the Spring, 1953 QB



Early one Monday morning two local men arrived in their pick-up truck to take our three-month-old bull calf to London market. Neddie (Edna Metcalf) had raised “Moonshine” and had made more fuss over him than did Harriet, his Jersey mother. Neddie couldn’t bear the thought of the little animal going to be sold without someone he knew with him, so I offered to go along in the truck. I have had many new experiences since arriving to work in the FNS. Life is always full of adventures and this was one that I wasn’t going to miss.

“Moonshine” was a cross between a jersey cow and a Brown Swiss bull. He was stubborn, full of fun and proud of his blue blood and FNS background. So the thought of being tied up in the back of a pick-up truck upset his dignity. John put a halter on the calf’s neck and pulled while I pushed, Neddie spoke encouragingly to him and Jim waited in the truck to catch him as he rushed in. He was barricaded in and off we went. I sat between John and Jim and the gears. “Moonshine” was very enjoyable. We passed out of Clay County and into Laurel County. Most of the farms were preparing for their molasses “stir off” and hauling corn. The two men, John and Jim, explained everything to me as we went along.

The market house was on the outskirts of London. It was very quaint, all made of logs and plank wood. Outside the market stood a group of men all carrying sticks and whips. “Er they are,” said John.

Then with one rush most of them climbed on the truck and started poking and prodding “Moonshine.”

“Give you sixty dollars,” said one man.

“I’ll make it seventy-five,” said another.

They were talking to John who quietly said, “It’s her’n,” pointing to me.

“How much do you want?” asked another dealer.

Goodness, I thought. What shall I say?

“Ninety dollars, nothing less.”

They all fell off the truck saying, “You’ll never get it.”



Anyway, I couldn’t change my mind as Neddie wanted the calf sold by public auction.

We drew up outside a pen and untied the calf. The dear little fellow trotted out into the weighing shed and tipped the scales at 315 pounds. He was greatly admired by all the farmers. I stressed to them that he was half pedigree.

“Moonshine” was put in a pen with other calves and then we had to leave him as the auction didn’t start for several hours. I hated leaving him as he looked so miserable. I went away hoping that some kind farmer would buy him to rear as a stock bull and not to be killed as a baby beef.

The two men had a little shopping to do so I took a quiet look around the town. Then I went and sat in the truck and waited for John and Jim.

After a little while an old man who was cleaning the streets passed and said, “Howdy,” I returned his greetings. Then he went on to tell me that he was an old, old man, which was really quite obvious, and then he said, “I anna got a ‘oman, I live alone. You married?”

I hastily said, “Oh yes.”

Then he said, “You waiting on your husband?”

So I said, “Yes, and I can see him coming so you had better go away.”

Whereupon off he went. I hoped that neither John nor Jim would find out that I had pretended that one of them was my husband. But it seemed the simplest thing to say. The journey home was not long and I think that we were all grateful to be back again.

Editor’s Footnote – “Moonshine” netted his mistress exactly \$66.00.

Primrose, a Nurse-Midwife originally from Hertfordshire, England, left her home in 1952 to work for Frontier Nursing Service. While completing her nursing and midwifery training at Saint Mary’s in Portsmouth, UK, Primrose learned about the work being done at FNS from letters of midwives already serving at Frontier. She learned more about FNS by reading the Quarterly Bulletin which inspired her to pack her bags for Kentucky. During her time at FNS, Primrose served at the Hyden Hospital and in the clinics at Beech Fork and Red Bird. In 1953 Primrose married Bobby Bowling at the Big House in Wendover. After starting a family, Primrose continued to serve the mountain community through area health departments as a public health nurse.

IN MEMORIAM

Olivia "Cis" Lewis (Kloman) Thomas Chappell of Hopewell, New Jersey and Tenant's Harbor Maine, 80, died at 12:50 a.m. on Sunday November 16, 2014 at University Medical Center of Princeton in Plainsboro, New Jersey. "Cis," as she was known to one and all, the daughter of the late Very Rev. E. Felix Kloman and Olivia Rogers Pragoff Kloman, was born August 30, 1934 in New York City, New York. She attended Springside School in Philadelphia, Pennsylvania, graduating from National Cathedral School for Girls in Washington, D.C. in 1952. She attended Mary Washington in Fredericksburg, Virginia. She is survived by sons Edward ("Tad") Thomas of Washington D.C., Christopher M. Thomas ("Kip" married to Evan) of Ringoes, New Jersey, Stephen L. Thomas ("Tebo") of Hopewell New Jersey; daughters Elizabeth R. ("Lissa" wife of John Hastings) of Tucson Arizona, Olivia T. ("Tucker") Thomas, Hilleary T. Thomas of Hopewell, New Jersey; husband Hayward Chappell; brothers Henry Felix Kloman (Ann) of Lyme Connecticut, Christopher Rogers Kloman (Pamela) of Virginia; sister Eleanor Trapnell Kloman Wallace of Fort Wayne, Indiana; grandson Hunter A. Hastings; granddaughters Annabel M. Thomas and Elizabeth J. Thomas and numerous nieces and nephews. Cis led a joyful life helping to birth babies, substitute teaching, working as a real estate agent in New Jersey, and, above all, generously helping friends in need of assistance with her presence and unfailing good humor. She was a co-founder of Concord Hill School. She served on the Board of The Retinitis Pigmentosa Foundation and volunteered and raised funds for the Frontier Nursing Service in Wendover, KY. She was also a member of the Junior League in Washington DC.

Mary Wilson Neel, age 96, passed away on October 25, 2014 in Ormond Beach, Florida. A third generation Californian, Mary was born July 20, 1918 in San Mateo, California, to Amylita Talbot Wilson and Charles Frederick Wilson. She was raised in Washington, D.C., was a member of the Potomac School class of 1932, attended Madeira School, and graduated from Katherine Branson School in Ross, California. Blessed with an operatic voice, she gave recitals in the home built by her father at 76 Kalorama Circle, NW, and pursued her interest as an equestrian on her horse Tristan. Mary was a mounted Courier for the Frontier Nursing Service in Hyden, Kentucky in the late 1930's. After two years she returned to Washington, where she met her future husband Samuel E. Neel, an anti-trust attorney at the Justice Department. Married on October 11, 1941, they settled in McLean, Virginia in 1949.

Her husband pre-deceased her in 2004, as did her brother Charles F. Wilson, Jr. (1997). She is survived by her five children, son James (Karen) of Croton on Hudson, NY, daughters Amy Neel of Cloverdale, CA, Wendy Ellsworth (David) of Quakertown, PA, Mary Gilbert (Kevin) of Ormond Beach, FL, and Sophia Kountz (Stephen) of Potomac Falls, VA, eleven grandchildren and four great grandchildren.

Mary was very proud of her California and colonial heritage: she was a member of the Society of California Pioneers and a 1st Vice President of the National Society of Colonial Dames of America. Active in many charitable causes, she became a nurse's aide in 1939 and volunteered in several area hospitals until the late 1980's. She was on the Board of Lady Visitors of Children's Hospital, a member of the Sulgrave Club and a Trustee of the Frontier Nursing Service. For ten years she served as Regional Chair of the Metropolitan Opera National Council Middle Atlantic Region, four years as National Vice President of the MONC and one year on the Board of Directors of the Metropolitan Opera Association. She belonged to the All Hallows Guild at the Washington National Cathedral, where the Healing Arts window is dedicated to her father. She served as a Trustee for the Chocorua Island Chapel on Squam Lake, New Hampshire, where she had her summer home. She was a member of St. John's Episcopal Church in McLean. A memorial service is planned at St. John's for 11 a.m. on Saturday, April 18, 2015. Interment will be at Oak Hill Cemetery, Georgetown, in the Wilson plot.

Donations in memory of Mary's long and productive life may be sent to: The Mary Wilson Neel Endowed Scholarship at Frontier Nursing University, 132 FNS Drive, Wendover, KY 41775.

TRIBUTES

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

Olivia "Cis" Chappell

Judith L. De Jong
Elenor M. Hughes-Fulmer
Suzanne K. Hyman
Gairda Jensen
Frances and Peter
Rossmassler
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Ernie Wright

Linda and Steve Longstreth

Ruth Settlemyre Wright

Linda and Steve Longstreth
Marilyn Wright

Gertrude and Ed Longstreth

Linda and Steve Longstreth

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

Ellen Bayard

Josephine Linder
Du Pont Bayard

Betty Brown

Patricia and Richard
De Camp

Julia Breckinridge Davis

Joanne Hinman

Faye Feltner

Jeff Feltner

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Jean Feltner

Jeff Feltner

Jeff Feltner

Wanda Feltner
Elizabeth Leggett

Peggy Foiles

Linda and Steve Longstreth

Beverly and Bill Friel

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Jeff Feltner

Kathleen Lewis

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Patricia Nachowicz

Mary and Gregory P.
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*Seated: Marion McCartney, Phyllis Leppert and Nancy Hines
 Standing: Ken Tuggle, Michael Carter and Wallace Campbell
 Not pictured: Mike Rust, John Foley, Nancy Fugate-Woods, Peter Schwartz, Kitty Ernst*

YOUR GIFTS AT WORK

As we have described, a portion of our \$10M Endowment Campaign goal will be designated to maintenance and improvement projects for our physical campus, which includes the Hyden campus located on Thousandsticks Mountain and Wendover. All of our significant buildings are listed on the National Register of Historic Places and the Big House is a National Historic Landmark. While there are major financial benefits to maintaining a small campus versus large residential universities, we have our own unique issues that arise each year.

In 2014, a new road project for the Hyden campus was approved and work began. This road allows the campus to have a one-way driveway that enters at the top of the mountain and exits further down. The goal is to improve the flow of traffic and prevent the head-on stand-offs that often occur on the narrow gravel road. When the campus is full for Frontier Bound, Clinical Bound, and graduation, the parking and traffic can get downright dangerous! There is not room for two cars to pass along the road. On one side are the campus buildings and on the other—a steep drop off down the mountain! We are pleased to say that the road project is complete and we do hope this will improve the driving experience for all our faculty, staff and students.

However, during the building of the road, we experienced a mountain slip that nearly took down Mardi Cottage. These are the unexpected happenings in working on a mountain-side. An emergency retaining wall and shoring up had to be done in order to prevent further slippage or any damage to Mardi Cottage. Total cost for this unexpected retaining wall was \$140,000. As you can imagine, this type of incident was not part of the original budget, but was critical to complete immediately. This is where the endowment support will play its most important role.

Each year we experience unexpected and expected maintenance on our properties. An endowment for historic properties will provide the budget relief needed to take care of these projects without disrupting our core mission and services of educating nurse-midwives and nurse practitioners.

All who have visited Hyden and Wendover know first-hand how special this place is. You can feel the history and significance of the work that was started there, and continues to this day. Consider becoming filled by your own mission to be a part of the future. We are proud to maintain and improve upon our national treasures and we appreciate your gifts towards this effort. Please use the enclosed reply envelope to send in your support or contact the Office of Development to discuss making a gift to the endowment campaign.

Contact us at development@frontier.edu or 859.899.2828.

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.
- **Perpetual Income Trusts:** These gift instruments allow the income from monies you place in trust to benefit FNU in perpetuity. The principal of your gift remains intact for the life of the trust, and the income it generates is transferred periodically to FNU.
- **Life Insurance:** You can name FNU as the beneficiary of your life insurance policy, or transfer ownership of the policy directly to FNU.
- **Charitable Gift Annuity:** You can give a one-time gift to FNU in exchange for fixed, recurring payments over the balance of your life. Upon your death, the balance of your original gift is maintained by FNU for its general use.
- **Testamentary Gifts:** You may make provision in your will to provide a specific bequest to FNU, or provide for some or all of your remaining estate to be given to FNU upon your death.

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

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