



#1 PROGRAM

Frontier Nursing University's nurse-midwifery program
has been named the #1 program in the country
according to *U.S. News & World Report*

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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



Frontier Nursing University's nurse-midwifery program was ranked #1 in the country by *U.S. News & World Report* in 2015. Frontier Nursing University operates the largest nurse-midwifery program in the country. What a powerful combination! We are honored to educate nearly one-third of newly certified nurse-midwives in the United States each year. One might think this would be the time to rest on our laurels, pat ourselves on the back, and enjoy our success. But that is not the case at all!

At Frontier Nursing University we will continue to strive for excellence, continue to set the bar for advanced nursing and midwifery education, and continue to innovate in online learning and delivery of graduate nursing education. In fact, the *U.S. News & World Report* rankings only motivate us more to maintain excellence and continually improve upon our work.

Our future growth and innovation includes development of an Associate Degree in Nursing to Bachelor of Science in Nursing program, a psychiatric nurse-practitioner program, and development of a Faculty Innovation Center for Online Learning. We aim to be a leader in development of new methods of delivering didactic and clinical education to graduate nursing students in the virtual classroom. The world needs more advanced practice nurses and midwives, and we are proud to play a major role in educating future generations of nurse practitioners and nurse-midwives and increasing access to care through our distance education program.

As always, we welcome your feedback and appreciate your support. I hope you enjoy reading the latest news and achievements from Frontier Nursing University.

A handwritten signature in cursive script that reads "Susan E. Stone". The ink is dark and the signature is fluid and legible.

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

WIDE NEIGHBORHOODS

By Denise Barrett, Director of Development

I have had the privilege to work for Frontier Nursing University for the past nine years. In this time I have seen our enrollment grow nearly ten-fold, seen our nurse-midwifery program become ranked #1 in the country, welcomed more than 100 new colleagues in faculty and staff positions, and grown more and more excited about the future of our University! I have also been able to experience first-hand the nationwide network of Frontier nurse practitioners and nurse-midwives that are caring for women and families.

I starting working for FNU at our office in Lexington, where I met Frontier nurse-midwifery graduate, Katie Isaacs, who attended the birth of my first son. After five years in Lexington, my family moved back to my hometown of Cleveland, Mississippi. Mississippi still desperately needs more nurses to pursue nurse-midwifery and advanced practice nursing in order to increase access to care in the rural and underserved areas. However, I was beaming proud when Carla Kimble Brown, a Frontier family nurse practitioner graduate, was named the Mississippi Nurse Practitioner of the Year.

It's truly amazing to be part of the Frontier community and to feel that I have connections and support from fellow Frontier faculty, staff, students, alumni, Couriers, and supporters everywhere I go.

In late 2014, my family once again made a move and now reside in Durango, Colorado. This small town in southwest Colorado is home to less than 20,000 residents. One of the first things I did as a new resident was to look up our graduates. I was thrilled to discover we had 8 graduates living and working in Durango, which didn't even include all of the surrounding communities where I'm sure more are located.

I know my story is not unique at all. I'm sure every Frontier constituent who has moved around has experienced the same feeling of connectedness to their new communities because of Frontier. It is comforting to know that no matter where you go, Frontier will be near. We are truly, as Mary Breckinridge envisioned, "yielding shade and fruit to the wide neighborhoods of man."



*(l to r): Janna Stefanek,
Mary Louise Walton, Amy Ginn*

Southwest Midwives is a thriving practice whose midwives attend births at the Mercy Regional Medical Center in Durango, Colorado. Founded by Frontier graduates **Mary Louise Walton (Class 11)** and **Amy Ginn (Class 9)**, this practice has grown over the years and is consistently rated the best place to give birth in Durango! Mary Louise and Amy began working together as labor and delivery nurses. In 1999 they formed their private midwifery practice and now attend an average of 20 births a month. The practice has precepted Frontier students, and just last

year hired a new Frontier graduate, **Janna Stefanek**, to join the practice. Southwest Midwives is successful due to the determination and passion of its founders. Mary Louise and Amy utilized their personal resources to get the practice started, and sacrificed their own pay in the beginning in order to pay the staff first. Their drive to see midwifery services offered to the women of the Four Corner region, has benefited many families and will continue to enrich families' lives for many years. ***Thank you, Southwest Midwives, for being pioneers in healthcare through your operation of one of very few CNM owned practices in the state of Colorado!***



Jane Cobb, FNP Class 93 graduate, works as a nurse practitioner at the Student Health Center at Fort Lewis College in Durango. The Student Health Center provides high quality medical and behavioral health care to Fort Lewis College students supporting their academic success and ability to participate fully in curricular and co-curricular programs of their choosing.

The Student Health Center offers affordable and accessible health care services. Jane and her colleagues in the health center cover most student health needs. They offer free HIV testing on a regular basis, immunizations, and primary care needs.

Jane appreciated the supportive environment at Frontier Nursing University. After sustaining a traumatic brain injury during a bicycling accident, Jane was forced to take a leave of absence from her studies. Fortunately, Jane recovered well from her injuries and returned to school to complete her degree. Frontier's flexible program and supportive faculty, staff and fellow students, helped Jane through this trying time and ultimately helped her to fulfill her graduate education dreams.

ALUMNI SPOTLIGHT

Emma Clark, CNEP Class 93



Emma was encouraged by an advisor to consider nursing, through which she discovered midwifery.

FNU alumna Emma Clark, MSN, CNM-CNEP Class 93, graduated from FNU in 2013. She serves as a certified nurse-midwife at the Community of Hope Family Health and Birth Center—a birth center in an urban, underserved community in Arlington, Virginia. Emma began her career combining an undergraduate degree in economics with a master's in public health with a focus on global epidemiology and control. Along the way, she studied in South Africa and rural Uganda, and eventually managed humanitarian health programs in Baghdad, Iraq. Realizing that clinical credentials were necessary for her to pursue goals to work in women's health, Emma was encouraged by an advisor to consider nursing—through which she discovered midwifery. Combining midwifery with public health

would equip Emma to pursue her goals to work with women's health issues globally and domestically.

Emma knew that in order to pursue a midwifery master's degree, she could not just “step out of life—financially or otherwise.” “Frontier,” she realized, “offered many of the things that a more traditional program did—same degree, great faculty, equivalent clinical experiences—and allowed me to keep working in a job I loved and keep living in a place I loved. It just made sense in every way.” Emma has been very pleased with her experience as a student and alumna of FNU, observing that “throughout my time at Frontier, I marveled at the amazing community of people I interacted with and whom I supported and received so much support from. After graduation, I have frequently turned back to this community to answer difficult clinical questions, get perspectives on challenging situations, and get support that I can just generally rely on in this sometimes-crazy job I've taken on. I love how when I meet other Frontier midwives, we have an instant bond.”

In her current position, Emma works in a birth center offering full-scope midwifery care, where she collaborates with a prenatal navigator to build a safety net



for mothers with Medicaid coverage. The program, Strong Start, uses a group care model to connect women with community programs for safe housing, nutrition, and educational programs and involves the women as active participants in their own care. By helping the mothers to be more knowledgeable about their bodies and the birth process, the mothers are empowered and gain skills applicable in other aspects of their lives. The program has reduced pre-term and low birth weight babies, and the mothers report high satisfaction with quality of care. The clinic is located in a densely populated, primarily impoverished, urban area. It has achieved success with the population of teen mothers and female headed households and by reputation now attracts women from all parts of the city, as it is only free-standing birth center in the Washington, DC area. Emma intends eventually to return to an international service role overseeing reproductive health programs in humanitarian crisis situations for a large non-profit organization, building on her clinical and program experience in a successful program for mothers in an underserved population.

FHBC BY THE NUMBERS

Our compassionate care leads to great health outcomes for our moms and babies.

FHBC Cesarean section rate: 19% | National average: 33%

FHBC babies born pre-term: 4% | National average: 11.6%

COURIER CORNER

*By Nancy Reinhart,
FNU Courier Program Coordinator*



Despite the looming mudslide over Pig Alley at Wendover, spring is in full bloom. In an update since the last Quarterly Bulletin, we have continued to promote the Courier Program and meet with former Couriers all over the United States both to capture institutional history and engage people in Frontier's exciting present work.



*Courier Program Coordinator
Nancy Reinhart promoting the
Courier Program at the University
of Cincinnati Health Fair on
Wednesday, March 11, 2015.*

I spent some days in New Mexico in February meeting with Couriers Ellen Bayard and Wendy Parker-Wood, who served in the late 1960s. It was my first visit to the state. I learned a bit about the serious “red” versus “green” conflict over chile sauce choices; enjoyed beautiful walks viewing the southwestern landscape; and most of all: loved hearing stories of the far reaching influence that FNS has on people's lives and, in turn, the world. Thank you, Mrs. Breckinridge and the Frontier community, for this living legacy.

In other news, our 2015 Couriers have been chosen and are preparing for their summer in Kentucky. They will arrive to Wendover in early June. Some are coming early to participate in FNU's Diversity Impact Weekend, which is a wonderful introduction to our school and the mission of FNU. Others will come on June 7, 2015 for the start of Courier Bound.

It's my pleasure to introduce you to the incoming group:

Finnie Ng, originally from Los Angeles, CA and attending school at UC Berkeley, will be serving with the White House Clinic in McKee, Ky. Of her plans she says, "I'm an aspiring family nurse practitioner who hopes to work with an underserved community in the future. I decided to apply for the Courier Program because I want to get a feel for how it's like to work in a rural area. I was born and raised in a low-income community but moved to a big city to attend college. However, I've never had the opportunity to travel to a rural area." Finnie will be living with former FNS midwife Jean Fee for the summer. Learn more about White House Clinic at www.whitehouseclinics.com.

Mariah Everett, who will be serving the ARH Mary Breckinridge Hospital system, is from Albuquerque, NM and attends Williams College in MA. She looks forward to volunteering at the Hyden Health and Rehabilitation Center in addition to her time with the hospital. Mariah is interested in public health and is excited to join the program.

Katelyn Nicewander hails from Pennsylvania, where she attends Allegheny College. She will be serving the Hazard Clinic and Hospice of the Bluegrass in Hazard, KY. After graduating this May as a neuroscience major and political science minor, she says she is thinking about pursuing a career in the medical/health field and that the Courier Program is a good next step for her. Katelyn's mentor at the Hazard clinic will be skilled nurse practitioner Trena Preston. Learn more about the Hazard Clinic at www.hazardclinic.com.

Phillip Maness, of Newbury, NH attends North Carolina State University and will be serving the ARH Mary Breckinridge Hospital system. He is currently pursuing a master's degree in physiology and thinks he wants to pursue medicine as a career. Of his own interests, he says, "I am very curious to see how the whole medical process is carried out in a rural environment. I also wish to learn about the Hyden community. In my free time I enjoy listening to music, watching movies, playing basketball, or just hanging out with friends."

We'd love to have YOU come visit Wendover during their time with us, from June 7 through July 31, and meet the 2015 Couriers in person! Please contact me at nancy.reinhart@frontier.edu if you would like to plan a trip.

Hannah Ritsema is from Virginia and attends William and Mary University there. She will be serving the Lisa Ross Birth Center in Knoxville, TN and has this to say about her plans for the future: “Everything that I’ve read tells me that being a nurse practitioner or a nurse-midwife will be a good fit for me in the future, but nothing beats time spent ‘on the ground’ to show you if you are truly passionate about what you are doing.” She looks forward to being on the spot at Lisa Ross this summer! Learn more about Lisa Ross Birth Center at www.lisarosscenter.org.

Deborah Yip, who will be serving the Little Flower Clinic in Hazard, KY, hails from La Mirada, CA and attends UC Berkeley. Of her interest in the Courier Program, she says “I hope to broaden my cultural experiences, nourish my thirst for experiencing life in rural areas, gain knowledge and understanding in how the hardy individuals and the healthcare system of rural communities thrive, and earn lasting relationships with the amiable residents of Appalachia. Having grown up and attended school in suburban California my whole life, I yearn to experience life in other areas and learn from different perspectives of living, and I am very open to embracing new environments.” Learn more about the Little Flower Clinic, a federally qualified health care for the homeless site, at www.kymha.com.

DeAnn Ryan attends Berea College in Kentucky and is considering nurse-midwifery as a career. She brings a long history of community service to the Courier Program and looks forward to the many opportunities she will have serving Red Bird Mission in Beverly, KY this summer. She told us she couldn’t imagine a program that is a better fit for her and she looks forward to helping in any way she can. Learn more about the extensive work of Red Bird Mission at www.rbmission.org.

Carson Barnes is a pre-med student at Duke University. Originally from South Carolina, he is committed to learning about how to best address the challenges of rural health care and to working with all members of a health care staff. In thinking about the Courier Program, he says, “I hope to gain an understanding of how healthcare is practically tailored to better serve a rural community. Rural, and especially rural underserved communities and individuals have many unique

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!

attributes, which makes health care all the more challenging and rewarding. I am excited to learn what it means to be a part of a healthcare team that cares about and focuses on what is best for their specific community.” Formerly affiliated with FNS, read more about today’s Manchester Memorial hospital at www.manchester-memorial.org.

A big thank you to members of the Courier Advisory Committee who assisted in the selection process for this fine group!



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.

COURIER SPOTLIGHT

LouAnne Verrier



LouAnne Roberts Verrier (pictured above with her mom) is from New York, New York and served as a FNS Courier in 2001. An avid Frontier supporter, she has participated in the Courier Advisory Committee for three years, since its inception. LouAnne also serves on the FNU New York Committee, is a FNU board trustee, and has assisted with Courier Bounds in 2012 and 2015.

Briefly introduce yourself.

I am a Family Nurse Practitioner and live and work in New York City. I graduated from Columbia University School of Nursing with my BSN and MSN and I was a FNS Courier during the summer of 2001. I was born and raised in Mississippi and Tennessee. My parents have lived in Lexington, KY for the past 15 years. I have always considered “the South” my home. I am proud to be a fourth generation nurse and a second generation nurse practitioner. In fact, my mother, a family nurse practitioner, introduced me to FNS.

Briefly describe your experience as a Courier.

My time as a courier was special in so many ways. I had just returned to the US from a lengthy stint backpacking between Mexico, India, and lots of places in between. I was ready to dig into a unique experience in what had become my new backyard—as my parents had recently moved to Lexington, KY from Oxford, MS. My mother introduced me to Frontier and encouraged me to apply to the courier program. I could not have been happier that summer, waking up to new adventures and new people each day in the cozy town of Hyden, nestled in the



LouAnne with Barb Gibson, former Courier Coordinator, and current Facilities Manager for FNU

fog of the Appalachian Mountains. Shadowing health care providers in the area was much more than met the eye. It meant learning the backroads and wearing a uniform which the entire community recognized and respected. It was inspiring and humbling to witness how people in the area were taking care of each other.

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

I practice as a nurse practitioner in the city of New York, which could not be more polar opposite from Leslie County. But I will never forget the patience and genuineness demonstrated by the nurses and midwives in the care of their patients, nor will I forget the gentle and kind nature of the residents of Leslie county who were being treated. In fact, I returned to do some of my clinicals in Hyden during my nursing education in order to learn more from the practitioners there. I hope I emulate these same qualities that I witnessed in Hyden now as the patient provider and forever a girl from the South.

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

The unique history of Leslie County and the mission set by Mary Breckinridge continues to foster an invaluable experience for future couriers. It is not only an educational experience but a cultural exchange.

Why do you remain involved?

I stay involved, not only because I want to, but because I feel I owe it to FNU. My summer as a courier and other clinical experience Frontier gave me during my nursing education far exceeded my expectations. I maintain my most relevant professional relationships with clinicians I met while I was a courier. Even better, I've become great friends with other former couriers I've met since my summer experience in Hyden by staying involved.

FIELD NOTES

**FNU Recognized for #1 Nurse-Midwifery
Program in the U.S. Ranked by
*US News & World Report***



Frontier Nursing University's (FNU) nurse-midwifery program is ranked as #1 in the United States by *US News & World Report*, according to the recent release of the 2016 best nursing specialty programs. With 39 accredited midwifery education programs in the country, FNU is at the top of the list and graduates approximately 30% of the nation's certified nurse-midwives. The U.S. News nursing specialty program rankings are based on assessments by nursing school deans and deans of graduate studies. FNU's master of science in nursing degree program is also ranked in the Top 30 Best Online Graduate Nursing Programs by *US News & World Report*.

Top Ten Nurse-Midwifery Programs:

1. **Frontier Nursing University**
2. University of Pennsylvania
3. Vanderbilt University
4. Yale University
5. University of Illinois - Chicago
6. University of California - San Francisco
7. Columbia University
8. Oregon Health and Science University
9. Emory University
10. University of Michigan - Ann Arbor

Michael Carter, Chair of the FNU Board of Directors, receives Lifetime Achievement Award



Michael Carter pictured with Sheila Melander, PhD, RN, ACNP-BC, FCCM, FAANP, NONPF President

During the annual meeting of the National Organization of Nurse Practitioner Faculty (NONPF), Michael Carter was presented with the Lifetime Achievement Award. As a nurse practitioner since 1973, Michael was an early innovator in the nurse practitioner role, always pushing for increased access and opportunities for the nurse practitioners in rural areas.

He was one of the early mavericks who pushed to enable practice to the extent of educational preparation before state recognition of the nurse practitioner role was in place. He got involved in nurse practitioner education early on and saw the rapid growth of programs across the 80s and 90s. He was one of forerunners of doctoral preparation for the nurse practitioner, leading the development of one of the first practice doctorate programs at the University of Tennessee Health Science Center where he served as Dean and Professor from 1982-2000.

As if his work in the US was not enough, Michael shared his experience at the international level as well. Most recently, he was a Visiting Professorial Fellow at Curtin University and the Western Australia Department of Health Office of the Chief of Nursing and Midwifery. There he assisted in creating Australia's first nurse practitioner led primary care clinic.

Michael has never shied away from taking up a challenge on behalf of nurse practitioners or in stepping up to provide leadership. He has held many prominent positions to advance nursing education and practice, including serving in leadership roles within NONPF, American Association of Colleges of Nursing, the Frontier Nursing University Board, the American Academy of Nursing, and many others. Above all, though, Michael has never lost his personal touch and unlimited willingness to mentor and assist new, experienced, and prospective nurse practitioners alike in their efforts to advance the nurse practitioner role. Congratulations to Dr. Carter for this well-deserved honor!

FNU and Well World Productions Receive Five AAF Advertising Awards



Debra Koerner (Owner of Well World Productions), Brittney Edwards (FNU Director of Marketing & Communications), Susan Stone (FNU President), Julie Marfell (FNU Dean of Nursing)

The American Advertising Federation recently honored Frontier Nursing University and Well World Productions with five advertising awards for work completed in 2014. Frontier Nursing University (FNU) partnered with Well World Productions, a production and branding firm, to bring the University's rich story to life through communications for FNU's 75th Anniversary. FNU's 75 year story and anniversary celebration were illustrated and communicated through a series of designs and productions led by FNU and Well World's Debra

K., host and Executive Producer of "The Journey into Wellbeing" television show, which is currently airing on PBS. On Feb. 27, the Lexington Chapter of American Advertising Federation honored many of the works produced with five American Advertising Awards. The American Advertising Awards (formerly the ADDYs) is a program that recognizes creative excellence in the field of advertising.

FNU President Susan Stone is Keynote Speaker at Women Leading Kentucky Event



Dr. Susan Stone with Carol Siler, Executive Director of Women Leading Kentucky

FNU President Dr. Susan Stone was invited to speak at a recent luncheon event hosted by Women Leading Kentucky with nearly 150 attendees. Women Leading Kentucky, a statewide network of outstanding business professionals, hosts a series of networking roundtables where prominent Kentuckians are invited to speak and share professional/personal challenges and lessons learned. View Dr. Susan Stone's presentation at womenleadingky.com/roundtable-video-gallery.

Leadership Council Convenes in Lexington



On April 23 members of the FNU Leadership Council convened in the Lexington office to receive updates and news from the University as well as to share progress made with the endowment campaign. The \$10 million endowment campaign is over 40% completed and has led to the establishment of 7 new scholarships so far. The three main components of the campaign are scholarships, faculty positions, and historic facilities. We are grateful to members of the Leadership Council for their personal commitments to the campaign as well as their advice, feedback, and hard work in garnering new supporters.

Michael Carter, Chair
Betty Brown, Louisville, Ky
Jane Campbell, Berea, Ky
Margaret Campbell, Danville, Ky
Peter Coffin, Chestnut Hill, Ma
John Foley, Lexington, Ky
Susan Graham, Amherst, Ny
Nancy Hines, Shepherdsville, Ky
Frank Hower, III, Louisville, Ky
Lindy Karns, Lexington, Ky

Fred Keller, Jr., Lexington, Ky
Elizabeth Kramer, Lexington, Ky
Marion McCartney, Washington DC
Helen Rentch, Midway, Ky
Linda Roach, Lexington, Ky
Sandra Schreiber, Louisville, Ky
Mary Clay Stites, Louisville, Ky
Fra Vaughan, Lexington, Ky
George Wallace, Lexington, Ky

Mary Breckinridge Society

We are grateful to the generosity of the following individuals who have committed leadership gifts to the endowment campaign. We are honored to recognize them here as members of the Mary Breckinridge Society.

Founding Trustee - \$1 million+

Caroline Holdship Trust

Ambassador: \$100,000 - \$249,999

Peter Breckinridge Coffin
Elizabeth Kramer and Kentucky
Mountain Club
Susan Graham

Sponsor: \$50,000 - \$99,999

Michael Carter
John Henry
Jane Leigh Powell (Bequest)
Ruth Adame (Bequest)

Steward: \$25,000 - \$49,999

Ruth Beeman (Bequest)
Patricia Perrin Lawrence
Susan Stone
Van Sloun Foundation
Howard Boroughs
Jacob Smit (Bequest)

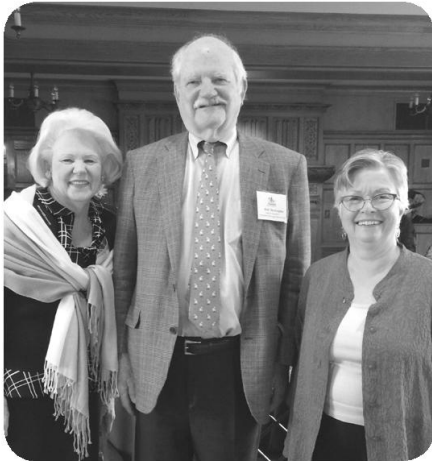
Patron: \$10,000 - \$24,999

John Dennis Delafield
Lt. Col. Elaine Prather (Bequest)
Lois Cheston
Barbara Wriston (Bequest)
John Foley
Fred Keller, Jr.
Grandin Family Foundation and
Ned Grandin
Jean Owens
Margaret Voorhies Haggin Trust
Tia Andrew
Mike Rust
Anne Symchych
William Street
Ellen Bayard
Carolyn Gregory

BEYOND THE MOUNTAINS

Spring signals the time for us to visit with friends and committees outside of Kentucky. We always enjoy this annual time to reunite with friends and share updates from Frontier in person! If you would like information on how you can host an event in your community, please contact us at development@frontier.edu or 859.899.2828.

Washington DC Tea and Announcement of the Marvin Breckinridge Patterson Scholarship



Belle Brent Clay Ward Duchin, Bob Montague, and Marion McCartney

On March 19, friends gathered at the beautiful Congressional Country Club in Bethesda for the annual Washington DC Committee event. We appreciate Mrs. Molly Singerling, daughter of the late Ruth Newell, past chair of the Washington DC Committee, for hosting us at this venue. Attendees enjoyed viewing the 75th anniversary video, hearing updates from Susan Stone, and sharing their personal connections to FNU.

We were excited to announce the fundraising campaign to raise \$25,000 to establish the Marvin Breckinridge Patterson Scholarship. Gifts and pledges from event attendees have already garnered more than \$18,000 towards this goal. Bob Montague, new FNU Board member and close relative of Mrs. Patterson pledged \$5,000 towards the effort and has arranged for an additional \$5,000 in a planned gift to the scholarship. Mr. Montague has years of memories with Mrs. Patterson beginning with his attendance at his aunt's wedding in York, Maine at the age of 4, which was hosted by the Patterson's. He also fondly remembers driving Mrs. Patterson to her 90th birthday party in his convertible. In between those years, Bob remained very close to the Patterson's as he pursued his law career in the DC area. He is honored to be able to give towards this scholarship in her name.

Additional gifts from Cherry Wunderlich, Fred and Evelyn Harris, Toby Berman, John Carroll, Patrick Gross, Doris Johnson, C.D. Langhorne, William Leach, Ruth Lubic, Alton Templeton, John and Priscilla Becker, Howard Bray, Catherine Davis,

Karen Fennell, Maureen Harvey, Juanita Micas, Molly Singerling, David Garnett, Anne Cockerham, Heather Maurer, and Mairi Breen Rothman, combined to raise more than \$18,000 towards the fund. FNU is seeking the remaining funds needed to permanently endow this scholarship from friends in the Washington DC area. We appreciate everyone's support towards this important goal. If you would like to give towards the Marvin Breckinridge Patterson Scholarship, please indicate it on the enclosed reply envelope.

Tea hosted by Pam Davis

On March 15th Mrs. Pam Davis, a descendant of the Breckinridge family, hosted a tea in her Perrysburg, Ohio home to introduce friends and family to Frontier Nursing University. The beautiful, sunny spring day provided the perfect backdrop for the gathering. Those in attendance were treated to a wide selection of teas, delicious finger foods, and a short presentation about Frontier.

Screening of "Forgotten Frontier" hosted by Bob and Patsy Lawrence

On April 9, more than 100 residents and guests of Fox Hill Village in Westwood, Massachusetts gathered in the auditorium to view the 1930 film, *Forgotten Frontier*. This enchanting film, produced by Marvin Breckinridge Patterson, depicts the earliest days of the Frontier Nursing Service. Mrs. Patterson narrates the film, which was originally a silent film. Mrs. Patsy Lawrence gave a warm welcome to all the guests and told of her experience as a Courier for the Frontier Nursing Service. Mrs. Lees Breckinridge Yunits, current Chair of the Boston Committee, then introduced Susan Stone to speak. Dr. Stone presented a review of Frontier Nursing University's work today. A lovely reception was held to conclude the event. Many thanks to Patsy and Bob Lawrence for hosting this wonderful event.



Susan Stone, Bob and Patsy Lawrence, and their daughter, Frances Lawrence Keene enjoy the reception following the film

Kentucky Coalition of Nurse Practitioners and Nurse-Midwives Reception



On Thursday, April 23rd Frontier Nursing University hosted an Alumni & Friends Reception at the annual Kentucky Coalition of Nurse Practitioners and Nurse-Midwives Conference in Covington, KY. The reception was well attended by alumni, faculty, staff

and even a few prospective students. After enjoying food and fellowship, attendees were provided brief updates on FNU activities and upcoming events.

Kentucky Derby Party hosted by Abby and Peter Breckinridge Coffin



*top: Peter Coffin with Denise Barrett and Susan Stone;
bottom: John Grandin and Lees Breckinridge Yunits*

Peter and Abby Coffin invited friends to join together on May 2nd for a Kentucky Derby party benefiting Frontier Nursing University. This was their third year hosting this event “celebrating two great Kentucky traditions: the Kentucky Derby and Frontier Nursing University.” More than 60 guests gathered at the historic Gore Place for mint juleps, cocktails, and hor d’oeuvres before viewing the race live on the big screen. President Susan Stone then introduced FNU to the attendees and enjoyed sharing the mission and work with old and new friends. We sincerely appreciate Peter and Abby Coffin for their commitment to FNU. Peter sits on the Leadership Council for the Endowment Campaign and is an Ambassador of the Mary Breckinridge Society for his generous contributions towards the endowment.

NOTES

Mindy Dube, CFNP Class 90, advanced practice registered nurse, has joined New London Hospital's Newport Health Center in New Hampshire.

Barbara Lancaster has been offered a tenured faculty position with Middle TN State University in the Nursing College.

Sonja Pownall, CNEP Class 63 has spent 3 ½ years in a private practice outside of Camp Lejeune—the largest marine base in the nation. She will soon be remarried and has accepted a position at Portsmouth Naval Hospital. She writes to FNU as her amazing friend and nanny await her husband's return from Africa. Sonja was blessed to catch their second and third sons. Her friend has just begun nursing school with the goal to become a nurse-midwife. She remains exceedingly excited to experience the adventures God has waiting for her, her family, and her Frontier sisters.



Ashley Meccariello (CNEP student); Julia Faidley (CNEP student); Jenna Hutchens (CFNP student); Ximena Rossato-Bennett (CFNP student); Melissa Lawlor (CNEP alumni); Eva Falkner (CNEP alumni); and Regional Clinical Faculty member Dwyann Golden with Cecilia Stearns (FNU alumni and preceptor) went to New York in April

to lobby with the New York State Association of Licensed Midwives (NYSALM) in support of a bill that will allow midwifery-led birthing centers to be opened in this state.

Frances Horton, CNEP 62 and WHCNP 63 recently moved from Virginia to Meridian, Idaho. She has joined Saint Alphosus as a CNM/WHNP—as one of six midwives. St. Alphosus is a Catholic, practice- based hospital.

Romina Lo-Montano DNP, FNP-C, a graduate of FNU (PM-DNP11), opened an Independent NP practice in January 2015. Romina has also published the manuscript from her capstone project with the Virginia Henderson International Nursing Library's (VHL) online repository: Lo-Montano, R., John, D., & Weiss, S. (2015) Best practice guidelines for uncomplicated urinary tract infections to reduce rates of antibiotic resistance: A CE module for clinicians.

Sarah Koenigseker, CNEP 107, and her husband, Darrel Uchbar, Jr, welcomed a son, Colin David K. Uchbar into the world on November 26, caught by Char Frires, CNM. Sarah took an academic hiatus from coursework but got back at it Winter term and is doing well as a mom / student / nurse!

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

By Michael Claussen, Development Officer

This spring we hosted many bed and breakfast guests and groups from University of Tennessee, Lindsey Wilson College and Indiana Wesleyan University. We would have hosted several more groups—but due to a dangerous situation that recently arose, we have had to close the Wendover campus to the public since mid-March of the year. Now I will admit that the word dangerous and Wendover don't appear to make sense together in the same sentence, so let me explain what has occurred over the past several weeks that have caused our Bed and Breakfast Inn to temporarily close.

We have a huge slip on the mountain just above the Wendover driveway threatening the area above the parking lot (Pig Alley) and below the stone wall on the right as you proceed up the driveway. It is quite large and potentially dangerous. The expectation is that it will fall during a big rain storm. Its path is not near any of our historical buildings. The advice to us is to let it fall and clean it up rather than try to go up with heavy equipment and force it to fall which could be more dangerous. This means the only way to get up to Wendover is to park at the old post office and climb the steps in front of the Big House. Yet the stone steps in front of the Big House are not in good shape, so they are in the process of being replaced with new wooden steps. Once these steps are completed, parts of Wendover will reopen.

Many rockslides have fallen in several areas of Leslie County within the past several weeks. Safety is our first priority, so please be patient with us. Visit our website at www.frontier.edu/Wendover for updates.

Hand-crafted items continue to be in demand for FNU Students

Homemade baby caps, blankets, and scarves are still being requested for our FNU Students. Frontier nurse-midwifery students present a handmade baby cap to the first baby whose birth they attend, and our nurse practitioner students present lap quilts or scarves to their patients. As our university continues to grow, we will need more and more of these wonderful items. The size needed for lap quilts is approximately 40 by 42 inches. Yarn should be worsted weight.

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

Recently we received gifts from the following people:

Harriet Palmer

Former Courier Beth High and the "Flying Fingers" of Westminster at Lake Ridge, Lake Ridge, VA

Frontier Nursing Service: A Pictorial History

Fellow FNS history buffs, please join our new historical FNS Facebook page. This group tells the story of the Frontier Nursing Service through pictures from years past. It is an important part of the history of nursing, public health, and the Kentucky mountains and its people. Please ask to join the Facebook page and add your thoughts, memories, and pictures for everyone in the group to enjoy. This group is for everyone who has been, and continues to be, touched by FNS or those who appreciate its rich heritage. Invite your friends and families to enjoy the stories, too!

Frontier Nursing Service. A Pictorial History:
facebook.com/groups/420458851452723/

FOOTPRINTS

This year the Washington Committee has started an endowed scholarship fund in memory of Former FNS Chairman, Mrs. Marvin Breckinridge Patterson. The article below is reprinted from a 1975 Quarterly Bulletin.



On the evening of Tuesday, May 27, the Board of Governors of Frontier Nursing Service and the Hon. and Mrs. John B. Breckinridge gave a dinner at Spindletop Hall in Lexington, Kentucky in honor of the retiring National Chairman, Mrs. Jefferson Patterson. Mrs. Patterson was accompanied to Kentucky from Washington by her husband, the Hon. Jefferson Patterson; her brother, Mr. Robert Breckinridge of New York; Lady Ramsbotham, wife of the British Ambassador to the United States; the Hon. and Mrs. George McGhee; Mrs. Mona Lynam; and Mrs. M. Williams Blake, the official representative of the FNS Washington Committee to the Fiftieth Anniversary celebration.

It was a lovely party and the Vice Chairman, Mr. Henry R. Heyburn, was a delightful master of ceremonies. The Honorary Treasurer, Mr. Edward S. Dabney, congratulated Mrs. Patterson on the many accomplishments of FNS during her chairmanship and presented her with a gold disc, with the FNS initials and her dates as National Chairman, for her charm bracelet, a gift from the members of the Board. Marvin Breckinridge Patterson, a cousin of the late Mrs. Mary Breckinridge, has been associated with FNS since she came as its first woman courier in 1928. Two years later, after studying professional cinematography, she made the film "The Forgotten Frontier," copies of which are now in the National Archives, the Library of Congress and the Smithsonian Institution's Division of Medical Science. This film and the hundreds of still photographs taken by Mrs. Patterson provide an excellent record of the early days of the FNS. After a distinguished career as a photographer, magazine writer, and broadcaster with CBS World News Roundup during the early days of World War II, and as the wife of a noted diplomat, Mrs. Patterson became a member of the Board of Governors of Frontier Nursing Service in 1955 and served as its National Chairman from 1960 until her retirement on May 28, 1975.

QUARTERLY BULLETIN

IN MEMORIAM

COLE, Berwin Abbey Bert died in Clearwater, on Sept. 30, 2014 at age 94. He was born in Greenwich Village, New York City on Dec. 25, 1919. He was a member of the Founders Society of the Childrens Home Society of Florida; of the Estate and Trust Planning Circle of the Frontier Nursing University; of the Guardian Society of the Disabled American Veterans; and of the Legacy Circle of C.A.S.A. devoted to aiding the victims of spousal abuse. Survivors include his wife of 71 years, Betty E; a daughter, Mrs. Theresa C. Ream of Seattle, Washington; and a son, Michael J. of New Jersey; and two grandchildren, C. Vincent Ream and Jesse A. Ream. His older son, C. Vincent, who identified closely with him, died in 1969 while serving in the U.S. Navy during the Vietnam War. A private, sensitive and introspective man, he never ceased mourning for his son nor did he ever forget the many fine young men with whom he served in World War II who never made it back. Mr. Cole lived a very full and accomplished life and his full obituary can be read at www.legacy.com/obituaries/sptimes/obituary.aspx?pid=172966965.

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

Mr. Daniel Giger
Ms. Elenor Hughes-Fulmer
Mrs. Clara Thomas

Anne DeTournay

Mr. Ray DeTournay

Anne Pearson

Donald McClusky

Jane Leigh Powell

Mr. Robert Bryan
Mrs. Jane Haldeman Hope

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

William Hall

Mr. William Leach

Patsy Lawrence

Mrs. Susan Wood

BOARD OF DIRECTORS

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Kenneth J. Tuggle, JD, Louisville, KY

Nancy Fugate Woods, PhD, RN, FAAN,
Seattle, WA



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

FRONTIER NURSING UNIVERSITY

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Lisa Chappell, DNP, FNP-BC,
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Shelley Aldridge, BA,
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Denise Barrett, MBA,
Director of Development
and Alumni Relations

Angela Bailey, BA, Associate
Director of Development

Nancy Reinhart, MPH,
Development Officer and
Courier Program Coordinator

Michael Claussen, BA,
Development Coordinator

Beulah Couch, Human
Resources/Site Manager

Barb Gibson, Facilities Manager

YOUR GIFTS AT WORK

The \$10M FNU Endowment Campaign serves to provide financial support and stability for the long-term future. However, generous gifts to the endowment have allowed us to establish new endowed funds that are already providing annual assistance to students and will continue to do so forever. A combination of current gifts and planned giving has helped to drive our success with the campaign.

Seven new scholarships have been created so far. With just 2.5% of our students receiving private scholarship support, the need for new endowment funds for students is great. An endowed scholarship can be named with a minimum gift of \$25,000 and you can expect it to award an average \$1,000 gift each year. Contact us if you are interested in naming a scholarship to support our future nurse-midwives and nurse practitioners!



“My focus is to provide healthcare in rural, underserved areas. I have seen firsthand the needs in my community for providers to stay in the small towns in which they were raised, rather than move to metropolitan areas. I hope to remain in a primary care private practice while being a leader in local initiatives and policy development. As nurse practitioners, we are uniquely qualified to encourage positive change on a small personal level in the clinic.”

*Kathryn Armstrong, Family Nurse Practitioner student,
Starkville, Mississippi, Jean Paul Scholarship*



“My goal will be to bring quality healthcare to some of the most vulnerable women in the world, the women of sub-Saharan Africa. I used to look at this as an impossible dream until I came to Frontier and saw the work of Mary Breckinridge. With my education at FNU, I have acquired the courage to devote the rest of my life to this dream.”

*Hawa Al-Hassan, Nurse-midwifery student,
Pullman, Washington, Betty Lou Johnson Scholarship*

Jane Leigh Powell Gardens Fund



Gifts made in memory of former Frontier Nursing Service Board Chair and Courier, Jane Leigh Powell, have been combined with a generous gift from her personal estate to establish the Jane Leigh Powell Gardens Fund. This endowed fund will provide support for the beautiful gardens at Wendover. Jane Leigh Powell was instrumental in establishing the gardens and worked very hard each year to ensure they bloomed beautifully for our guests to enjoy.

She would personally deliver plants and mulch when she visited. We are honored to continue keeping these gardens blooming each year in her memory. The goal for the fund is \$250,000 of which nearly \$80,000 has been raised so far. If you are interested in giving a gift to this fund, please contact us directly or indicate the fund on the return envelope with your gift.

Banyan Tree Legacy Society

Many generous gifts to the endowment have come in the form of bequests, charitable gift annuities, and perpetual trusts. These planned gifts are ways to make large commitments to Frontier in a variety of ways. We recognize donors who have indicated to us that Frontier Nursing University is in their estate plans by inclusion in the Banyan Tree Legacy Society. We are honored to recognize them once annually in this issue of the Quarterly Bulletin.

Banyan Tree Legacy Society

(Please notify us if you have included FNU in your planned giving and would like to be recognized in the Banyan Tree Legacy Society.)

Ms. Kendra Adkisson CNM

Ms. Joselyn C. Bacon

Ms. Connie Becker

Miss Marjorie L. Boetter

Ms. Carlyle Carter

Dr. Berwin A. Cole

Mrs. Eleanor Earle

Ms. Marybeth Gorke-Felice

Mr. John Henry

Mr. W. Channing Howe

Mr. Thrygve R. Meeker

Mr. Robert Montague

Mrs. Dorothy G. Morris Mudd

Miss Jean P. Owens

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