



Downtown Hyden is home to our new clinical simulation lab.



## GROWING WITH OUR STUDENTS

**New clinical simulation lab enhances  
our students' educational experience**

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## Introduction to Frontier Nursing University

Mary Breckinridge spent her early years in many parts of the world – Russia, France, Switzerland and the British Isles. After the deaths of her two children, she abandoned the homebound life expected of women of her class to devote herself to the service of families, with a particular focus on children.

Mrs. Breckinridge founded the Frontier Nursing Service in 1925 after several years of studying and practicing nursing and midwifery in the United States, England, Scotland and France. It was the first organization in America to use nurses trained as midwives collaborating with a single medical doctor, based at their small hospital in Hyden. Originally the staff was composed of nurse-midwives trained in England. 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.

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

### HOW TO REACH US

**The Office of Development and Alumni Relations:** Please direct questions, comments or updates to Denise Barrett, Director of Development, at (662) 846-1967 or send an e-mail to [development@frontier.edu](mailto:development@frontier.edu).

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



## THE JOURNEY

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

# Undeniable evidence underscores need for more nurse-midwives

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**Findings of landmark study offer further proof  
that birth centers can improve outcomes for U.S. mothers**

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Mary Breckinridge understood from the beginning that documenting outcomes was vitally important for improving the quality of healthcare as well as proving the value of the midwifery model of care and gaining support for the Frontier Nursing Service (FNS). She kept detailed records of all the families served in the region and instructed the FNS nurses to carefully document the care provided and the outcomes. Because of this dedication to keeping impeccable records, the Frontier Nursing Service was able to have a study completed by the Metropolitan Life Insurance Company. We have continued to reference these findings as evidence to support the midwifery model of care. After the first 1,000 births attended by FNS nurses, Metropolitan Life concluded that:

*The study shows conclusively what has in fact been shown before, that the type of service rendered by the Frontier Nurses safeguards the life of mother and babe. If such service were available to the women of the country generally, there would be a saving of 10,000 mothers' lives per year in the United States, there would be 30,000 less still births and 30,000 more children alive at the end of the first month of life. The study*

## QUARTERLY BULLETIN

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*demonstrates that the first need today is to train a large body of nurse-midwives, competent to carry out the routines that have been established both in the Frontier Nursing Service and in other places where good obstetrical care is available.*



**Stapleton**

Ever since those early findings, Frontier Nursing University has been working to educate nurse-midwives to care for women and families across the nation. In the last two decades, FNU has increased its output of nurse-midwives exponentially, utilizing distance-learning methods to reach nurses in all 50 states.

The state of our country's maternal care only fuels our motivation to educate more nurse-midwives to improve outcomes. The United States has poorer maternal health rankings than 33 other First World countries. The C-section rate has steadily risen from 21% percent in 1996 to 32% of all births now. The C-section rate in birth centers has remained a steady 4 to 4.6% for more than 20 years. Poor outcomes experienced by mothers and babies in this country can be improved through the use of more nurse-midwives and birth centers for pregnancy and childbirth in normal pregnancies. Further studies proving this fact have been needed to persuade stakeholders to change the way our healthcare system cares for expectant mothers.

Nurse-midwives and researchers continue to document their success in an effort to inform the healthcare system, government funding programs, insurance providers and the public about the benefits of nurse-midwifery care. In January, the *Journal of Midwifery and Women's Health* published the National Birth Center Study II, nearly 25 years after the first study of its kind was published. The new study's authors are Frontier alumna Susan Rutledge Stapleton, CNM, DNP; Cara Osborne SD, CNM; and Jessica Illuzzi, MD, MS. Dr. Stapleton, a former director of FNS Maternity Services at Mary Breckinridge Hospital, is a Class 1 graduate of FNU's Doctor of Nursing Practice program.

The study followed more than 15,500 women who chose birth centers for their care through pregnancy and childbirth. It included women who received care in 79 midwife-led birth centers in 33 states from 2007 through 2010. The study's significant findings include:

- Ninety-four percent who entered labor planning their birth at a birth center achieved a vaginal birth. The C-section rate for low-risk women choosing to give birth at a birth center was only 6%, compared with the U.S. rate of 27% for low-risk women

- Out of the 15,574 women who planned to give birth at the birth center at the start of labor, 84% gave birth at their intended birth center. Out of the entire sample, 4.5% were referred to a hospital before being admitted to the birth center; 11.9% transferred to the hospital during labor; 2% transferred

## FRONTIER NURSING UNIVERSITY

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after giving birth; and 2.2% had their babies transferred after birth. Most of the in-labor transfers were first-time moms (82%).

■ Out of the 1,851 women who transferred to the hospital during labor, 54% had a vaginal birth, 38% had a Cesarean, and 8% had a forceps or vacuum-assisted vaginal birth.

■ Most of the in-labor transfers occurred for non-emergency reasons, such as prolonged labor. Less than 1% of the study sample transferred to the hospital during labor for emergency reasons. A very small percentage of women and infants transferred after birth for emergency reasons.

Within one week of publication of this landmark study, representatives from the American Association of Birth Centers and the American College of Nurse-Midwives presented the findings to Congress. The purpose of the briefing was to highlight the study, give it national attention and show lawmakers the better outcomes and cost savings possible with increased use of birth centers.

This study marks another milestone in midwives' push for better care and options for childbearing women and families. Mounting evidence of the cost-effectiveness, safety and satisfaction of midwifery care has already increased the number of births attended by nurse-midwives. The Centers for Medicaid and Medicare also has shown a renewed interest in this model of care and birth centers through its Strong Start Initiative. This initiative, announced in 2012, provides millions in funding to support birth centers, breastfeeding support and the Centering Pregnancy model, a model for prenatal care that provides healthcare, education and support in a group setting.

We are proud of our graduates who work on the frontlines of care for women and families. We are equally proud of those working behind the scenes to validate the outcomes of nurse-midwives and their clients to provide the evidence to support the profession. This is how we can continue to grow as a profession and ultimately improve outcomes for mothers and babies in the United States.

Frontier Nursing University stands ready to educate the legions of nurse-midwives needed to turn maternity care around in our country. As the largest nurse-midwifery program in the United States, we will continue to increase access to the midwifery model of care for those women and families where our graduates live and work.

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The complete reference for the study is as follows:

Stapleton S., Osborne C, Illuzzi J. "Outcomes of care in birth centers: demonstration of a durable model." *Journal of Midwifery and Women's Health*, V56, No.1.

**BEYOND THE MOUNTAINS**

## Frontier student furthers her education to help families in Malawi, Africa

For Rebecca Epperson, a Class 86 family nurse practitioner student, her education at FNU will advance the work she is doing in Malawi, where she volunteers as a nurse. Rebecca and her family have lived in the African country for three years.

“I run a busy mission hospital in the capital city of Lilongwe as well as serve as the medical coordinator for the organization that my husband and I started here called E3 Worldwide,” said Rebecca, who has helped to open a maternity wing in the hospital. “We work in villages building school blocks, securing water, teaching agriculture, and I organize and run mobile clinics.” E3 stands for Educate, Empower and Employ. It is a non-profit Christian-based organization that she and her husband founded in 2008 to help overcome poverty and inspire a sustainable culture while spreading the word of God.

Rebecca decided to attend Frontier and become a family nurse practitioner to help with Malawi’s healthcare plight. “There is a huge shortage of doctors in Malawi, which is what motivated me to go back for my FNP degree,” Rebecca



**Above:** Rebecca, shown with her son Chisomo, said he was gravely ill at the time she and her husband adopted him, but he is now “a happy, healthy member of our family.”

**At left:** A long line of people wait for the mobile clinic to start. “We usually see 1,000 to 1,200 patients at each mobile clinic,” Rebecca says.

said. “Frontier has been the perfect school for my needs, because it has allowed me to remain here in Malawi with my family, continuing our work in the villages while working toward my goal of becoming an FNP, to be better trained to help here more.”

Rebecca and her husband have three children: Ryan, 15; Kimberly, 12; and Chisomo, 4, whom they adopted. Chisomo was rescued from the village near death with malaria, pneumonia, sepsis and malnutrition and given a 50 percent chance of survival, but Rebecca reports that he is “now a happy, healthy member of our family.”

According to E3, Malawi has an incredibly high patient-to-doctor ratio. Based on information from *Pocket World in Figures 2012* published by The Economist, Malawi’s doctor-to-patient ratio is 1-59,533\*. Malawi’s shortage of doctors makes it clear why mobile clinics are needed. “We usually see 1,000 to 1,200 patients at each mobile clinic,” Rebecca says.

In November, Rebecca received the Nancy B. Taylor Scholarship, awarded to a Frontier student who plans to do international health work after graduating. She tells us scholarship support has been a blessing for her. “Because we are fully volunteer, we rely on donations and the support of friends, family and organizations back home to survive and complete our projects here in Malawi. This includes paying for my tuition at Frontier. Thanks to the scholarship committee, this task is now a bit easier.”

After graduation, Rebecca plans to pursue her Doctor of Nursing Practice degree (at Frontier, she hopes) while returning to Malawi to work as an FNP in the clinic setting while also doing mobile clinics. E3, at that time, will begin building a permanent clinic in Gusu, one of the villages where the group does most of its mobile clinics. She also hopes to organize and lead short-term mission teams to volunteer in Malawi.

\*The Economist (2012). *Pocket World in Figures, 2012*. London: Profile Books Ltd.



Rebecca helps nursing students give IV medication to a very sick patient in the back of her truck, used as an ambulance.

### **To learn more about E3**

Go to the “E3 Worldwide” page on facebook or to the website at [www.e3worldwide.org](http://www.e3worldwide.org).

### **To volunteer**

E3 has a great need for nurse-midwives to help sustain the maternity wing at the mission hospital in Lilongwe, Malawi. Opportunities exist for both FNPs and CNMs for short-, mid-, or long- term service. Contact Rebecca Epperson for more information at [Rebecca.Epperson@frontier.edu](mailto:Rebecca.Epperson@frontier.edu).



**ALUMNI SPOTLIGHT**

## **Dustin Spencer works to improve health in his rural Michigan community**

Dustin Spencer, who holds his master's and DNP degrees from Frontier, decided the best way to better his community in rural Michigan was to better himself. "I chose to be a family nurse practitioner to improve the health in the rural communities where I live," said Dustin, who came to Frontier in 2007 with his associate's degree and completed his master's through the ADN-to-MSN Bridge Program in 2010. Dustin saw the need for advanced practice nurses to not only fill the void of primary care providers in his rural community, "but to lead the community toward better health as collaborators in various specialty clinics."



To become an even more effective leader, Dustin knew he had to go further. "I chose to obtain my doctoral education in order to better effect that change as a teacher and mentor to other nurses and health professionals." In 2012, Dustin received his Doctor of Nursing Practice degree from FNU. He holds the honor of being Frontier's first Bridge graduate to complete the university's post-master's DNP program.

Dustin works as a nurse practitioner in emergency services, providing emergency care to patients of all ages in a small rural hospital in Clare, Mich. He has served in that role for a year and a half. Before that, he practiced family nursing in a National Health Service Corps Rural Health Clinic for two years.

"The patients I serve in the emergency room are from a wide variety of socio-economic backgrounds," he said. "Most of them, however, are from very impoverished families with very limited resources. My Frontier education provides a solid foundation for addressing not only the emergent and urgent medical needs but also for addressing the issues that arise due to the inability of the patient to appropriately follow up after their emergency room visit."

Dustin said his education has brought a holistic focus "to the often narrowly focused care provided in the emergency room," which allows him to assist patients not only in treating their urgent and unexpected conditions but also in improving their overall health.

Dustin is dedicated to serving his profession. He was selected by the American Nurses Credentialing Center, the world's largest and most prestigious nurse credentialing organization, to serve on the Emergency Nurse Practitioner Content Expert Panel. This committee will develop the new Emergency Nurse Practitioner board credentialing program.

**COURIER CORNER**

*By Nancy Reinhart,  
FNU Development Officer/Courier Coordinator,  
Courier 1998*

## **Courier Program applications are rolling in!**

We are now accepting applications for the 2013 summer Couriers! What a cheerful prospect for the start of a new year – volunteers wearing familiar khaki pants and white shirts back on the job, milling about Wendover, giving service and gaining wisdom.

Rising from its familiar roots, the program is evolving and expanding. As former Courier Coordinator and FNU Board Member Jane Leigh Powell says, “The Courier Program is growing just like the Banyan tree Mrs. Breckinridge envisioned her rural health service to be.”

### **More information**

Applications are being taken now for the 2013 program. Interested individuals should contact the Courier Coordinator as soon as possible at [nancy.reinhart@frontier.edu](mailto:nancy.reinhart@frontier.edu) or visit [www.frontier.edu/courier](http://www.frontier.edu/courier).

Of the Couriers accepted into the program for this summer, some will serve the Mary Breckinridge hospital system, do home health visits and engage in community projects as before. Others will be placed at newly developed “outpost sites,” clinics serving underserved and rural communities where Frontier Nursing University alumni work.

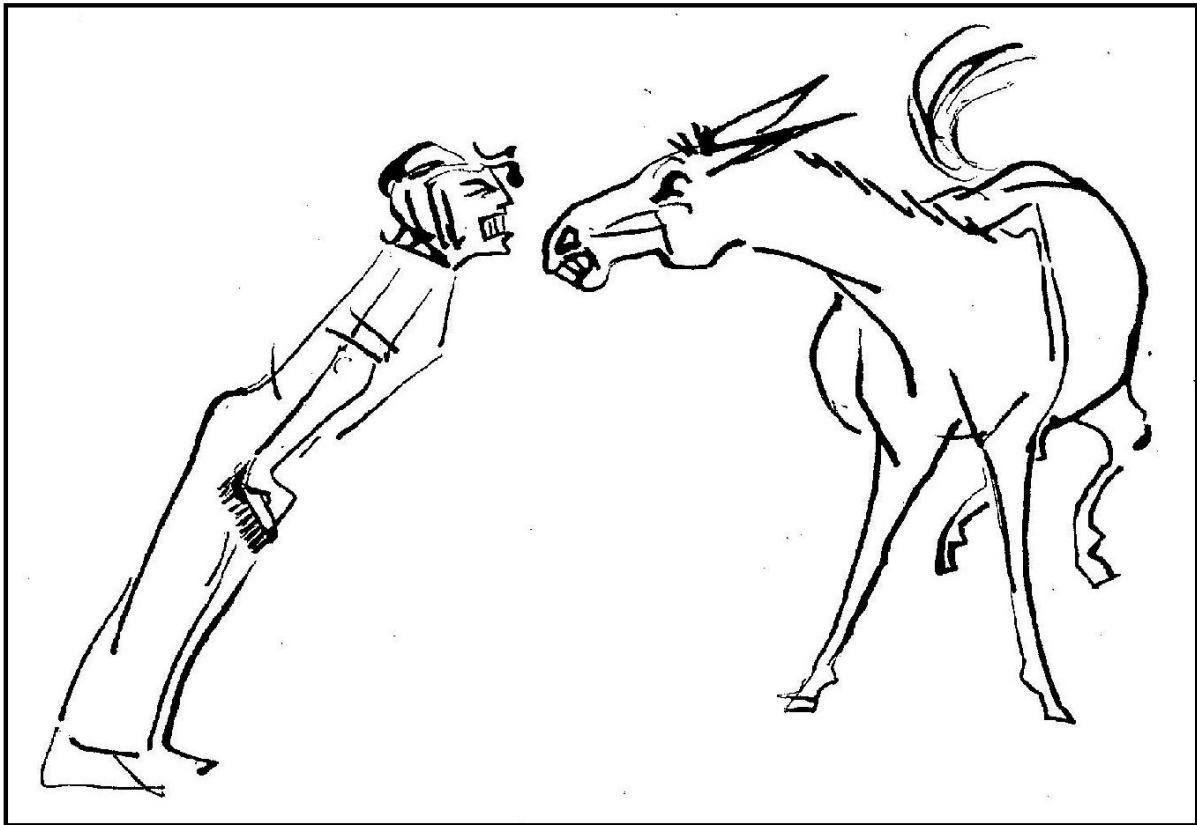
The outpost sites chosen for 2013 are Little Flower Clinic in Hazard, Ky.; The Hazard Clinic in Hazard, Ky.; Lisa Ross Birth Center in Knoxville, Tenn.; Women’s Wellness and Maternity Birth Center in Madisonville, Tenn.; and the

White House Clinic in McKee, Ky.

We’ve developed a terrific program for the Couriers and will choose participants by the start of April from what promises to be an excellent applicant pool.

Do you know the right person to apply? Here’s who we are looking for:

- Individuals who are curious, adaptable, self-motivated, self-structured and able to independently engage in unfamiliar situations
- Must have a commitment to respect and tolerance
- Should be interested in public health, healthcare, social work or a related field, share a commitment to Frontier’s mission of serving the rural and underserved and be ready for an adventure
- Preference will be given to applicants at least 20 years of age who have completed two years of higher education



Cartoon of Courier and mule gritting teeth at each other  
by Katharine "Kitty" More (formerly Biddle) during her time as a Courier, 1952.

**Note to former Couriers:** *You will be hearing more from me soon! I'll be sending you a letter from the desk of the Courier Program detailing more ways you can plug into the work – look for it in your mailbox in the spring. And always feel free to email me with questions, concerns, stories or comments at [nancy.reinhart@frontier.edu](mailto:nancy.reinhart@frontier.edu).*

### **Thank you to our Courier Program Advisory Committee**

An amazing crew of former Couriers has come together to work on developing this year's program. A big thank you to those who are serving on this year's Courier Advisory Committee:

- ◆ Sarah Bacon, Brooklyn, NY
- ◆ Ellen Bayard, Albuquerque, NM
- ◆ Tim Bratton, Louisville, KY
- ◆ Elia Cole, Boston, MA
- ◆ Lee Fox, Rochester, NY
- ◆ Carolyn Gregory, Baraboo, WI
- ◆ Marian Leibold, Cincinnati, OH
- ◆ Tasha Washington-Parker, Burnsville, MN

If you are interested in learning more about or joining the committee, please contact Nancy Reinhart, Courier Coordinator, at [nancy.reinhart@frontier.edu](mailto:nancy.reinhart@frontier.edu).

■ THE FRONTIER LEGACY:  
SPOTLIGHT ON A COURIER

*By Elia Cole, 2009 Courier Term*

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This is a new feature of our *Quarterly Bulletin* in which former Couriers reflect on their experience. To write one, email [nancy.reinhart@frontier.edu](mailto:nancy.reinhart@frontier.edu).

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## Transformational experience in Appalachia is ‘stitched into my heart’

### **My experience as a Courier**

As a junior in college, I had just returned from volunteering in a crowded public hospital in Lima, Peru. The time in Peru was rich with memories and left me with a desire to learn more about health in my own country. I was looking for an experience that would offer insight into how healthcare was distributed in low-resource settings within the United States.

Raised in New York, the Appalachian Mountains seemed as foreign to me as South America, making a summer internship there all the more appealing. The Frontier Nursing Service Courier Program offered the perfect combination of adventure and education that I had been searching for.

Some memories particularly stand out. One Saturday, I remember driving down dirt roads on a quest to find “Hell for Certain,” and on the way being overtaken by two girls zooming past me on a motorized wheelchair. Another evening, my fellow Couriers and I went to Corbin, Kentucky, to see the majestic moonbow over Cumberland Falls.

### **How it impacted my life and vocation**

Prior to volunteering in Leslie County, my interest in public health was mostly focused on communicable disease, particularly HIV and tuberculosis. It only took a few weeks in Leslie County to realize the overwhelming bur-

den of non-communicable diseases. For me, this signified a turning point, a change of interest from therapeutic healthcare to primary care and preventive medicine.

It was in Leslie County that I first delved into public health research. As a Courier, I conducted ethnographic research for my undergraduate thesis on the determinants of healthy lifestyle choices in Leslie County. This was my first time encountering illiteracy in the United States, a humbling experience that I will never forget.

My time as a Courier eventually led me to work in a low-resource Salvadorean and Ethiopian community in Washington, D.C. I found that these individuals and those of Leslie County – distanced by geography, culture and language – faced many of the same health issues and based their health-related decisions on a similar set of priorities.

I am now a Master of Public Health Candidate at Boston University and am in the process of applying to medical schools to become a primary care physician. My time as a Courier helped direct my interest in becoming a physician towards a focus on primary care.

Inspired by Frontier's commitment to empowering women through health-care, the Courier Program left me with a motivation to learn how to practice medicine with the compassion of a midwife. In 2012, I began studies in basic midwifery through the Massachusetts Midwives Alliance.

### **The legacy of the Courier program**

A Courier is someone looking to learn about themselves; one who thrives on considering complex issues while addressing barriers through communication, creativity and an innovative spirit. The Courier Program embraces these individuals by offering opportunities to explore interests, ask questions, and ultimately become a new member of a larger community.

### **Why I stay involved**

I continue to be motivated by the commitment to service embodied by FNU. By staying involved, I am reminded of the importance of service and connection through relationships, the aspects of caring for others that make the work rewarding.

From my journal entry in July of 2009:

*“As I sit here on Mrs. Breckinridge’s front porch, listening to the rippling of the river below, I am filled with a sense of inspiration, to challenge my own expectations of comfort, and to offer service to those around me. I am moved by the energy of Mrs. Breckinridge and will leave Kentucky with a small piece of the spirit Appalachia stitched into my heart.”*

# Forthcoming book captures Couriers' rich experiences

Couriers have always been there for the nurses and staff of the Frontier Nursing Service and for the people of Eastern Kentucky. Couriers have been the unpaid, unsung heroes who worked diligently behind the scenes. Functioning as the glue that held the service together, Couriers cared for horses, transported vital supplies and messages, volunteered in the community, completed necessary projects, and served as ambassadors for the FNS in their home communities.

Anne Z. Cockerham, PhD, CNM, Frontier alumna and faculty member, is nearing completion of a new book that will showcase the world of Frontier's

## Check our Courier list

Are your fellow Couriers on our list? Anne Cockerham's new book on the history of the Courier Program will include a complete list of all Couriers who served through 2010 as an appendix. We wouldn't want anyone's service to be overlooked. We need YOUR help! Visit [www.frontier.edu/courier](http://www.frontier.edu/courier) and look at our compendium of Couriers and years served. If you see someone missing or something that isn't quite right, email [nancy.reinhart@frontier.edu](mailto:nancy.reinhart@frontier.edu).

Couriers between 1928 and 2010. Cockerham is the author of last year's *Rooted in the Mountains, Reaching to the World: Stories of Nursing and Midwifery at Kentucky's Frontier School, 1939-1989*. Crafted from interviews with dozens of former Couriers as well as other primary and secondary historical sources, her new book will explore Couriers' motivations to serve, lessons learned and contributions to the FNS and to the community. Lively with anecdotes, filled with historical photographs and grounded in the history of the FNS, the book provides a fascinating glimpse into this untold part of Frontier's rich history.

Following is a short excerpt from the upcoming book:

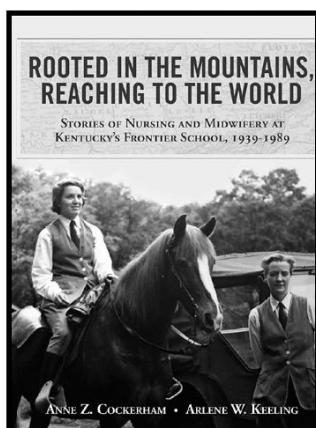
*After interviewing prospective Couriers, FNS committee members (groups of Frontier friends and donors in cities outside the mountains) sometimes sponsored the young people, vouching for their worthiness to fill a Courier slot. When they served as Couriers in 1966, girlhood friends Barbara Van Cleave and Jill Davenport worked hard but sometimes found themselves in precarious positions, even when they knew their Louisville FNS committee sponsor was due to visit them at Wendover. On the day of their sponsor's expected visit, the two young Couriers took an old jeep nicknamed Pat Ball on an errand but their return trip was delayed enough that they became concerned about getting back to Wendover in time to greet their visitor. In her haste as the jeep's driver, Barbara had a regrettable collision with a possum. Indoctrinated by her father (the president of the Louisville Humane Society) to prevent the suffering of any critter, Barbara turned around to end the animal's misery. Unfortunately, in backing up on the narrow mountain road, Barbara drove the jeep into a ditch. With "headlights*

*pointed straight up to the sky, Pat Ball wasn't moving, even in granny gear." After some time passed and in spite of the isolated location and the gathering darkness, the Couriers finally found a phone to call Wendover. Their wish to keep their reputation with their sponsor unsullied did not come true because it was their sponsor who was dispatched to come to the girls' rescue. The Louisville woman arrived shortly thereafter to tow Pat Ball out of the ditch. She also provided Barbara and Jill with a gentle lecture on Recommended Courier Behavior.*



## **Book about FNU's first 50 years named an AJN 'Book of the Year'**

The American Journal of Nursing recognized *Rooted in the Mountains, Reaching to the World: Stories of Nursing and Midwifery at Kentucky's Frontier School, 1939-1989* as a 2012 Book of the Year, representing the best in nursing publishing. The book, written by FNU faculty member and alumna Dr. Anne Z. Cockerham and Dr. Arlene W. Keeling of the University of Virginia, was awarded first place in the AJN's "Public Interest and Creative Works" category.



The awards were announced in the January 2013 issue of the American Journal of Nursing.

Anne Katz, PhD, RN, a clinical nurse specialist in Manitoba, Canada, who judged the category in which the book won, wrote the following: "This book reminded me of how I felt when I read the Cherry Ames books about nursing. The adventure! The challenges! The fun! The bravery! A perfect book for the coffee table, it describes the history of the famous Frontier School in vivid detail and illustrates this story with photographs."

In addition to receiving an AJN Book of the Year Award, the book has received outstanding reviews in the Journal of Midwifery & Women's Health, The Courier-Journal newspaper in Louisville, Ky., and the online rural news site Daily Yonder.

Since 1969, the American Journal of Nursing (AJN) has published its prestigious annual Book of the Year honors.

Published by Butler Books, *Rooted in the Mountains, Reaching to the World* retails for \$30 and can be purchased at [www.butlerbooks.com](http://www.butlerbooks.com). For more information about the book, go to [www.frontier.edu/pioneerbook](http://www.frontier.edu/pioneerbook).

**FIELD NOTES**



Students practice simulations in the university's new clinical simulation lab in downtown Hyden.

## **Hands-on training: Students prepare for real-life situations in FNU's new clinical simulation lab**

Frontier Nursing University recently expanded its campus clinical facilities by opening a new clinical simulation lab in downtown Hyden. This new simulation lab provides an additional space where students can gain hands-on clinical experience to prepare them for the clinical practicum in their home communities. FNU nursing and midwifery students will utilize the space during their eight-day clinical skills intensives on campus.

With an enrollment of more than 1,500 students today, FNU acquired the additional simulation lab to accommodate the growing number of students and to improve the quality of education provided. The university focuses on training nurse-midwives and nurse practitioners to work in rural and underserved areas, and high-quality simulation labs are crucial in ensuring the education that students receive is reflective of what they will encounter with patients in their own communities. Students work with faculty on clinical simulations to gain exposure to the types of clinical situations they may experience in their future roles as practitioners.

The first class to utilize the new lab space was a group of family nurse practitioner students attending an FNU Clinical Bound session in January. Clinical



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Bound is the second required on-campus session that provides students with the opportunity to practice their clinical skills right before beginning their clinical practicum rotation.

In the simulation lab, students take turns acting as patients with various symptoms, gathering health history information, asking questions, formulating diagnoses and prescribing treatments. “This experience was invaluable in helping me quickly identify my strengths and weaknesses prior to going into clinical rounds,” said family nurse practitioner student Will Goodwin. “It gave me the awareness to make myself a better practitioner and gave me the confidence I needed to meet my clinical challenges.”

FNP student Kathryn Irwin agreed. She said the experience “helps prepare us for the great responsibility we are about to undertake.”

After experiencing the new lab with the first group of students, Dr. Julie Marfell, Associate Dean for Family Nursing, shared, “We are very grateful for this opportunity to better accommodate students in simulating real-life patient experiences in a safe environment. Having this new space along with faculty to provide direction and help students work through different patient situations leads to a more thorough and personalized experience.”



Dr. Audra Malone of the FNU faculty, at right, works with students on simulation exercises.



Pictured at the unveiling of the kiosk are Eleanor Jordan of the Kentucky Commission on Women; Joy Hoskins of the Kentucky Department for Public Health; FNU's Dr. Susan Stone; and Mallie Noble of Mary Breckinridge ARH Hospital.

## FNU sponsors women's health kiosk at Mary Breckinridge ARH Hospital

Frontier Nursing University has partnered with the Kentucky Commission on Women and other women's health advocates to provide an interactive women's wellness kiosk at Mary Breckinridge ARH Hospital in Hyden. This is the sixth kiosk launched by the commission and its partners in Kentucky. FNU sponsors the kiosk at the hospital, which serves Leslie County and the surrounding region.

The bilingual, touch-screen kiosk provides a wide range of information on breast health and general women's wellness, including symptoms and treatment options for diabetes, cancers, weight management, smoking cessation, sexually transmitted diseases, depression, heart health and domestic violence. Each topic is programmed with women's health stories, preventive measures, suggested follow-up questions to ask a healthcare provider and encouragement to visit a healthcare professional. The kiosk also includes a phone that is programmed to connect the user with immediate assistance or to schedule appointments.

"Using this technology as a wellness guide for women to easily access a vast amount of basic health information and access immediate assistance could prove to be one of the most innovative ways of getting women to take hold of their own health," said Eleanor Jordan, executive director of the Kentucky Commission on Women. "A digital divide persists among our most vulnerable populations, and this kiosk is a non-threatening and easy-to-navigate way to gently encourage behavior toward wellness and prevention for hard-to-reach women. The more of these we place in targeted areas where they become a trusted resource, the greater chance we have of empowering women and changing the health and wellbeing statistics for Kentucky's women."

Learn more about the Kentucky Commission on Women at <http://women.ky.gov/about/>.

■ WENDOVER REPORT



## Little cemetery marks final resting place of two memorable FNS nurses



On a hill just below the Big House is the Wendover Cemetery, the final resting place of FNS nurses Dorothy “Bucket” Buck and Ann “Mac” MacKinnon. It was 60 years ago on Feb. 6, 1953, that Mac passed away. Recently a professor from the University of Edinburgh in Scotland, Professor Norman MacDonald, presented a lecture on Ann MacKinnon and her family in Isle of Skye, Scotland. Like Mac, Professor MacDonald was born in Isle of Skye.

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Ann “Mac” MacKinnon is shown at the Old Hyden Hospital. She was the longtime Hyden Hospital superintendent.

### **Garden House gets a new roof**

The Garden House recently received a new metal roof that is guaranteed for the life of the building. Originally built in 1931 and rebuilt in 1942 after a fire destroyed it, the Wendover Garden House served as a healthcare clinic for the Wendover District until the mid-'70s. It currently houses several offices for FNU and is the home of the Couriers staying at Wendover. We would like to thank the E.O. Robinson Mountain Fund and the Van Sloun Foundation for their generous support for this project.

### **Schedule your spring tour now**

With a little notice, we can schedule exciting tours of historic Wendover and FNU complete with a hearty country lunch. All tours are also complimentary for our bed and breakfast guests staying at the Wendover Big House. Our calendar is filling up, so please contact Michael Claussen, Development Coordinator, at (859) 899-2707 or michael.claussen@frontier.edu for additional information.

## **Plea for knitted lap quilts, baby caps and scarves**

Frontier nurse-midwifery students present a baby cap to the first baby whose birth they attend, and our nurse practitioner students present lap quilts or scarves to their patients. Frontier receives these items from our knitting friends, and as our university continues to grow, we need more and more of these wonderful items. The size needed for lap quilts is approximately 40 by 42 inches. Yarn should be worsted weight.

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

- ◆ Members of the National Officers Club, National Society Daughters of Colonial Wars – Shirley Hall, President
- ◆ Bessie Smith of Ashland, Ky
- ◆ Susie Stewart, former Courier and Wendover Manager
- ◆ Alice Van Farowe of Jenison, Mich.
- ◆ Harriet Palmer, CNM and former staff
- ◆ Debbie Wilshire of Fort Thomas, Ky.
- ◆ Helen Stadtmiller of Alexandria, Ky.
- ◆ Heather Norfleet, FNU alumna, of Lancaster, Ky.
- ◆ Amy Bogert-Kuebler, FNU student, of Kutztown, PA
- ◆ Susan Johnson, FNU alumna
- ◆ Mrs. Victor Barns of Westcliffe, Colo.

**CLASS NOTES**

**Mary Alice Tanner** of Deer Creek, Illinois, writes that her family spent many wonderful nights at Wendover before it became a bed and breakfast. Mary Breckinridge stayed overnight with her father's family when she was riding the "hollers." Their log cabin was on Peach Orchard and their great-granddaughter has a new home on Peach Orchard today.

**Elizabeth Winnacker** of Columbia, Mo., wrote the following note of encouragement to FNU – "I'm just so glad you are out there doing what you do! You are incredibly valuable!"

**Jeanette DeLeo** writes that she looks forward to the bulletin and enjoys reading about the wonderful accomplishments and growth. Ms. DeLeo spent time with Frontier Nursing Service in 1947 and writes that she has fond memories and that Mrs. Breckinridge would be proud. Thank you for your kind note!

**Elizabeth Hunter** writes that she was a Courier in the summer of 1964. She says it was a wonderful experience and one that she recalls fondly. Her nickname was "Beth," because there was already a Liz, and she slept under a quilt she bought from a lady in the hollow.

**Nancy Porter** writes that she reads the Quarterly Bulletin cover to cover upon its arrival. "Things are different, but the philosophy is the same." Ms. Porter was a Hyden Clinic nurse in the early fall of 1947 into June 1948.

**Sylvia Platt**, former FNS Courier, writes that she had a lovely visit with former FNS social worker **Noel Smith Fernandez** last summer and talked FNS – "all such good memories for us both." Ms. Platt now lives in the Pacific Northwest but hopes to visit Wendover one day, maybe even with her great friend Ann Rydin, who worked as a nurse in 1983 when Sylvia was in Kentucky.



**Elaine Douglas** – Class of 1961 – writes that she is retired and in good health. Elaine, shown at left, has been busy with music in her church and retirement village, taking people to doctors' appointments and to the grocery. "Blessed and thankful to the Lord Jesus Christ Our Savior! Merry Christmas, Happy 2013!"

## FRONTIER NURSING UNIVERSITY

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This year **Mary DeNicola** (DNP Class 2 alumnus) was appointed as the Campus College Chair (local dean) at the College of Nursing, University of Phoenix Southern California campus.

**Jeanne Meger** writes that she applauds the changes and upgrades to our University. She said she “admires our past history and the pursuit of excellence.”

**Mary Kaldeway** (1972 graduate) came back from South Africa after 10 years there in August 2010. She writes that most of her adult life was in Africa, where her service as a missionary for 13 years included nursing and midwifery. Then next was working full-time with Healthcare Christian Fellowship teaching people to more effectively minister to patients’ spiritual needs. She is currently developing Healthcare Christian Fellowship in Canada.

CNEP Class 70 graduate **Leilani Hall** of Cedar Falls, Iowa, is featured in the Midwives Alliance of North America’s “I Am a Midwife” campaign, a social networking campaign designed to educate the public about why midwifery care is safe and satisfying and reduces disparities, decreases costs and improves outcomes for mothers and newborns. Hall, who started her own practice, Next Generation Midwifery, is among the midwives interviewed in a recent installment of the campaign, “Why Midwifery Care is So Important.”

**Carla Layne**, a Class 30 CNEP graduate, is the subject of the feature article, “The Baby Deliverer: Floyd Memorial welcomes its first midwife,” in the November/December 2012 issue of Southern Indiana Living magazine ([silivingmag.com](http://silivingmag.com)). Layne recently helped start the first midwifery program at Floyd Memorial Hospital in New Albany, Ind., and has joined the practice at OB/GYN Associates of Southern Indiana. As an APRN and certified nurse-midwife, Layne is providing gynecological and obstetrical care for patients from adolescence through menopause. In the article by Kathy Melvin, Layne, who practiced in Florida before moving to Indiana, says of Floyd Memorial, “They were committed to not just having a midwife on staff, but to having a true midwifery program. The staff, the doctors, have been so supportive and made me feel so welcome. I truly feel like I’m home.”

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### Send us your class notes

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

**FOOTPRINTS**

This year marks the 95th anniversary of the passing of Mrs. Breckinridge's son Breckie. In 1918, she wrote a book called *Breckie, His Four Years, 1914-1918*. Below is a passage from this book about her son.

There is not a rod of ground within miles over which I walk where his little feet have not trudged, not a spring at which his sunny face was not turned to drink, not a creeping thing, hardly a stone or bush or tree, or puff of wind which does not recall the gallant-hearted child who fraternized with them. At night on his balcony I look at the moon and stars thinking: "These perhaps we hold in common even yet."

And still, although my human heart is so broken as not to make the fragments worth gathering together again, my mind has accepted Breckie's death from the first and is not tortured about him at all.

It is otherwise of other deaths. No one has really been a mother who has not yearned over children everywhere. Breckinridge's happy childhood has passed indeed but left only golden memories. The brief suffering at the end cannot obliterate the joyous whole where one day of delight succeeded another in his fairyland.

**IN MEMORIAM**

*These friends have departed this life in recent months. We wish to express our sympathy to their families and our gratitude for their interest in our work.*

**Ruth "Jolly" Jolliffe Michaelis**, 98, of Riverview, Mich., a former staff member of the Frontier Nursing Service, died Oct. 13, 2012. Mrs. Michaelis, who was given the nickname "Jolly" by Mrs. Breckinridge, accepted a statistician's position with the FNS in 1942. A memorial service was held Nov. 18 in Ann Arbor, Mich. The family requested that donations in Mrs. Michaelis' name be made to the Frontier Nursing Service Inc. Courier Program (132 FNS Drive, Wendover, KY 41775); the Faith United Methodist Church Scholarship Fund (2530 Charlton, Trenton, MI 48183); or the First United Methodist Church Memorial Fund (120 S. State St., Ann Arbor, MI 48103). In a letter written to the FNS, Mrs. Michaelis shared some of her memories of working for the Service. She recalled a nurse-midwife inviting her to a birth. "That night around four o'clock she called me and said it was time to go. I dressed as fast as possible and we set out down the road. The cabin was within walking distance, so we didn't have to ride our horses. . . . The young mother was in labor when we arrived. . . . When the baby was born, the nurse-midwife wrapped it in a towel and handed the baby to me to hold while she and the aunt finished with the mother and made her comfortable. I sat on a low stool near the fireplace with this tiny newborn baby in my arms. It was a very moving experience and one I have remembered with wonder."

## FRONTIER NURSING UNIVERSITY

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

**In memory of Patricia Beal**

Mrs. Thomas Davis

**In memory of Ruth Beeman**

Ms. Ann Abbott, CNM  
Mr. and Mrs. Chris Ashley  
Ms. Jo Ann Ashley  
Dr. and Mrs. Charles Auvenshine  
Dr. Katherine A. Carr, CNM  
Ms. Nancy O'Neill  
Ms. Jane Leigh Powell  
Dr. Barbara C. Reynolds  
Ms. Donna Schneweis  
Ms. Barbara K. Thompson  
Ms. Jeanette L. Woods

**In memory of Helen Browne**

Mr. Christopher Combs

**In memory of Mary B. Cole**

Ms. Joanne C. Bhatta

**In memory of Anne Cundle**

Ms. M. Elizabeth Culbreth

**In memory of Mabel Forde**

Ms. Evalyn Elias

**In memory of**

**Lida Frances Henderson Evans**  
Rockcastle Chapter DAR

**In memory of Mr. and Mrs. Walter Haldeman**

Mr. and Mrs. Bruce Haldeman

**In memory of Mary Ellen Houston**

Ms. Mary D. Boldrick  
Mr. and Mrs. John W. McDougall (Wildwood Foundation)

**In memory of Kate Ireland**

Mr. Christopher Combs  
Ms. M. Elizabeth Culbreth

**In memory of Ruth Klee**

Mr. Thomas A. Klee

**In memory of Agnes Lewis**

Mrs. Judith L. Ryan

**In memory of Ruth "Jolly" Jolliffe Michaelis**

Elastizell Corporation of America  
Mr. Donald Roberts  
Ms. April Rossmann  
Ms. Anna Marie Schaefer

**In memory of Ruth Newell**

Mrs. Thomas Davis

**In memory of Mary Dow Novatney**

Ms. Patricia S. Dow

**In memory of Susan Pesce**

Ms. Tiffany Potter

**In memory of Ruth Ann Settlemyre Wright**

Ms. Sarah A. Longstreth and Mr. Tom Culbertson

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

**In honor of Marian Barrett Leibold**

Ms. Polly Whittaker

**In honor of Tim Carey**

Mr. Christopher Combs

**In honor of Faye Feltner**

Mr. Jeff Feltner

**In honor of Jean Feltner**

Mr. Jeff Feltner

**In honor of Jeff Feltner**

Mrs. Wanda Feltner

**In honor of Alice Hendrickson**

Mrs. Mary Francillon

**In honor of Patsy Lawrence**

Ms. Elise R. Wallace

**In honor of Betty Leggett**

Mr. Jeff Feltner

**In honor of Nick and Kathleen Lewis**

Mr. Jeff Feltner

**In honor of Amy MacDonald**

Mr. Ian MacDonald

**In honor of Dr. Julie Marfell**

Dr. Sheila A. Schuster

**In honor of Jane Leigh Powell**

Mr. and Mrs. Robert Phipps

**In honor of Grace Roznowski**

Ms. Ellen Taylor

**In honor of Abigail Schnee**

Lee Schnee

**In honor of Bruce and Gerri Steiner**

Mrs. Letitia O. Principato

**In honor of Elsie Maier Wilson**

Mrs. Julia Breckinridge Davis



## QUARTERLY BULLETIN

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### Frontier Nursing University BOARD OF DIRECTORS

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



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

## YOUR GIFTS AT WORK

*By Susan Morgan, Campus Services Coordinator*



## Donations brighten Christmas for Leslie County families

Beginning with a countywide Christmas party in 1925, Frontier has maintained a tradition of spreading Christmas cheer each year in our area of southeastern Kentucky. Thanks to annual gifts from generous donors, faculty and staff, Frontier Nursing University is able to provide clothing, gifts and food to local families. In recent years, FNU has worked in collaboration with the COLLY (County of Leslie Lifting Youth) program's school-based health clinics for this important project. The staff of COLLY help to identify children and families in our rural area that may be overlooked during a busy holiday season and are in need of assistance. This past year, Frontier staff delivered Christmas gifts to four families whose names were provided by the nurses from three of the local elementary schools.

Children received the gift of warmth – a new coat, new winter boots/shoes, a hat, gloves, two warm outfits and new underclothing. They also enjoyed the gift of joy – each child received two toys. Our adopted families also received the gift of caring, family and love. Each family was presented with all the fixings for a Christmas dinner: a ham, potatoes, vegetables, macaroni and cheese, rolls and dessert. We also provided each family with a bag of fresh apples and

## QUARTERLY BULLETIN

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oranges. All of these items combined and given as gifts to a needy family equal the true meaning of Christmas. It is also something that Mary Breckinridge felt passionately about, and we are proud to continue this tradition.

Susan Morgan, Campus Services Coordinator, dressed as Santa Claus, and Chasity Collett, Admissions Assistant, wore a historical FNS nurse's uniform. Dressed as a reindeer, Elliott Fields from our IT department came along for the ride to capture the moments with his camera. We want to thank all of our donors, faculty and friends for providing the funding for this each year. In these economic times, the need becomes greater and greater with the loss of jobs in this area. This makes such a great impact and difference for the families whose lives you have touched at holiday time. It means so much to touch someone's life in a way they will never forget.



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### **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 provide much-needed support for our work.

**For additional information on making a gift to FNU or to receive a planned giving brochure**, please call (662) 846-1967 or email Denise Barrett, Director of Development, at [development@frontier.edu](mailto:development@frontier.edu). Give online at [www.frontier.edu/online-giving](http://www.frontier.edu/online-giving).

# FRONTIER NURSING UNIVERSITY

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## FRONTIER NURSING SERVICE, Inc.

Its motto:

“He shall gather the lambs with his arm and carry them in his bosom, and shall gently lead those that are with young.”

Isaiah 40:11

Its object:

To safeguard the lives and health of mothers and children by providing and preparing trained nurse-midwives and nurse practitioners for rural areas where there is inadequate medical service; to give skilled care to women in childbirth; to give nursing care to the sick of both sexes and all ages; to establish, own, maintain and operate hospitals, clinics, nursing centers, and educational programs for nurse-midwives and nurse-practitioners; to carry out preventive public health measures; to educate the rural population in the laws of health, and parents in baby hygiene and child care; to provide expert social service; to obtain medical, dental and surgical services for those who need them, at a price they can afford to pay; to promote the general welfare of the elderly and handicapped; to ameliorate economic conditions inimical to health and growth, and to conduct research toward that end; to do any and all other things in any way incident to, or connected with, these objects, and, in pursuit of them to cooperate with individuals and with organizations, private, state or federal; and through the fulfillment of these aims to advance the cause of health, social welfare and economic independence in rural districts with the help of their own leading citizens.

From the Articles of Incorporation  
of the Frontier Nursing Service.  
Article III as amended April 1999