

# FNU

FRONTIER NURSING UNIVERSITY

Winter 2012 ■ Volume 87 ■ Number 2



SHAPING A NEW GENERATION  
OF NURSING LEADERS

# FRONTIER NURSING UNIVERSITY

---

US ISSN 0016-2116

## TABLE OF CONTENTS

Introduction to FNS	1
The Journey – <i>Dr. Susan Stone</i>	2
Beyond the Mountains	4
Field Notes	9
Class Notes	14
Alumni Spotlight	15
Frontier Memories – <i>Noel Fernandez</i>	16
Dean's Report – <i>Dr. Joyce Knestrick</i>	19
Wendover Report – <i>Michael Claussen</i>	21
Footprints	22
In Memoriam	23

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

**On the cover:** Frontier faculty gathered in Hyden, Ky., in October to celebrate commencement with the university's most recent nurse-midwifery, nurse practitioner and Doctor of Nursing Practice graduates. Our faculty has grown significantly in recent years to meet the demand for a Frontier education.

Copyright FNS, Inc. All Rights Reserved. **Frontier does not share its donor mailing list.**

## Introduction to Frontier Nursing Service

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

Mary Breckinridge founded the Frontier Nursing Service in 1925 after several years of studying and practicing nursing and midwifery in the United States, England, Scotland and France. It was the first organization in America to use nurses trained as midwives collaborating with a single medical doctor/obstetrician, based at their small hospital in Hyden. Originally the staff was composed of nurse-midwives trained in England. They traveled on horseback and on foot to provide quality prenatal and childbirth care in the client's own home. In 1939, Mrs. Breckinridge established a school of nurse-midwifery. The school provided graduates, many of whom stayed to offer care to families in Leslie County, Ky.

Today, Mrs. Breckinridge's legacy extends far beyond Eastern Kentucky through Frontier Nursing University (FNU), which offers a Doctor of Nursing Practice degree and a Master of Science in Nursing degree with tracks as a Nurse-Midwife, Family Nurse Practitioner and Women's Health Care Nurse Practitioner. FNU has students and graduates serving all 50 states and many countries.

Mary Breckinridge's home, The Big House, located at Wendover, is a licensed Bed & Breakfast Inn. For more information or reservations, call (606) 672-2317 or e-mail [michael.claussen@frontier.edu](mailto:michael.claussen@frontier.edu).

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

**[www.frontier.edu](http://www.frontier.edu)**

**THE JOURNEY**

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



I want to wish all of our friends, students, alumni and family a Happy New Year! At Frontier Nursing University, we are excited and energized to begin a new year that promises to be full of activity as we continue our mission to educate nurse-midwives and nurse practitioners.

The beginning of a new year at Frontier signals the time to reflect on our work and accomplishments of the prior year and take the time to strategically plan for the year ahead. We will be gathering reports from all of our departments to evaluate our success in achieving the stated plan and make improvements where shortfalls are seen. This information is compiled and presented in the annual President's Report. I am happy to provide a preliminary report that our enrollment and graduation numbers have increased again and the University is on sound financial footing with projected gains at the conclusion of our fiscal year.

**Strategic Plan**

We have just concluded the annual strategic planning sessions in which the administration, faculty and board representatives gather to establish our goals for the year. The annual plan is part of our larger strategic plan set by the board every five years. This process provides each department its "roadmap for success" and guides our daily work. With over 100 employees, planning for our work is critical to accomplishing our goals.

## **FNU Endowment Campaign**

This year we will continue with our endowment campaign, which aims to raise \$10 million for the FNU Endowment. This campaign began in summer 2011 with the formation of a Leadership Council. At present, 22 individuals have volunteered to serve on the Leadership Council and guide the campaign to success over the next five years. These individuals, and our faculty, have already pledged nearly \$300,000 to the effort. We will share more information on the campaign as it progresses.

## **Students and Graduates**

We will admit another 600 students this year – 600 nurses from across the country who are eager to advance their careers and provide quality healthcare in their communities. We will see another 300-plus graduate and begin their roles as advanced practice nurses and midwives. And nearly 1,000 of our students will visit Hyden and Wendover for Frontier Bound and Clinical Bound sessions. It is these students and graduates who adopt the mission and philosophy of care of a Frontier nurse and share it with the world. We look forward to helping them begin this new chapter in their lives.

## **Committee Events**

We look forward to visiting with all of you throughout the year as well. Plans are already under way for Spring Committee events in Cincinnati, Washington, D.C. and New York. These events give us the chance to thank you in person for your commitment and support of Frontier and tell you how your giving makes a huge difference to our work! I hope to see old friends and meet new friends throughout 2012.

## **Honoring our Past, Focusing on our Future**

Last year was a year of change for us, as you all know. Frontier Nursing Service sold its healthcare entities, passing on the healthcare delivery provided through the hospital, clinics and home health agency to Appalachian Regional Healthcare. During 2011 we officially became Frontier Nursing University, reflecting our graduate-level programs and our national reach.

For these reasons, 2012 marks an especially important and promising year, full of hope and positive energy for our future. We move forward with our focus on the education of the advanced practice nurses and midwives who are desperately needed across the country and world.

## FRONTIER NURSING UNIVERSITY

---

We are a unique institution, the only University in the country with “nursing” in its title! Frontier educates more advanced practice nurses and midwives to serve the rural and underserved than any other graduate program in the country. We are honored to be able to carry on the mission of Mary Breckinridge and see her dream of replicating the Frontier model realized.

As always, thank you for your loyal support of Frontier and our mission. We wish you and your family health and happiness throughout the year.

### BEYOND THE MOUNTAINS



*Bluegrass Committee members Lindy Karns, Ann Evans, Linda Roach, Fra Vaughan and Helen Rentch helped organize a wonderful luncheon in Lexington, Ky.*

## Frontier hosts fall committee luncheons

In October, we had the pleasure of meeting with friends, donors, Couriers and alumni at our annual Bluegrass, Louisville and Philadelphia committee events. The Bluegrass Committee luncheon was held Oct. 5 at the CastlePost estate in Versailles, Ky. The luncheon was our largest in recent history, with nearly 100 guests. We owe a special thanks to the 2011 Bluegrass Committee hostesses, Linda Roach, Mary Frazier “Fra” Vaughan, Lindy Karns, Ann Evans and Helen Rentch. This committed group of women helped to organize the invitations, agenda and details for a spectacular event. During the luncheon, President Stone made a presentation to guests about Frontier Nursing University today, the reach of our graduates and the impact of our programs.

## QUARTERLY BULLETIN

---

The next day, a luncheon was held at the Louisville Country Club, graciously hosted by Louisville Committee Chair Sandra Schreiber. In her role as Chair, Sandy, a former Courier, follows in the footsteps of Mrs. Betty Brown, also a former Courier. We were honored to see more than 40 friends and provide an update on Frontier's work.

On Oct. 11, President Stone and FNU Director of Development Denise Barrett traveled to Pennsylvania for the annual Philadelphia Committee luncheon. This event was hosted by John and Mary Hodge, who are relatives of Mrs. Breckinridge. During this intimate luncheon, we renewed a friendship with former Courier Anne Upton Miller, a 1939 Courier who had lost touch with Frontier until recently. Her daughter, Lorna Miller Ahrens, a 1964 Courier, visited Wendover in the fall and helped us reconnect. We were delighted to bring her back "into the fold" and tell all our guests about our current work and future plans.

As always, we enjoy the annual committee events as our opportunity to thank our donors in person and to provide updates on our work and achievements. We could not accomplish so much without the annual support provided by thousands of friends across the country, and it is our pleasure to visit our committees and supporters to give annual reports.



*Former FNS Couriers Betty Brown, Florence Rawleigh, Pam Smithy, Nancy Reinhart and Sandy Schreiber gathered for a group photograph at the Louisville luncheon.*

## 2 FNU students chosen for NHSC Scholars program

Frontier students Cheryl Scaff, CNEP Class 74, and Leah Atkinson, CFNP Class 87, were recently chosen to participate in the prestigious National Health Service Corps (NHSC) Scholars program. Scaff, of Jasper, Fla., and Atkinson, of Stanchfield, Minn., were among 247 chosen for this program out of more than 3,000 applicants nationally. Students selected for this elite program receive reimbursement for



**Atkinson**

educational expenses in return for their commitment to work in an approved NHSC facility in an underserved area upon graduation.

This recent group of Scholars consisted of 110 medical students, 54 dental students, 62 physician's assistant students, 14 nurse practitioner students and seven nurse-midwifery students. We are proud to have Frontier Nursing University so well represented among this elite group.



**Scaff**

The National Health Service Corps is part of the Health Resources and Services Administration, the primary federal agency for improving access to healthcare for those who are uninsured, isolated or medically vulnerable. When selected as an NHSC Scholar, students committed to primary care and enrolled in an approved area of study can receive tuition, fees, a living stipend and additional

educational costs for as many as four years (with a minimum of two) in exchange for an equal number of years of service at an approved facility in a high-need underserved area.

"I am excited and privileged to be part of such a great and powerful group," said Scaff, who will be a Scholar through 2013, when she is scheduled to complete her studies. "The NHSC is a group that is interested in changing the face of our nation's healthcare to meet the needs of the people."

Scaff and Atkinson were flown, all expenses paid, to New Orleans in October to participate in a New Scholar Orientation. There they met former Scholars who have become some of the most influential healthcare professionals in our nation, including Dr. Cory Hebert, Medical Director for Louisiana Recovery School District and a highly regarded medical broadcast journalist.

The NHSC program also includes all-expenses paid participation in a job placement conference to meet and network with representatives from sites across the nation looking for providers to serve their areas.



## **President Stone receives national award for her commitment to reproductive care**

President Stone was recognized with the 2011 Felicia Stewart Advocacy Award, a prestigious national honor recognizing individuals who have demonstrated a strong commitment to advocacy on behalf of reproductive health and rights. The award, sponsored by the American Public Health Association, was presented Oct. 31, 2011, during the APHA annual meeting in Washington, D.C., where more than 13,000 health professionals from around the world met to address leading public health challenges.

Dr. Stone was selected to receive the award because of her far-reaching impact on accessibility to reproductive healthcare and her advocacy for women.

With a diverse career spanning more than 30 years, Dr. Stone has made reproductive care more widely available. In her early career as an obstetrical nurse in a rural community, she facilitated the opening of birthing rooms and introduced sibling visits and “rooming in” – where the newborn stays in the room with the mother during her hospital stay. She later led the development of five outreach clinics where women could receive prenatal and postpartum care in their own communities. Dr. Stone then pursued education as a certified nurse-midwife and practiced full scope midwifery care for seven years.

In 1998, Dr. Stone shifted her focus to educating nurse-midwives when she joined the Frontier faculty. She was appointed as President and Dean of the school, today known as Frontier Nursing University (FNU), in 2001. During her tenure as President and Dean, Dr. Stone has ensured that Mary Breckinridge’s model for decreasing rural health disparities, providing reproductive care and promoting public health among women and families in Appalachia has been emulated across the world.

Dr. Stone has brought FNU to prominence by promoting innovative distance-learning methods. Under her direction, enrollment at Frontier has grown substantially, from just 200 students in 2006 to a current enrollment of more than 1,000 students representing all 50 states and several countries. FNU graduates are contributing to the provision of reproductive and primary health care throughout the country and world, with many addressing the needs of rural and underserved communities.



*Rob Lewis, President of Global Advancement; Dr. Susan E. Stone, FNU President and Dean; and Shelley Aldridge, FNU Chief Operations Officer, posed at the National Philanthropy Day luncheon.*

## **Frontier honored for its history of service at National Philanthropy Day event**

Frontier Nursing University was recognized for its long tradition of service during the 2011 National Philanthropy Day Awards Ceremony presented by the Bluegrass Chapter of the Association of Fundraising Professionals. The event, which celebrates the spirit of giving and recognizes individuals, non-profits and companies that have made a significant contribution to enhancing the quality of life in their communities, was held Nov. 8 at the Hilton in downtown Lexington, Ky.

Global Advancement, a Lexington-based company that provides fundraising, communications and campaign counseling to non-profits, selected FNU to be its honoree at this year's Philanthropy Day luncheon.

## **FNU faculty member named NLN Ambassador**



Frontier Nursing University is pleased to announce that Laura Hollywood, DNSc, CNM, FNP-BC, WHNP, CNE, Course Coordinator, has been appointed by the National League for Nursing (NLN) to serve as an NLN ambassador. As a participant in this elite corps, Dr. Hollywood will help keep faculty and administration informed about the NLN's initiatives, grant opportunities, conferences, publications, workshops and other benefits available to NLN members.

**FIELD NOTES**

## **FNU inducts first members of new honor society**

Frontier Nursing University proudly announces the establishment of its first honor society. Thanks to the efforts of Tia Andrighetti, Kelli Adanick, Martha Goedert, Suzan Ulrich, Jackie Brooks, Elizabeth Boot and Marshelle Bergstrom, the organization – called the Frontier Nursing Honor Society (FNHS) – came to fruition a few months ago. The officers leading this new group are:

**President:** Jan Stalder

**Vice-President:** Tiffany Washington

**Secretary:** Mary Jo Ytzen

**Treasurer:** Susan Yount

**Counselor:** Judi Daniels

**Governance Committee Chair:** May Ruth Lambert

**Governance Committee Members:** April Greene and Crystal Sherman

**Leadership Succession Committee Chair:** Anne Cockerham

**Leadership Succession Committee Members:** Dustin Spencer and Debra Arndt

**Finance Committee Chair:** Sharon Steinmetz

**Finance Committee Chair Members:** April Dobroth

**Publicity Committee Chair:** Diane Moon

**Publicity Committee Members:** Sarah Smith and Susan Clapp

**Faculty Liaison:** Janet Engstrom

FNHS inducted its first members in October through video conferencing. Dr. Susan Stone was not only the keynote speaker, but she was honored by being the first inductee into the honor society. Response to the initial membership drive was overwhelming. To make the induction ceremony more personal and streamlined, faculty applicants were inducted at the October ceremony. This provided a “dress rehearsal” for improving subsequent inductions. A second ceremony to induct students was held Dec. 11, 2011.

FNHS was formed as a precursor to seeking recognition as a chapter of Sigma Theta Tau International, the honor society of nursing that is the second-largest nursing organization in the world. FNHS emulates STTI in its mission to support the learning, knowledge and professional development of nurses committed to making a difference in health worldwide. FNHS also echoes STTI’s vision to create a global community of nurses who lead in using knowledge, scholarship, service and learning to improve the health of the world’s people.



*Front row, L-R: Lorna Ahrens, Elizabeth High, Noel Fernandez and Jean Fee; second row: Linda Karle, Aggie Hoeger, Sally Tom, Barbara French, Anne Cockerham and Pat Caudle; back row: Julie Paul, Linda Ahrens, Susan Stone and Arlene Alsgaard*

## Save the Date

The **2012 Alumni Homecoming & Courier Conclave** will be held in conjunction with the 50th anniversary of the Mary Breckinridge Festival, hosted by the city of Hyden. Frontier has special plans for this year's event, and we encourage alumni and Couriers to return to Hyden and join us for this wonderful celebration. This special homecoming event is set for **Oct. 5-7**. Rooms are still available at the Wendover Bed & Breakfast, so make your reservations now. Call 606.672.2317 for reservations or more details. We are happy to assist you in planning your trip.

## Alumni Homecoming & Courier Conclave

On the first weekend of October, Frontier welcomed back friends to Hyden for the annual Alumni Homecoming and Courier Conclave, held in conjunction with the city's annual Mary Breckinridge Festival. We were overjoyed to host several Couriers and alumni, many of whom had not been to Hyden since their student or Courier days. Attending were Noel Smith Fernandez, an FNS social worker during the 1950s; Couriers Elizabeth Codman High (1951) and Lorna Ahrens (1964); and alumnae Linda Karle (1973), Jean Fee (1959), Barbara French and Arlene Alsgaard. Guests enjoyed a variety of activities during the course of the weekend, including the festival parade, music and a Saturday dinner at Wendover.

Michael Claussen, Development Coordinator, provided tours of the historic Beech Fork Clinic, the FNU campus and the Wendover campus. President Susan Stone and several FNU faculty members hosted our guests during Saturday's dinner.



## **Graduates return to Hyden to celebrate culmination of their Frontier journey**

Frontier hosted its 2011 graduation ceremony in Hyden, Ky., on Saturday, Oct. 22. Over the past year, nearly 300 advanced practice nurses and nurse-midwives from across the nation have completed a Frontier distance-education program, and 86 of those graduates – representing 26 states – returned to Hyden for the ceremony and festivities. They were joined by nearly 100 staff, faculty and Board members who also traveled to Hyden.

President and Dean Susan Stone presided over the ceremony, warmly welcoming graduates and their friends and family. Dr. Claire M. Fagin, a prominent nursing educator, academic and consultant based in New York City, delivered an eloquent commencement address. Dr. Fagin is director of the John A. Hartford Foundation National Program, “Building Academic Geriatric Nursing Capacity.”

Degrees were conferred on graduates of Frontier’s Doctor of Nursing Practice program as well as Master of Science in Nursing candidates who completed nurse-midwifery, family nurse practitioner or women’s health care nurse practitioner specialty programs.

As a special component of this year’s commencement ceremony, honorary doctorate degrees were presented to five pioneers who shaped Frontier Nursing University. These women played critical roles in designing, establishing and growing Frontier. First among the honorees

## FRONTIER NURSING UNIVERSITY

---

was Frontier founder Mary Breckinridge, who was recognized with a posthumous Doctor of Humane Letters for her tireless efforts and documented success in transforming healthcare for the rural and underserved. Mrs Breckinridge's award was accepted by Jane Leigh Powell, Chairman of the FNS Board of Governors, on behalf of the Breckinridge family. Also honored were four national leaders in nursing who played a key role in pioneering the revolutionary Community-Based Nurse-Midwifery Education Program (CNEP) that marked the beginnings of Frontier's distance-education format in 1989. This program opened doors to nurses nationwide seeking to further their education and careers. Ruth Beeman, Eunice "Kitty" Ernst, and Dr. Ruth Lubic traveled to Hyden to accept their awards; Dr. Joyce Fitzpatrick, who holds an endowed professorship at Case Western Reserve University, was unable to attend the ceremony. In her remarks to the crowd, President Stone noted, "It is because of each of their unique contributions to the innovative and cutting-edge CNEP program that it was – and still is – a successful academic program for aspiring nurse-midwives."

For the first time, the FNU commencement ceremony was broadcast live over the Internet. Visit <http://www.midwives.org/graduation> to access the recording.



*Kitty Ernst, center, shown with FNU Board Chairman Dr. Michael Carter and FNU President and Dean Dr. Susan Stone, proudly displays her honorary doctorate.*

## Faculty member embarking on history project centered on FNS Couriers

Dr. Anne Cockerham, an FNU faculty member and a graduate of Frontier's nurse-midwifery and women's healthcare nurse practitioner



programs, recently received the Barbara Brodie Nursing History Research Fellowship Award, an award given by the University of Virginia to support historical inquiry in nursing. The University of Virginia is one of only two nursing history centers in the country.

Dr. Cockerham will study the history of the Frontier Nursing Service Couriers, who were key to the success of the FNS. The Couriers assisted the nurses in many and varied ways, allowing the FNS nurses to focus on their professional, skilled care of thousands of patients in Eastern Kentucky. To date, an in-depth historical analysis of the Couriers' work and the interactions between FNS nurses and Couriers has not been performed.

Dr. Cockerham is working with the FNU Alumni Office to publish her Courier manuscript as a book once her research is complete. Dr. Cockerham also recently completed the manuscript for *Rooted in the Mountains, Reaching to the World*, a book documenting the stories of nursing students who attended Frontier from 1939-1989. The book is scheduled for release this spring, and information about how to order that book will be available in a future *Quarterly Bulletin*.

### SEEKING FORMER COURIERS TO SERVE ON ADVISORY COUNCIL

As we first announced in our recent Christmas Appeal, Frontier is in the process of assembling a Courier Advisory Council to help in redesigning our Courier program so that it continues to be a "service learning" experience that is mutually beneficial to our Couriers and to Frontier. Some exciting ideas are being proposed as we work to launch a revitalized Courier program by summer 2012. We are seeking former Couriers to serve as volunteers on our advisory council and to offer advice on structuring a new program. If you are interested in volunteering, contact Denise Barrett at 662-846-1967 or email her at [denise.barrett@frontier.edu](mailto:denise.barrett@frontier.edu).

**CLASS NOTES**

**Arlene Schuiteman**, a 1959 Frontier graduate, recently traveled to Addis Ababa, Ethiopia, with the Northwestern College touring theater company for performances of its most recent worship drama, *Iowa Ethiopia*. *Iowa Ethiopia* is drawn from the Ms. Schuiteman's biographical archives. Ms. Schuiteman was a nurse missionary to the Sudan and Ethiopia in the 1960s and 1970s. After civil war forced her expulsion from the Sudan, Schuiteman traveled to Ethiopia, where she helped open a "dresser school" in the city of Mettu, teaching wound care and other medical skills to healthcare workers. She lived there from 1966 to 1977. The play was written by Northwestern College theater professor Jeff Barker, who wrote an earlier drama – *Sioux City Sudan* – about Ms. Schuiteman's experiences as a missionary.

**Dorothy "Dottie" Stoner**, a family nurse practitioner graduate (Bridge Class 53), recently opened her own clinic, Hometown Healthcare, in Fruita., Colo., to provide care to those with the greatest need, including Medicare and Medicaid patients and the uninsured.



**William T. Miller**, an FNP graduate (Bridge Class 62), recently opened the Lighthouse Family Clinic in Ocean Shores, Wash., to provide care to a community that is rural and underserved. Lighthouse is a same-day appointment clinic and chronic care location for people of the Ocean Shores and the north beach.

**Debbie Hayden-Miller**, a nurse-midwifery graduate (Class 55), owns Laughing Waters Homebirth Midwifery in Sioux Falls, S.D., where she serves families who desire a homebirth. She serves an area that borders three states – Minnesota, Iowa and Nebraska. "This service is really needed in this area as women who desire a homebirth are either delivering unassisted or going across the border to another state and delivering in a hotel room with a midwife. I want families in South Dakota to have a safe, supported and convenient homebirth."

**Teri Gjerset**, a graduate of Frontier's nurse-midwifery and FNP programs, recently expanded her business, Footprints in Time Midwifery Services, to include a freestanding birth center to serve the women of West Central Wisconsin. Along with welcoming births at their new center in Black River Falls, Wisc., Gjerset and Amberg will continue providing midwifery and doula services for women who want to pursue home birth.



**ALUMNI SPOTLIGHT**

## **Cathi Duggan providing care to mothers and families in Costa Rica**

It was Cathi Duggan's incredible birth experience with a Frontier nurse-midwife that gave birth to her own career dream.



During the prenatal care and birth of her last child, Cathi became completely enamored with the type of care provided by midwives. Later, during a well-woman visit with her midwife, Karen Helms Curles, a Frontier CNEP Class 2 graduate, she asked where she had studied, and Cathi spotted the Frontier diploma on Karen's wall. After struggling with "many excuses why it wouldn't work in our family's life," Cathi finally answered the call to become a nurse-midwife.

"I often told her how her job sounded like one I'd enjoy," Cathi said, "until one day I had run out of excuses not to become a nurse-midwife."

In 2005, Cathi, a Class 39 CNEP alumna, graduated from Frontier with her MSN in nurse-midwifery. She was drawn to Frontier by the tradition, the holistic model of care, and the distance-education model that worked with her busy family schedule. Since graduating, she has stayed involved with Frontier, serving as secretary of the Alumni Council.

Today, Cathi and her family serve as missionaries to Latin America and the Caribbean, working with Reachglobal, the mission arm of the Evangelical Free Church of America. Cathi provides care to Nicaraguan refugees in an impoverished barrio near San Jose, Costa Rica. She works with refugees living at La Carpio, a squatters' community built on a garbage dump. Cathi also serves the underserved women of Costa Rica and families working as missionaries there. Seeing the widespread need and lack of resources to the underprivileged worldwide, Cathi's next steps may lead to a Ph.D. in Public Health with a concentration on maternal-child populations.

Check out Cathi's blog to learn more about her experiences in Costa Rica, [cathiincostarica.blogspot.com](http://cathiincostarica.blogspot.com).

**FRONTIER MEMORIES**



*This edition's spotlight is on a former staff person for the Frontier Nursing Service. Noel Smith Fernandez worked as a social worker for FNS in the 1950s. She has remained a generous supporter of Frontier ever since and has returned "home" for frequent visits. Most recently, Noel returned to Wendover for a week's stay during the annual Alumni Homecoming and Courier Conclave. We asked Noel to reflect on her memories of Frontier and write for the Quarterly Bulletin. Thank you, Noel, for this wonderful essay.*

## **A Social Worker at the Frontier Nursing Service**

*By Noel Smith Fernandez*

For me, the Frontier Nursing Service was what I dreamed of. It offered the prospect of riding horseback through the woods in what was, for a New York City kid, truly exotic territory, while helping others. But the schedules for their summer Courier Program never jibed with mine. Suddenly, two weeks before I graduated from college, they offered me the job of "social worker." I replied that I had no training as a social worker and couldn't consider the offer, but they said that was all the better. They would train me.

On the afternoon of June 15, 1956, I arrived at the Lexington, Ky., airport and was driven by Jean Hollins, Head Courier, to Wendover. A stunning series of revelations awaited me, not the least of which was the training itself. That consisted of which families needed what non-medical services, which creek they lived on, and since there were few roads, how to drive the jeep up a vertical boulder in the middle of a creek. To get to most of the families, one had to drive the jeep across the Middle Fork of the Kentucky River. When the river was "up," you held your breath to see if you could do it without getting your spark plugs wet and "drowning out." I also was shown how to ride a Tennessee Walking horse, a breed used by the service, which can put one foot down at a time in a fast "running walk." We had two walks, a slow running walk and a fast one, both of which were extremely smooth, almost like being pulled through air. This kept the glass hypodermic needles carried by the nurse-midwives from breaking. Once these basics were mastered, I met my clients. The first was a single mom who had been left with no means of support and was essentially homeless. I supplied food and clothing but worried about the cold weather. Some local men



*On a recent visit to Hyden during homecoming weekend, Noel Fernandez toured the old Beech Fork Clinic. FNU Development Coordinator Michael Claussen showed off some equipment used by the Frontier nurses.*

fixed up her house when I told them about her situation. Mrs. Breckinridge had a good way to supply food, in league with the local storekeeper. He could give the clients certain items of basic necessity, which would be charged to my office. Among these were seed potatoes, lard, salt, flour, matches and coffee. They were expected to provide their own vegetables from their garden, but when they could not, we supplied those. The sorority Alpha Omicron Pi supported most of my work. Clothes were donated by generous folk up north. Twice a year we had giveaways of such clothing, jam-packed with customers.

Occasionally, a miner suffered an accident in the coal mines, necessitating a prosthetic limb. It fell to me to find out which state agency could supply it, and take him for fittings.

Then there were the many children needing medical care that our facilities could not provide. Among these were two boys born with clubfeet, or a foot turned backward against the outer ankle. I arranged for their operation and transportation to Cardinal Hill in Lexington. This involved my riding horseback from one of the outpost centers to the head of Wilder Creek to let them know when to bring the child to town, where I could meet him and his mom for the trip to Lexington. Then there was Henrietta, the 18-year-old from McGregor's Creek with the developmental level, mental and physical, of a 10-month-old baby. Her family lived outside the FNS district and her condition remained undiscovered until the previous year. I went in my blue jeep (also supplied by the Alpha Omicron Pi sorority) to Simpson's creek to the family's house. This house was typical of those of the backcountry of the '50s. It was a stalwart log and chinking cabin, whose interior was lined with newspapers for warmth, with a coal-burning fireplace. There, I would make arrangements to pick her up and, with a Courier, drive her to the Cincinnati Children's Hospital, which accepted

## FRONTIER NURSING UNIVERSITY

---

without charge all children from the Frontier Nursing Service as recognition of the greatness of Mrs. Breckinridge. Each time we arrived, the lobby was lined with doctors and medical students aghast that there was an area of their nation isolated enough to harbor a person in whom this condition remained untreated. Thinking back as I am now, my hat is off to her family, who took such excellent care of her. Often accompanying us on these trips was another little girl who had been brought to Wendover the previous night with the night watchman on his mule. This child, like many, had not set foot outside her territory, and Cincinnati terrified her. When she saw someone who did not look like her own people, or when she had to ride an elevator, she buried her head in my skirt.

On one occasion, accompanied by the public health nurse, we went in my jeep far up Greasy Creek to visit a family with a 4-year-old boy who had a cleft lip and palate. We explained the opportunity to have it repaired in Lexington and our willingness to take him and the family. They said that the Lord had intended him to be on earth in this condition. I explained that the Lord had also put into our minds the way to heal him. The argument was at a standstill. I then aroused a flicker of interest by saying that he would have trouble getting a wife later on. Still, no dice, and we left to again battle our way back through the thick mud and the creek bed. Many years later I found out that when he turned 18, he had it done himself.

I arranged a few scholarships to Berea College, drove the kids down and got them settled. I arranged others to Oneida Baptist School, Buckhorn and Pine Mountain. These were as triumphal to me as they were to the kids and their families. These last three were schools founded by missionaries. I took certain clients to the dentist and eye clinics in Hazard, others to the TB sanitarium in Danville. In my blue FNS jeep, I could go anywhere in the entire region and know that because of the high regard in which the FNS was held, I would be welcome at every house.

Looking back on this extraordinary experience, I salute the brave children and parents who entrusted me to take them so far out of their comfort zone to undergo such frightening experiences. I am incredibly honored to have known them and to have known my heroine, Mary Breckinridge.

**DEAN'S REPORT**



## **Engaging students at FNU**

*By Dr. Joyce Knestrick*

*FNU Associate Dean of Academic Affairs*

The faculty at Frontier Nursing University has been working hard to increase student engagement in our programs. Although our programs have been known for rigorous, high quality courses, the faculty wanted to ensure that students were engaged in a community of learners. This idea is consistent with our mission to educate nurses to become competent, entrepreneurial, ethical and compassionate nurse-midwives and nurse practitioners who are leaders in the primary care of women and families with an emphasis on underserved and rural populations.

The Community of Inquiry Model (COI) was developed by Garrison, Anderson and Archer for use in in a graduate online program in Canada. The model facilitates higher-order learning by addressing three components of the education experience. Creating a Community of Inquiry is achieved by accomplishing three objectives: 1) improving students' approach to problem solving (teaching presence) 2) increasing the depth of student learning by moving students from knowledge to synthesis (cognitive presence) and 3) imparting to students the value of learning in a community (social presence).

The faculty attended workshops on how to redesign their current courses using concepts from the model and instructional design techniques. Assignments were developed to encourage group work, utilization of current technology, and to facilitate a community of learners. Faculty members have incorporated methods to share their rich clinical expertise with the students and coach them in their new roles as advanced practice nurses and nurse-midwives. At this point, all courses have been designed or redesigned to build a Community of Inquiry!

The results of our work thus far demonstrate increases in the social, teaching and cognitive presences in our courses. Improvements have been seen in each of the three presences. Students continue to identify the importance of being part of a community of learners. The students have shown an increase in their advanced problem-solving abilities and increased synthesis of the material. The changes in our courses show the students are gaining deeper understanding of the material, there-

fore the students are better prepared to take the knowledge they have gained at FNU and utilize it in the clinical setting and eventually into advanced nursing and midwifery practice as a community of learners.

Reflection on the educational experience at FNU is part of COI. The students reflect on the rich experiences as they enter the program, move to the Clinical Bound, the clinical practicum, and to the graduation phases of their journey here at FNU. The students are able to articulate the process of being part of a community of learners and to describe the rich history that is part of the education at FNU.

The Community of Inquiry Model has provided a framework that is consistent with our community focus. The COI has helped us to improve our courses and effectively engage our students in the education process here at FNU. Most important, the model provides an example of how communities of learners can work to improve primary care for women and families.



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

Frontier nurse-midwifery students present baby caps to the first baby they deliver, and our nurse-practitioner students present lap quilts or



scarves to their patients. Frontier receives these items from our knitting friends, and as Frontier Nursing University continues to grow by leaps and bounds, we need more and more of these items. The size needed for lap quilts is approximately 40-by-42 inches. Yarn should be worsted weight.

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

***Pictured above: Former Courier Elizabeth Codman High, third from left on the top row, and the women of the Flying Fingers knitting group of Woodbridge, Va., donate their knitted creations to Frontier routinely so that students may share them with their clients. We are grateful for these beautiful contributions!***

WENDOVER REPORT

*By Michael Claussen, Development Coordinator*

Wendover continues to host nursing students from various colleges and universities as well as special groups who come to share a meal with us at the Big House or take a tour of Frontier's historic headquarters. This past fall, groups from Eastern Kentucky University, the University of Tennessee and Kentucky Christian University came for lunch and enjoyed the Frontier Tour at Wendover and Frontier Nursing University. Students and faculty from Berea College and Miami University of Ohio also stayed overnight at the Wendover Bed and Breakfast Inn. Other recent visitors to Wendover included: Frontier Alumni and Couriers at our annual reunion this past October, Mary Breckinridge Festival Beauty Pageant contestants, and workshop participants from the Mountain Writers Project of Hazard Community College.

We continue to welcome guests for special occasions such as birthday parties and wedding receptions. We are always taking reservations for overnight accommodations, luncheons and dinners at the Big House. If you have not visited lately or just need a reason to get away, we invite you to encounter the rich heritage and relaxing environment that Wendover is famous for!

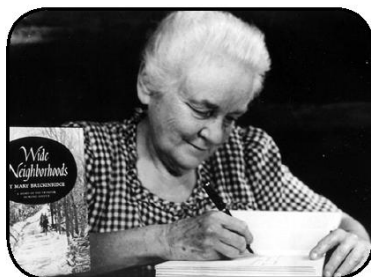
Visit our Webpage at [www.frontier.edu/bedandbreakfast](http://www.frontier.edu/bedandbreakfast) or join our friends from across the nation on our Facebook page at [www.facebook/WendoverBigHouse](http://www.facebook.com/WendoverBigHouse) for information on how you can take part in the exhilarating Frontier experience at Wendover.



*Frontier friend Mary Ross visited Wendover in September. Mary graduated from the Booth Maternity Center refresher program in Philadelphia that was established by Kitty Ernst as a means for foreign-trained nurse-midwives to practice in the United States. With the closure of that program in 1989, Frontier welcomed its graduates into the alumni family. Mary is also related to Sir Leslie MacKenzie of Scotland, who dedicated the Frontier Nursing Service Hospital in Hyden in 1928. Mary Breckinridge patterned the FNS after the system that Sir Leslie established to reduce the maternal and infant mortality of the mothers and babies of the remote regions of the Highlands and Islands of Scotland.*

**FOOTPRINTS**

*This year marks the 60th anniversary of the publication of *Wide Neighborhoods*, the autobiographical account of the life of Mary Breckinridge and establishment of the Frontier Nursing Service. This book has been widely read around the world. All students at FNU read *Wide Neighborhoods* upon acceptance into the university to set the stage for their educational journey and help them understand the history of our institution and the rich legacy they will be continuing in their practice as nurse-midwives and nurse practitioners. To celebrate the anniversary of its publication, here is an excerpt from the Autumn 1951 Quarterly Bulletin.*



**WIDE NEIGHBORHOODS:  
A Story of the Frontier Nursing Service**

*By Mary Breckinridge*

To be published by Harper & Brothers in late March or early April 1952.

This book is autobiographical, because our publishers wanted it written that way. When, in the course of the narrative, I finish with such things in my life as had a bearing on what was to become the Frontier Nursing Service, and take up the story itself, I write that our aim from the beginning was to become “like the banyan tree of the forest, yielding shade and fruit to wide neighborhoods of men.” This quotation, from Emerson’s essay on Compensation, gave my editor the idea for the title, which Harper and the Frontier Nursing Service have both accepted. I hope you, all of you, like it as much as we do.

The next Bulletin after this one, the winter number, will be in your hands before the book is on sale at your booksellers. I shall make a more detailed report then. But you can place your orders for the book through your local booksellers at any time.

Although the contract for the book had to be made by the publishers with me, for copyright purposes, I have executed a legal document called “an irrevocable deed of conveyance,” giving all rights in the book (including all subsidiary rights) to the Frontier Nursing Service. All of our friends should know that the royalties from the books they buy go direct to the Frontier Nursing Service.

I am happy to report that our publishers like the book, and anticipate a wide sale of *WIDE NEIGHBORHOODS*.



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.*

**Anne Cundle**, a former Frontier nurse-midwife, passed away peacefully at her home at Foshalee Plantation on Oct. 16, 2011. A memorial service was held in Thomasville, Ga., on Oct. 20. Anne is buried at Harrington Cemetery in Pemaquid, Maine, next to her longtime friend Kate Ireland.



Anne was born in Liverpool, England, on Oct. 26, 1929, to Leslie Frank and Marjorie Anna Chapman Cundle. She graduated from the Liverpool Royal Infirmary as a registered nurse and gained experience in the burn unit of Queen Victoria Hospital, East Grinstead, Sussex. She furthered her education in Edinburgh, Scotland, with midwifery training. After passing her exams in Liverpool, she graduated as a nurse-midwife and decided to go abroad. In 1956 she arrived in Wendover, Ky., to pursue a career with Frontier Nursing Service. After almost 20 years of service with Frontier, she worked as a visiting nurse for Leslie County, Kentucky. While in Kentucky, Anne opened and operated a bookstore in Hyden. She made Foshalee Plantation her home in 1991 and started The Bookshelf in Thomasville, Ga., which she operated for many years.

Anne is survived by her sister, Judy Perry, of St. Georges, Bermuda, and her nieces and nephews, Christine Jones, Tim Pretty, Robin Pretty, Cathy Geddes, Anna Perry-Smith, James Perry and Brian Perry

**Alberta Allen**, a former FNS Board member, Trustee and longtime Louisville Committee volunteer, died on Oct. 14, 2011, at age 92.

In addition to her volunteer work with FNS, Alberta was involved in many charitable pursuits, including work with Metro United Way, the Louisville Orchestra, the Greater Louisville Fund for the Arts, the J.B. Speed Art Museum, the Speed Art Museum Alliance, the Berea College Board of Trustees, the Junior League of Louisville, American Public Radio, the American Horticultural Society, the Kentucky Center for the Arts and the Southern Baptist Seminary Foundation Board.

Alberta was married to Charles W. Allen Jr. from Feb. 14, 1942, until his death in 1977. She is survived by her daughter, Alberta "Missy" Allen Kelly; her son-in-law, Clinton W. Kelly III; grandson, Clinton "C4" W. Kelly IV; and granddaughter, Emily Lindsay Allen Kelly.

**Sally Anne Tyler Dyrzcz** passed away Dec. 25, 2010. Mrs. Dyrzcz was a graduate of St. Joseph Nursing School in Lexington, Ky., Class of 1946. She traveled to Eastern Kentucky and became a member of the Frontier Nursing Service upon graduation. According to her family, she was always proud of the program and her work there as a nurse and midwife.

## FRONTIER NURSING UNIVERSITY

---

*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 Alberta Allen**

Mr. Morris K. Belknap  
Mrs. McHenry Brewer

**In memory of Dorothea Chase**

Mr. and Mrs. Theodore Chase, Jr.

**In memory of Mr. Johnny Clay and Mrs. John Harris Clay (Dot Clay)**

Mr. and Mrs. Bruce Haldeman

**In memory of Doris Cohen**

Ms. Abby J. Cohen

**In memory of Mary B. Cole**

Ms. Joanne C. Bhatta

**In memory of Anna Henkel Dickieson**

Mr. and Mrs. Samuel C. Dickieson

**In memory of Albert Ernst**

Dr. Ruth Lubic

**In memory of Olive M. Gass**

Ms. Lois S. Gass

**In memory of Mary Ellen Houston**

Mr. and Mrs. John W. McDougall

**In memory of Kate Ireland**

Bicknell Fund  
Mrs. Gavin Gail Borden  
Mrs. Cis Chappell  
Mrs. Claire W. Henriques  
Norweb Foundation  
Mrs. Ruth Newell

**In memory of Betty Lou Johnson**

Rhonda M. Johnson  
Roberta M. Johnson  
Regan M. Johnson Almada  
Renee M. Johnson Cassidy  
Roy Johnson

**In memory of John Robert Longfellow**

Mr. and Mrs. Steve Longstreth

**In memory of Gertrude and Ed Longstreth**

Mr. and Mrs. Steve Longstreth

**In memory of E. Bruce Mumford, Sr.**

Kentex Mineral Company

**In memory of Shirley T. Ohl**

Mr. Charles B. Ohl

**In memory of Susan Pesce**

Ms. Ann Steciw

**In memory of Jane Pierson**

Ms. Dorothy Emrick

**In memory of Martha Trocin**

Mr. and Mrs. Steve Longstreth

**In memory of Ruth and Ernie Wright**

Mr. and Mrs. Steve Longstreth  
Ms. Marilyn F. Wright

*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 Rebeca Barroso**

Ms. Kerry Dixon

**In honor of Charlene Bell**

Mr. and Mrs. Colley W. Bell

**In honor of Anne Cockerham**

Kenneth and Gray Cockerham

**In honor of Beverly and Bill Friel**

Mr. and Mrs. Steve Longstreth

**In honor of Mr. and Mrs. James Harrill**

Mrs. Joy Phoenix

**In honor of Alice Hendrickson**

Mrs. Mary Francillon

**In honor of Edna Neff Schloton, MA, RN**

Joy and Tim Elwell

**In honor of Bob and Peggy Trocin**

Mr. and Mrs. Steve Longstreth

**In honor of Marilyn Wright**

Mr. and Mrs. Steve Longstreth

## QUARTERLY BULLETIN

---

### **Frontier Nursing University BOARD OF DIRECTORS**

#### **Chairman**

Dr. Michael Carter, Tumbling Shoals, AR

#### **Vice Chairman**

Mr. Kenneth Tuggle, Louisville, KY

#### **Secretary/Treasurer**

Mrs. Nancy Hines, Shepherdsville, KY

#### **Board Members**

Mr. John Foley, Lexington, KY

Mrs. Marion McCartney, Silver Springs, MD

Dr. Charles Mahan, Tampa, FL

Miss Jane Leigh Powell, Ridgeland, SC

Mr. Michael T. Rust, Louisville, KY



*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*

## TRUSTEES

Mrs. Tia D. Andrew, Wellesley, MA  
Governor & Mrs. Steven L. Beshear, Frankfort, KY  
Miss Sarah Bacon, New York, NY  
Mrs. Ruth Beeman, Lexington, KY  
Mrs. Heather Bernard, Hamilton, NY  
Dr. Robert Botkin, Lexington, KY  
Mrs. Betty Dabney Brown, Louisville, KY  
Dr. Wallace Campbell, Pikeville, KY  
Mrs. Juan Cameron, Washington, DC  
Miss Anna Carey, Hyden, KY  
Ms. Carlyle Carter, Evanston, IL  
Mrs. Charles M. Chapin, III, Oldwick, NJ  
Dr. Holly Cheever, Voorheesville, NY  
Mrs. Charles S. Cheston, Jr., Topsfield, MA  
Mrs. John Dawson, Dover, MA  
Mrs. John J. Dete, West Liberty, OH  
Mr. Joseph C. Donnelly, York Harbor, ME  
Mrs. Peter R. Ehrlich, Bedford, NY  
Mrs. Noel Fernandez, Pomona, NY  
Former Governor Ernie Fletcher, Frankfort, KY  
Mrs. Jackie Graves, Lexington, KY  
Dr. Joyce Fortney Hamberg, Southgate, KY  
Dr. Horace F. Henriques, III, Lyme, NH  
Mrs. Mary G. Hodge, Philadelphia, PA  
Mr. Frank B. Hower, Jr., Louisville, KY  
Mrs. Kenneth C. A. Isaacs, Lincoln, MA  
Mrs. Donald E. Jones, Bellefontaine, OH  
Mr. Clinton W. Kelly, III, Bethesda, MD  
Mrs. Robert A. Lawrence, Dedham, MA  
Mrs. Henry Ledford, Big Creek, KY  
Mrs. Marian B. Leibold, Cincinnati, OH  
Mrs. Frances Lockett, Louisville, KY  
Mrs. Theodore R.P. Martin, St. Louis, MO  
Mrs. Joan Lambert McPhee, Potomac, MD  
Mrs. E. Townsend Moore, Darling, PA  
Mr. Wade Mountz, Louisville, KY  
Mr. Spencer Noe, Lexington, KY  
Mrs. Frank O'Brien, Jr., Boston, MA  
Mr. Dean Osborne, Hyden, KY  
Mr. Ed Parsons, Harlan, KY  
Former Governor Paul Patton, Pikeville, KY  
Mrs. Charles S. Potter, Grayslake, IL  
Ms. Helen Rentch, Midway, KY  
Mrs. John Richardson, Washington, DC  
Mrs. Linda Roach, Lexington, KY  
Miss LouAnne Roberts, New York, NY  
Mrs. George L. Robb, East Orleans, MA  
Mrs. Georgia Hart Rodes, Lexington, KY  
Mrs. Sandy Schreiber, Louisville, KY  
Mrs. Mollie B. Sizemore, Hyden, KY  
Mrs. Joseph M. Smith, Dedham, MA  
Mrs. Austin L. Smithers, Greenwich, CT  
Mrs. Burgess P. Standley, Medfield, MA  
Mrs. Robert N. Steck, Washington, DC  
Mrs. James W. Stites, Jr., Louisville, KY  
Dr. W. Grady Stumbo, Hindman, KY  
Mrs. Mary H. D. Swift, Upperville, VA  
Mr. Richard Sturgill, Lexington, KY  
Ms. Mary Frazier Vaughan, Lexington, KY  
Mr. Elmer Whitaker, Lexington, KY  
Mrs. Carrie M. Whitcomb, Oviedo, FL  
Dr. Patience White, Bethesda, Maryland  
Mrs. Pendleton P. White, Savannah, GA  
Harvie & Nellie Wilkinson, Lexington, KY  
Mrs. Dudley H. Willis, Sherborn, MA  
Dr. Emery Wilson, Lexington, KY  
Mr. Ray Wilson, Hyden, KY

## HONORARY TRUSTEES

Mrs. Richard M. Bean, Lexington, KY  
Mrs. Ralph E. Becker, Bethesda, MD  
Mrs. Robert W. Estill, Raleigh, NC  
Mrs. Gilbert W. Humphrey, Miccosukee, FL  
Mrs. Samuel E. Neel, McLean, VA  
Mrs. James N. Rawleigh, Jr., Louisville, KY  
Mrs. Ernest R. von Starck, Bryn Mawr, PA  
Ms. Erskine P. Wilder, Barrington, IL  
Miss Barbara Wriston, New York, NY

## NATIONAL NURSING COUNCIL

Ms. Mary Ellen Amato, Lexington, KY  
Dr. Frances C. Dalme, Little, AR  
Mrs. Albert T. Ernst, Perkiomenville, PA  
Dr. Joyce Fitzpatrick, Cleveland, OH  
Dr. Loretta C. Ford, Rochester, NY  
Miss E. Jane Furnas, Phoenix, AZ  
Dr. O. Marie Henry, Cookeville, MD  
Mrs. Betty Huff, Hyden, KY  
Miss Mary Lee Mills, Watha, NC  
Ms. Barbara Nichols, Madison, WI  
Miss Evelyn M. Peck, Columbia, MO  
Mrs. Elaine Pendleton, Falls, PA  
Dr. Marjorie Ramphal, W. Nyack, NY  
Miss Christine Schenk, Cleveland, OH  
Dr. Elizabeth Sharp, Atlanta, GA  
Dr. Lillie M. Shortridge, Pleasantville, NY  
Dr. Helen Tirpak, New York, NY  
Ms. Joyce Wiechmann, Sylacauga, AL  
Dr. Carolyn A. Williams, Lexington, KY  
Mrs. Elsie Maier Wilson, Gainesville, FL  
Ms. Cora Winthrow, Lexington, KY

## FRONTIER NURSING UNIVERSITY

**Susan Stone**, DNSc, CNM, FACNM,  
*President and Dean*

**Janet Engstrom**, PhD, APN, CNM,  
WHNP-BC, *Associate Dean for Research*

**Joyce Knestrick**, PhD, CRNP, FAANP,  
*Associate Dean for Academic Affairs*

**Julie Marfell**, DNP, FNP-BC, FAANP,  
*Associate Dean for Family Nursing*

**Suzan Ulrich**, DrPH, CNM, FACNM,  
*Associate Dean for Midwifery  
and Women's Health*

**Barbara Anderson**, DrPH, CNM,  
FACNM, FAAN, *Doctor of Nursing Practice  
Program Director*

**Trish McQuillin Voss**, DNP, CNM,  
*ADN-MSN Bridge Director*

**Michael Steinmetz**, CPA, CMA,  
*Vice President of Finance*

**Shelley Aldridge**, BA,  
*Chief Operations Officer*

**Denise Barrett**, MBA,  
*Director of Development  
and Alumni Relations*

**Stephanie Boyd**, BS,  
*Director of Recruitment and Retention*

**Beulah Couch**,  
*Human Resources/Site Manager*

**Barb Gibson**, *Facilities Manager*

**Paul Stackhouse**, BA, *IT Manager*

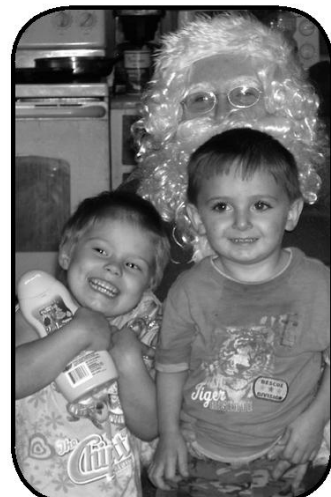


*Chasity Collett of the FNU admissions staff helped Santa spread some Christmas joy to children in Leslie County.*

## **YOUR GIFTS AT WORK: The Children's Fund**

On Christmas of 1925, Mary Breckinridge held a housewarming party for her newly built log home, The Big House. Mrs. Breckinridge wrote in her autobiography, *Wide Neighborhoods* "The weather was bitterly cold and the river barely fordable so only some five hundred people came to our first Wendover party. To it I invited everybody in the county – some ten thousand people." This story was delightfully retold in the December 2011 issue of Kentucky Living magazine by columnist Byron Crawford. It is in the same warm spirit of giving that the Christmas and Children's Fund was created.

This month, we start a new column of how your wonderful donations are used to continue the work of Frontier Nursing University. We continue to give back to our home community of Leslie County, Ky., throughout the year, but the annual Christmas parties remain an important part of our efforts to share your generous support of the Christmas and Children's Fund. This year Frontier staff members went to the school-based clinics in all the Leslie County elementary



## QUARTERLY BULLETIN

---

schools that were started by area non-profit COLLY (County of Leslie Lifting Youth) and the Frontier Nursing Service and to several individual homes in our area where a need was identified. In all, more than 30 children received gifts. Staff member Chasity Collett, dressed as a Frontier nurse, accompanied Santa Claus to visit the families. Families also received everything needed to cook a Christmas dinner, plus stockings filled with fruit and toiletries for the children. Each child received a copy of the children's book *Mary on Horseback*, along with a Frontier plush stuffed horse.

We greatly appreciate your kind gifts all through the year to this special fund. So does your gift make a difference? The smiles and precious gratitude that these kids express are priceless!

.....

### Ways to Give: A Lasting Investment

Your investment in Frontier Nursing University is an investment in quality health-care 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](http://www.frontier.edu/online-giving).
- **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.
- **Stock Gifts:** You can donate your appreciated stock directly to FNU. Please call the Office of Development for instructions.

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 662-846-1967 or email Denise Barrett, Director of Development, at [denise.barrett@frontier.edu](mailto:denise.barrett@frontier.edu).

# FRONTIER NURSING UNIVERSITY

---

## 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