

PIONEERS FOR HEALTHCARE

Frontier Nursing University honors 75 individuals
and organizations as "Pioneers for Healthcare"

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Introduction to Frontier Nursing University

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

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

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

—Mary Breckinridge,
Wide Neighborhoods, 1952

They traveled on horseback and on foot to provide quality primary care, including maternity care, to families in their own homes. In 1928, she recruited young people to serve as Couriers and help the Frontier staff and nurse-midwives in all manner of efforts. In 1939, Mrs. Breckinridge established a school

of nurse-midwifery. Many of the graduates 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 or Women’s Health Care Nurse Practitioner. FNU has students and graduates serving all 50 states and many countries.

HOW TO REACH US

The Office of Development and Alumni Relations: Please direct questions, comments or updates to Denise Barrett, Director of Development, at (859) 899-2828 or send an e-mail to development@frontier.edu.

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



THE JOURNEY

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

Thank You!

First, I want to say thank you to everyone who attended the 75th celebration in person or sent their notes of encouragement and congratulations. We have been overwhelmed with the breadth and depth of the Frontier family which has been even more evident during this momentous year. More than 200 friends, Couriers, alumni, faculty and staff joined together in Lexington and Hyden the weekend of October 3-5. We honored 75 individuals and organizations who represent the trailblazers who have made the success of Frontier possible through the years. We were proud to present more than thirty of the honorees with medallions during the Saturday evening gala and recognize them on the website—www.pioneersforhealthcare.org.

We are winding down the year of celebration, but the work ahead is not slowing down at all. The need for advanced practice nurses and midwives to provide evidence-based, primary care continues to grow. Frontier accepts the challenge of educating the next generation of providers to meet families' health-care needs and improve access to care for those in rural and underserved areas. At Frontier Nursing University we are embarking on the next 75 years beginning with the five-year Strategic Plan approved by the Board of Directors during the October meeting.

QUARTERLY BULLETIN

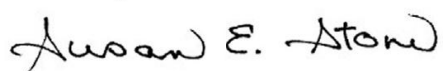
In addition to continuing our current MSN+DNP programs for nurse-midwives, family nurse practitioners and women's healthcare nurse practitioners, we have plans to explore other areas where Frontier can help meet the healthcare needs of families. As part of our five-year goals, we will be exploring offering a Bachelor of Science in Nursing degree for nurses trained at the Associate degree level, the majority located in rural areas. We also plan to conduct a feasibility study to determine the need and potential for a psychiatric nurse practitioner specialty. As most know, mental health services are desperately needed and often unavailable in rural areas of the United States.

Other objectives in the five-year plan include increasing diversity of our student body, faculty and staff to 20% representation from underrepresented racial and ethnic groups, improving student retention and graduation rates to 85%+, continuous improvement of infrastructure and processes within our growing University, continuing the successful Courier program, and meeting our fundraising needs to support students, faculty and facilities.

Funding to support our strategic goals and objectives is critical for our growth and improvement. The \$10M Endowment Campaign will provide the support needed to implement our plans by providing annual support for student scholarships, faculty development, and facilities and technology needs. This campaign is already benefiting students with the establishment of many new named scholarships which were first awarded this fall. Future funding to the endowment will support our historic buildings, including the Big House, Mary Breckinridge's original log home. FNU also plans to more adequately fund vital faculty positions including the Mary Breckinridge Chair of Midwifery. With a focus on students, faculty and campus—this campaign will provide security for another 75 years as “pioneers for healthcare.”

We appreciate your support of this historic campaign. Together we will continue the vision of improving healthcare for the women and families in communities across the nation. As always, thank you for your continuous support and we welcome your thoughts and feedback. We could not accomplish so much without the generous support of others.

Sincerely,



Susan E. Stone, DNSc, CNM, FACNM
President

ALUMNI SPOTLIGHT

Linda Jacobsen, Alumnus 1984



Linda Jacobsen, CNM, CFNP, MPH recently returned to the US after serving for a year teaching nursing and midwifery in Tanzania as part of the inaugural class of the Global Health Service Partnership (GHSP) volunteers. The GHSP program, a unique public-private partnership between the US Peace Corps, the US President's Emergency Plan for AIDS Relief (PEPFAR), and Seed Global Health, places US physicians and nurses on faculties at medical and nursing schools in Malawi, Tanzania, and Uganda to support educational capacity development aimed at long-term health system strengthening. Since ending her service, Linda has become a Deputy Chief Nursing Officer for Seed Global Health in which she helps to recruit and train new nursing volunteers for service.

While Linda was a Peace Corps nurse in Africa in the late 1970s, she experienced a crisis when delivering pre-term twins, which motivated her to study midwifery. She then sought out other midwives who worked abroad, and found that many studied and served with Frontier Nursing Service (FNS) and were trained to provide comprehensive care. So Linda returned to the US and continued her education in a cohort of ten nurse-midwives who trained and served with FNS in 1983-1984. Three graduates from her class were involved in international nursing and continue to support each other in their leadership roles. Leaders like Kitty Ernst and FNS Dean, Ruth Beeman, fostered professionalism and trained the students to meet challenges successfully, which became a life-long habit of Linda's. Linda and her classmates forged leadership roles wherever they served in their careers. After training at FNS and earning her masters at University of Washington School of Public Health, Linda served in U.S. public health programs, primarily in rural and underserved areas in the state of Washington, while she raised a family. She has been a clinician, family planning consultant, public health program manager, clinical preceptor and implemented a project that integrated HIV screening in Title X family planning clinics. When their

children left for college, Linda and her husband searched for an opportunity to serve together in Africa and discovered the GHSP program. Now, as Seed Global Health's Deputy Chief Nursing Officer, she will return to Tanzania in November 2014 to mentor current GHSP volunteers serving in the field. In Tanzania, nurses train at the diploma or bachelors level and learn midwifery in their standard nursing program.

Remembering her years at Frontier, Linda recalled working from district centers, visiting families in log cabins, and escorting sick patients from remote areas as part of ambulance transport teams. She remembers the hospitality and warm manners of the people in the Kentucky mountain communities and found that similarly, people in Tanzania are also very gracious and reach out to form relationships with each other. Due to a lack of resources, Tanzanian patients tend to come for care more acutely ill than rural U.S. patients. Women are especially vulnerable; only about half those who are pregnant actually make the targeted four prenatal visits, and many are not tested for HIV because they don't have access to testing facilities. Trained healthcare workers are in short supply, and even medical centers must ration resources. However, Linda was encouraged to see, when observing student presentations in a village, that the students engaged with the villagers and leaders about how their needs might be addressed and that the villagers responded by bringing the nurses food. There, as in Kentucky, addressing patient and rural community needs at the local level is vital to promote overall health. Linda is proud to be a FNU graduate with international experience, and pointed out that FNU graduates are willing to make difference where there are huge needs for health care.

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COURIER CORNER

*By Nancy Reinhart,
FNU Courier Program Coordinator*



The leaves are changing here in Kentucky and that means it's time to begin preparations for a new set of applicants to the Courier Program. We hope our Frontier community far and wide will tell any young men or women who you think would be interested about it. Our successful Couriers are interested in learning about healthcare in rural and underserved communities, are open to adventures and the unknown, and have a commitment to service.

The Courier Program application will be available at www.frontier.edu/courier by mid-November. Interested individuals can learn more about the program and apply directly on the website.

We continue to change and evolve the program with each new year as we adjust to its new home in the University. For 2015, we will maintain relationships with sites we have already used and we will also explore new outpost site opportunities this winter. We will accept between eight and ten Couriers next summer.

In other Courier Program news, more than twenty guests gathered for the Courier Storytelling breakfast on Sunday, October 5, 2014. We enjoyed a wonderful breakfast by local foods restaurant Alfalfa's at the Downtown Arts Center in Lexington.

In the spirit of storytelling first inspired by our recent book, *Unbridled Spirit: A History of the Courier Program* by Dr. Anne Cockerham, we had an open microphone for attendees to share stories. We heard about the adventures Couriers had at FNS (and in FNS vehicles!), what the program meant to them over time and why they care about the work carried on by FNU today.



*(left to right): Betty Brown, Marian Leibold,
Jill Davenport, Nancy Reinhart,
LouAnne Roberts Verrier, Kitty Ray,
Julie Breckinridge Davis*

Former Courier Jill Davenport told of trials and tribulations in both driving and teaching others to drive the famous FNS jeeps. Former FNS staff member Helen Rentch reflected on what her time at Brutus clinic had taught her about Mary Breckinridge's model of district nursing and how this impacted our healthcare delivery system in rural areas across the U.S. Former Courier LouAnne Roberts Verrier described harrowing times on the Middle Fork of the Kentucky River in an old FNS canoe, which incidentally she was not supposed to be riding in! Marian Liebold roused the audience while explaining her vision of the Courier Program becoming a national model for service.

We enjoyed our time together and especially the opportunity to tell stories of our times with FNS—experiences which changed our lives. And we thought of the many of you who were not able to be with us. We would love to hear your story too. If you have one to share, please contact courier.program@frontier.edu and include the story by email or send us a phone number where we can reach you for an interview.

Thank you to all former Couriers, friends and donors who continue to support our program and FNU. We look forward to hearing from you!

Julie Breckinridge Davis told this story at the breakfast: "When I was two years old I was visiting Wendover with my parents. One afternoon Katie Ireland, a young courier, was asked to watch me for a while. When it was time to water the horses I wanted to water one by myself. Just as Katie was attempting to dissuade me, Aunt Mary came walking down the path. After being informed of the situation, Aunt Mary told Katie "of course she can, child!" Which I did! From that moment on my Aunt Mary, horses, Wendover, and Kate Ireland have had a special place in my heart." Julie considered the animal care she did from this young age the perfect training for her later days as a Courier!

COURIER SPOTLIGHT

Anna Carey

Anna Carey was a Courier in 2003 and helped coordinate the Courier Program in 2009 and 2010. She moved to Hyden, Kentucky after her time as a Courier and is now the Executive Director of an organization she helped to form called "COLLY" which stands for County of Leslie Lifting Youth. The organization emphasizes children's programming primarily in the areas of health and education.

More information can be found at colly-ky.org.



Briefly introduce yourself.

I was raised in Western New York and taught literacy for a few years in a rural area of New York until I came to Leslie County as a Courier in 2003.

Briefly describe your experience as a Courier.

I saw the Courier Program as an opportunity to explore the many facets of rural life that I couldn't access only teaching in a classroom. I was interested in the experiences outside of school that were affecting my students' experiences in school.

In the Courier Program I shadowed health care providers and went on home health rounds, but I also worked at the adult learning center and local animal shelter.

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

The program changed my life in ways I could have never foreseen, namely causing me to relocate from Western New York to Southeastern Kentucky and pushing me into non-profit work, which I have been doing ever since. It also exposed me to the variety of environmental and social factors that influence people's lives and their choices that I really didn't understand previously.

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

To me, the legacy of the Courier Program is one, to serve and two, the opportunity to have one's perspective challenged and expanded in a real way. Everyone has a story and even though you probably think you know that story, chances are you really don't.

Why do you remain involved?

I continue to be involved in the program because it can be a life-changing experience, whether big or small, known or unknown, for both the Couriers and the people Couriers work with here and that opportunity should never be lost.

We are pleased to welcome Anna back to Frontier this year! For the next few months, Anna will be once again assisting with the Courier Program today on a part-time basis in addition to performing her duties at COLLY.

**We welcome new members to the 2014-2015
Courier Advisory Committee and thank the returning ones:**

Anna Carey - Courier 2003, Hyden, KY
Carlyle Carter - Courier 1962 and 1965, Chicago, IL
Celeste Lindahl - Courier 2005, Boone, North Carolina
Elia Cole - Courier 2009, Yakima, Washington
Lee Freeman Fox - Courier 1976, Rochester, NY
Marianna Fuchs - Courier 1968, Madison, WI
Marian Leibold - Courier 1977, Cincinnati, OH
LouAnne Roberts Verrier - Courier 2001, New York City, NY
Rebecca Stanevich - Courier 1970, Grafton, West Virginia

The Courier Advisory Committee offers advice about the way forward for the Courier Program and we also like to have fun! Committee members are asked to join four 1-hour calls per year. If you are interested in participating, please email nancy.reinhart@frontier.edu.

FIELD NOTES



More than 200 gather to celebrate FNU's 75th Anniversary Weekend

The much anticipated 75th anniversary weekend was a great success, with more than 200 alumni, Couriers, donors, faculty and staff gathering in Lexington and Hyden to celebrate. Friends traveled from across the country including guests from California, Texas, Boston, New York, Alabama and many more states—and of course, a great showing of support from Kentucky!

The weekend kicked off with a Friday evening reception at the Bodley-Bullock House in downtown Lexington. Nearly 80 guests enjoyed a barbeque dinner catered by Bluegrass Committee member, Selma Owens and traditional bluegrass music by Dean Osborne and band.

On Saturday morning, more than thirty guests gathered at Shakespeare & Co. to enjoy a brunch with guest speaker, Silas House. Silas is a nationally bestselling author, an educator, the winner of numerous writing awards and the son of a Frontier baby. He moved the audience with his accurate description of the Appalachian culture and his deep respect and understanding of the region.



left: Nadene Brunk, founder of Midwives for Haiti and a 75th Honoree, attended the Friday evening reception with Dr. Steve Eads.



right: Silas House with guests at Shakespeare & Co.

75th Anniversary Event, Hyden Day Trip, was a Huge Success

Over 50 people attended the Hyden Day Trip on Saturday, October 4. Visitors from across the country travel to Hyden and Wendover to take part in many activities as part of our 75th Anniversary Weekend. Many guests traveled on the same coach bus that our Frontier Students take when they come to Frontier Bound. The day's activities included viewing of the 1931 film, *The Forgotten Frontier*, watching the Mary Breckinridge Festival Parade, taking part in guided tours of Wendover and FNU, and enjoying a hearty lunch at the Big House.



FRONTIER NURSING UNIVERSITY



Martha Copeland donated this truly amazing cake which depicts the Big House at Wendover, Mary Breckinridge's original log home and now a licensed Bed & Breakfast.

For the reception area, Frontier Nursing Service uniforms, saddlebags, historic photographs and other memorabilia allowed guests to learn about or recall the first 75 years of Frontier.



Kitty Ernst led a project to create a Diorama, which displays the continuum of care extending from the FNS leadership headquarters at Wendover, to the District Nursing Centers, to the homes of the mountain families, and to the collaborating FNS physician and hospital in Hyden. The diorama was unveiled at the reception before the Gala dinner. The diorama will be displayed permanently in Hyden.



left: The FNU Bluegrass Committee (l to r: Fra Vaughan, Helen Rentch, Lindy Karns, Linda Roach, Martha Copeland and Vicki Tobin, not pictured: Ann Evans and Selma Owens) did an amazing job as hostesses for the weekend, including planning all of the events and providing beautiful floral arrangements for the reception and gala.

right: Peter and Abby Coffin, seen here dancing, were part of the Boston Committee presence during the weekend, which also included Lees Breckinridge Yunits and John and Anne Grandin.



To wrap up the weekend, in addition to the Courier breakfast on Sunday, guests were invited to visit Keeneland Horse Track for a day of racing. Guests enjoyed a traditional Kentucky lunch followed by a beautiful afternoon of racing. A great time was had by all and it was the perfect ending to a weekend of celebration.

We want to recognize the hard work of the staff and many volunteers in coordinating the events of the weekend. And thanks again to our sponsors for making it all possible!

**Underwriter: Breckinridge Capital Advisors;
Bronze Sponsors: Neace Lukens and Merrill Lynch;
Patron Sponsor BB&T Bank; and
Friend Sponsors: PNC Bank, NetGain, Howard Heating & Air,
Impressions, Inc., American Association of Birth Centers, Women's Care
of the Bluegrass, and Kentucky Hospital Association.**

FNU awarded more than \$1.2M in funding from the Health Resources and Services Administration

Frontier Nursing University has been awarded a grant from the Health Resources and Services Administration's Advanced Education Nursing Traineeship (AENT) program. This two-year grant totals \$700,000 and will provide direct support to 280 students over the grant period. FNU has also been awarded continuation funding from the Scholarship for Disadvantaged Students and the Nurse Faculty Loan Program. The Scholarship for Disadvantaged Students Program, originally awarded at a total of \$1,350,000 over a 4 year period, has been renewed for 2014-15 in the amount of \$366,000. The Nurse Faculty Loan Program was awarded to FNU in 2013 in the amount of \$174,044 and was renewed again this year in the amount of \$212,970 for 2014-15.

The purpose of the Advanced Education Nursing Traineeship (AENT) Program is to increase the number of advanced education nurses trained to practice as primary care providers and/or nursing faculty to address the nurse faculty shortage that inhibits nursing schools from educating the number of nurses needed to meet demand. This purpose is met by providing grant funding for traineeships that will pay all or part of the costs of the tuition, books, and fees of the program of advanced nurse education. FNU will award 280 scholarships, valued at \$2,500 each, over the two-year grant period. FNU tuition, if attending full-time, ranges from \$18,150 to \$53,040 depending on the program in which the student enrolls. This funding will make the difference to students experiencing financial difficulties and allow them to complete their graduate education.

The purpose of the Scholarships for Disadvantaged Students (SDS) Program is to increase diversity in the health professions and nursing workforce by providing grants to eligible health professions and nursing schools for use in awarding scholarships to financially needy students from disadvantaged backgrounds. FNU will award 90 SDS scholarships, averaging \$15,000 each, over the four-year grant period.

The purpose of the Nurse Faculty Loan Program (NFLP) is to increase the number of qualified nursing faculty to facilitate education of the nurses needed

to address the nursing workforce shortage. FNU has received NFLP funding to support 20 students who plan to complete the DNP degree and wish to work as faculty at a school of nursing after graduation. The program offers partial loan forgiveness for borrowers who graduate and serve as full-time nursing faculty for the prescribed period of time. The loan recipients may cancel 85 percent of the loan over four years in return for serving full time as faculty in any accredited school of nursing.

“We are thrilled to be able to continue to provide financial assistance to our students pursuing master’s and doctoral degrees. We know what a challenge it is for students to balance family life with obtaining graduate education, and we don’t want them to have any more financial hardship than is necessary,” said Dr. Susan Stone, FNU President.

President Stone contributes to Huffington Post

We are proud to announce that Frontier Nursing University President Dr. Susan Stone is a contributor to The Huffington Post. Her article “Focus On Preventive Care As The Long-Term Strategy To Improve Health” is featured on the Huffington Post site’s Global Motherhood section.

Here is an excerpt from Dr. Stone’s article:

“What is happening in maternity care is a reflection of what is happening in the entire health care system. We need a change. We need to focus on keeping people healthy.”

We invite you to read the article and send us your thoughts.

http://www.huffingtonpost.com/susan-stone/focus-on-preventive-care-_b_5730294.html

BEYOND THE MOUNTAINS

Julia Breckinridge Davis hosts tea

On September 9, Julia Breckinridge Davis opened her home to guests for an afternoon tea in honor of Frontier Nursing University. Guests to the tea included former Couriers and FNU alumni, as well as, old and new friends. Dr. Susan Stone shared updates on the work of FNU and guests each shared their memories and connection to Frontier. Dr. Jim Parshall, who worked as an obstetrician at Frontier Nursing Service in the 1980's recalled his presentation of a "midwifery degree" from the nurse-midwives when he was leaving his position. He worked with seven nurse-midwives during that time period. Mrs. Alice Hinman, a friend of Mrs. Davis, was proud to announce the birth of another great-grandchild, who coincidentally was caught by a Frontier graduate in Winston-Salem! It was a pleasure to visit with friends and we are appreciative of Julia Breckinridge Davis for her generosity in hosting such a nice event.



Dr. and Mrs. Jim Parshall

Annual Louisville Luncheon Held at River Valley Club

On a beautiful sunny day members of the Louisville Committee hosted 20 guests at the River Valley Club. Betty Brown, Sandra Schreiber and Mary Stites who make up the Louisville Committee planned the elegant event to foster commitment to Frontier Nursing University among attendees. On September 17th, guests were greeted at noon with refreshments and stories from former Couriers Betty Brown, Sandra Schreiber and Jane Halderman. The luncheon then followed with a delicious fall themed menu, after which Dr. Susan Stone, President of FNU, gave an update on the university.

NOTES

Erica Bazzell, APRN, has joined Murray Medical Associates. Bazzell comes to MMA after working for several years in the region as both a Nurse Practitioner and an Occupational Nurse. A graduate of Paducah Community College in 2001 with an Associate's Degree in Nursing, she went on to obtain her Bachelor of Science in Nursing at the Chamberlain College of Nursing in St. Louis in 2010 and Family Nurse Practitioner from Frontier Nursing University in 2012.

Maxine R. Horton, WHNP 63 graduated in 2011. Maxine started in the CNEP program and transferred to WHNP. She got her first job with Planned Parenthood in Fresno CA in March 2012 and 6 months later was awarded the HRSA 2 year loan repayment award. After 20 months she moved back home to the southwest and now works at the Gallup Indian Medical Center in the Women's Service Unit in Gallup New Mexico.

Carla Kimble Brown, CFNP 63 was named Advanced Practice Professional of the Year (2014) by the Mississippi Primary Health Care Association.

Ed Gonzalez, CFNP, Class 79, spent a week out in Goodnews Bay, AK doing village clinic. As part of his job he rotates through remote villages for a week at a time once or twice a year. He loves his job where he gets to practice Frontier medicine at its finest!

Gail Consoli, CNEP 11 retired August 1, 2014. Gail delivered her last baby (#2406) in July, and loved her 17-year career.

Sarah Ann Derrick, DNP 6, Regional Clinical Faculty hosted a Case Day in early September in McClellan, SC. She and Shirley Bush CNEP 04 made great hosts for "Doing it Low Country Style." Great company, great food, and great presentations!

Belinda Hodder, CNEP 62 is a member of ACNM Arizona Affiliate – Phoenix. The Fresh Start Women's Foundation hosted the first annual birth conference, October 4, 2014, an event welcoming local midwives, nurses, physicians, hospital administrators and all birth professionals. Belinda presented with the Phoenix Chapter of ACNM: "Building Bridges to Normal Birth: Preventing the First Cesarean."

Heidi Koslo, CNEP 69 joins Peninsula Community Health Systems in Soldotna, AK on Nov. 3rd. She is excited to join this family practice and will have her own panel and also possibly newborn privileges from the local hospital when families select Heidi's clinic for their pediatric care.

Rachel Mack, DNP, APRN, C-NP recently joined FNU as a course faculty member. She is from Oklahoma City, OK. We welcome our newest faculty member!



Congratulations to **Birth and Wellness Center** on baby 200, and to FNU graduates, **Nicole Madalon** (CNEP 72), **Jessica Henman** (CNEP 56), and **Lisa Pontious** (CNEP 82), who practiced with the family of that special little one and many others. The Birth and Wellness Center loves FNU graduates and their families!

Congratulation to **Kentucky High School student, Julia Bache**, a National Historic Day Essay Winner (sponsored by The Filson Historical Society). Julie wrote an essay entitled: "Angels on Horseback: How Mary Breckinridge and the Frontier Nursing Service Galloped into a New Age of Rights and Responsibilities."

Amber Evans, MSN, CNM, CNEP 55 was recognized as our preceptor of the term for fall 2014. We could not celebrate National Midwifery Week without celebrating our preceptors! We all remember significant mentors in our own lives and appreciate Amber's contributions.

Frontier FNP student **Lacey Mangum**, CFNP 127 and Post-Master's DNP student **Barbara Crone**, DNP L12 represented FNU at the University of Michigan School of Nursing Career Fair in October. We always love seeing our own students and alumni out representing FNU!



Mandy Welsh Christensen, FNU student (Bridge class 102), shares a story about her daughter performing as Mary Breckinridge in celebration of National Midwifery Week. Her daughter dressed as Mary Breckinridge for a presentation on influential women in American history today.

Amy Palmer, CNM, MSN (DNP L16) is our newest Regional Clinical Faculty member. She is a graduate of FNU and currently lives in Indiana.

Pauline Tither, DNP class 11 writes that an article, titled “Preventing Dengue and Chikungunya Fever among International Travelers”, based on a part of her DNP capstone project, was published online by the *Journal of The American Association of Nurse Practitioners* on Sept. 25, 2014.

Barbara Lancaster, WHNP Class 86, is working in private practice in a rural area of the Upper Cumberland Region of Tennessee. She is also a student in DNP Class 14. Her capstone project will focus on developing menopause workshops for the women of her rural area of TN. Barbara is also a preceptor for a Frontier Bridge student. Barbara is simultaneously a graduate, student and preceptor! Congratulations, Barbara!

We want to hear from you!

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

WENDOVER REPORT

Explore the Rich History of Frontier Nursing at Wendover

The Big House at Wendover stands as a living memorial to the wonderful work that Mrs. Mary Breckinridge started in Leslie County, Kentucky in 1925. Recent visitors have commented that all nurses should make a trip to Wendover to behold the wonderful heritage of the Frontier Nursing Service. Many groups that have visited Historic Wendover and the Hyden campus of Frontier Nursing University this past summer and fall have not only experienced Frontier Nursing history through guided tours, interactive activities, and exhibits but they have enjoyed the delicious southern home-cooked meals that have been served since the days of Mrs. Breckinridge. This past summer and fall we have hosted special events with the Red Hat Ladies, The Hazard Women's Club, *Kentucky Monthly Magazine*, Clay County Technical School, Clay County Middle School, University of Tennessee Nursing Students, Berea College Appalachian Studies students, Eastern Kentucky University nursing students and many family reunions and gatherings. Our bed and breakfast inn continues to attract new and returning guests on a weekly basis as well. Make your plans today to discover Wendover or return for another visit. Become a fan of our Facebook page (www.facebook.com/WendoverBigHouse) for more pictures and contests for exciting prizes.

Handmade Items continue to come in to Wendover Office

We continue to get handmade baby caps, scarves and lap quilts that we give to our Frontier students. Below is a list of recent contributors to this popular project:

Harriet Butts

Catherine Dodds, grandmother of Courier Lee Ann Adelsheim

Go Give Yoga

Marge Stevens and the crafters of St. John's Broad Creek Episcopal Church,
Fort Washington, MD

Second Presbyterian Church of Lexington, KY

Daughters of Colonial Wars in the State of Oklahoma

Please send your donated items to 132 FNS Drive, Wendover, Ky 41775.

These items are given to each Frontier student who passes them on to a patient. When students present the baby caps, scarves or lap blankets to their patients, they tell them the story of Mary Breckinridge and the Frontier Nursing Service. It is a very special time for them to share the story and explain why they have chosen to become a nurse-midwife or nurse practitioner and attend Frontier Nursing University. We appreciate you taking part in this tradition!

FOOTPRINTS

Memories of Frontier Christmas Bags

Contributed by: Erma Stacy-Kemble



It was 1945 when Mom and Daddy left McClure, Va. along with three young children, (4 more to arrive later) to come to Hyden, Ky. Daddy had gotten a job with Ritter Lumber Co. Ritter's Mill was located about one mile out of Hyden on Hwy 421. Several rows of frame houses were along the banks of the Middle Fork River.

As a young child I can remember the nurses on horseback. We would all run to the front porch in awe of the beautiful horses and the nurses. Saddle bags were across the back of the horses. We were not sure about all those babies. Maybe they were in the saddlebags. What an experience it was to go up to the big hospital on the hill, especially if you had to climb all those steps that led up to the hospital. As a child I don't remember being afraid to go to the hospital for a check-up. I can still remember that clean smell of the hospital and I can see the nurses as they go about their duties.

At Christmastime daddy would go up to the hospital and bring back treat bags for all of us. It was exciting to open our bags and find an apple, an orange, some hard candy and some nuts. All of us would also receive a gift. I always hoped for a little doll.

A younger sister, Kim, has fond memories of the nurses. Her little dog, Nicki, was hit by a coal truck and received several injuries. Daddy and Kim took Nicki up to the Big House at Wendover. The nurses, daddy and Kim nursed Nicki back to health. Kim remembers that Nicki licked the nurses hands.

Many years later (1980) we were all grown up and living in Lexington, Ky. One of the girls was sick, Daddy and Mommy were in Lexington with us. Daddy had to go home for a few days to check on the homeplace. It was Christmastime. It was cold and lots of snow. When Daddy returned to Lexington, he had put together

Christmas treat bags for all of us. There was an apple, an orange, nuts and hard candy. Our names were on the bags. What a wonderful gift that year and to have our sister well again.

Many more years have gone by now. Two of the children have died, also Mom and Daddy.

This past Christmas (2013) the five remaining children received a nice surprise. Each of us received a nice gift bag on our front porch. Each was labeled with our name and FNS was written on the bag. Each bag had an apple, an orange, a tangerine, nuts and hard candy. We all also received a small gift in the bag. We are not exactly sure who delivered them, but how special it was to remember the good years we had in Hyden with the nurses, the horses, and the nurse-midwives that had delivered most of us.

We feel very blessed to be a part of that era with the Frontier Nursing Service. And the memories that we all have of the Christmas bags. Our parents are the late Anna and L.B. Stacy.

Frontier Nursing University is proud to continue the tradition of celebrating the Christmas season with the Leslie County community. Each year, the faculty and staff use their personal contributions combined with donations to the Christmas and Children's Fund to provide a full Christmas dinner, clothes and toys to families in need. This year, in honor of the 75th anniversary, Frontier will host a Christmas party at Wendover, which is open to the community. We welcome gifts to the Christmas and Children's fund at any time during the year and we use the funding annually to support the local community.

IN MEMORIAM



Jane Leigh Powell, 80, of Ridgeland, formerly of Glen Cove, NY, died on Saturday, August 30th, 2014, peacefully, after a long illness. She was born in London on September 28, 1933, the daughter of the late Francis and Florence (Pratt) Powell. Jane was pre-deceased by her three sisters, Edie Papps, Anne Remsen and Sonia Powell and is survived by her sister and brother-in-law, Lois and Charley Cheston (of Topsfield, MA) and nine nieces and nephews. She graduated from Miss Porter's School in Farmington, CT, and Briarcliff College in New York. Jane was deeply involved in various organizations, including Roosevelt Hospital in New York City, the American Association of Birth Centers, The Hallelujah Singers of Beaufort, South Carolina, and Good Hope Corporation, Ridgeland, South Carolina where she served as President of the Board for the past 30 years. As a young woman she dedicated much of her time to the Frontier Nursing Service of Hyden, Kentucky, and this became a lifelong passion. She was an active and involved member of the Jasper County community. Jane's love of her home, the South Carolina Low Country, its flora, fauna and community, guided and enriched her life. She was an avid and talented gardener. Bird hunting—at various locations around the world—was her passion. Nowhere was this sport more loved or aggressively pursued than hunting turkey in the dawn woods at Good Hope Plantation. A celebration of Jane's life with her family and friends will take place at a later date.

Jane Leigh Powell awarded posthumous Doctor of Humane Letters, honoris causa

Jane Leigh Powell devoted most of her adult life toward advancing nurse-midwifery, birth centers, and primary care. Her passion began as a young woman with her service as a Courier at Frontier Nursing Service. There she learned of the ways that nurses and midwives can improve the lives of women, babies, and the families who care for them.

She arrived to work as a junior Courier in October of 1954. At that time, Leigh had no way of knowing that when she “went for six weeks and stayed three years,” she was changing the course of her life. Throughout the 1950's, FNS leaders could count on Leigh to return to Kentucky to fulfill the duties of senior Courier whenever there was a slot to be filled. Thus as Courier, Leigh was a stalwart and dependable contributor to Frontier's mission. Her commitment never wavered when she assumed new roles. Leigh was named to the FNS Board of Governors in 1977 and served as National Chairman. Leigh's dedication to the Frontier Nursing Service is summed up in her words:

“There has never been a time when I haven't been connected with FNS. It has been my life since 1954, since I was 21 years old. I live it. I breathe it.”

For over 60 years Jane Leigh Powell devoted her time and treasure toward advancing the care of people who needed it most. In her quiet but passionate way, Jane Leigh Powell has advanced the care of childbearing women throughout the United States and abroad. Families in many areas now can select birthing opportunities that include birthing centers because of her sustained focus on developing these options to hospital deliveries. For her sustained commitment to women, babies and the families who care for them, the Board of Directors of Frontier Nursing University awarded to Jane Leigh Powell the degree, Doctor of Humane Letters, honoris causa. This award was announced and presented during the October 24 commencement ceremonies in Hyden, Kentucky.

Edith Kohn, 93 of Center City, a philanthropic leader in Philadelphia's arts and cultural life for more than a quarter of a century, died Sunday, Sept. 7, at home. Mrs. Kohn was married to Harold E. Kohn, a Philadelphia antitrust lawyer, for more than 50 years until his death in 1999. With him, and later alone, she underwrote causes such as the performing arts, historic preservation, education, health care and women's rights. Mrs. Kohn was a member of the Frontier Philadelphia Committee and a supporter for many years.

Elizabeth Bret Harte, of Phoenix, ended a two-year journey with cancer at her home the evening of August 25, 2014. She was surrounded by her family. Born on August 29, 1959, in Tuscon, Betsy attended Tucson schools; volunteered in Ecuador and Nicaragua with Amigos de las Americas; in Kentucky with Frontier Nursing Service; and in the Dominican Republic, where she served in the Peace Corps with her former husband. She is survived by her partner, Mary Kay Zeeb; children, Elyse (Saigon), Oliver (Portland) and Cooper (Tuscon) Lyon; and brother, Jim, his wife Mariam, and sons, Gregory and Christopher (Miami); sister, Kitt; brother Jefe; mother, Dianne Bret Harte and former husband Chuck Lyon (Tuscon) and many others of her cherished family.

Mrs. Betty G. Wilson Mountz, 88, of Louisville, passed away Friday, September 5, 2014, at her Oxmoor Lodge residence. Betty was married to Wade Mountz, of Louisville, for 68 years. She and Wade moved to Louisville in 1950 when Wade joined Norton Memorial Infirmary. Betty and her husband were founding members of St. Mark United Methodist Church in Louisville, where she was very active over the years in leadership positions and volunteer activities. The Mountz' have been supporters of Frontier Nursing Service and Frontier Nursing University for many years.

FRONTIER NURSING UNIVERSITY

TRIBUTES

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

Elizabeth "Betsy" Hart

Susan Small

Richard Kennedy

Holly Powell Kennedy

Julie McGee

Anne Ardery

Shirley T. Ohl

Harriet Nicol

Jane Leigh Powell

Helen Bryan

Wallace Campbell

Florence McKim Chase

Ann R. Cohen

Janice Delagrang

Beth and Ranlet Miner

A.B. Morrison

Kathryn Griswold

Bob and Lee Phipps

Susan Stone

A. Carter Strickler

Bernice Washburn

Mrs. Elizabeth Bradburn

The following people gave contributions in Honor of their friends or loved ones. The names in bold are the Honorees.

Wallace Campbell

Dr. Howard Roberts

Harriette Barnes

Mary Ann Barnes

In honor of Alice

**Hendrickson's 95th
birthday**

Mary Francillon

Jessie LeBus

Frances M. Luckett

QUARTERLY BULLETIN

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FRONTIER NURSING UNIVERSITY

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YOUR GIFTS AT WORK

Chris and Mary Taylor Huntley provide scholarship in honor of Stephanie Purinton, CNM

In the mid-1920's, especially in rural America, many births were done at home. The attending doctor was often a general doctor who saw families for many other reasons than just births. Dr. John T. Taylor was one such doctor. He delivered babies for families in rural central Arizona for decades. His great-granddaughter Mary grew up in his home town, where he also had delivered Travis Purinton's grandmother. Mary and Travis knew each other growing up.

A few years ago, Mary met Stephanie Purinton, CNM, Travis' wife. When Mary and her husband, Chris, decided to have a baby, they began consulting with Stephanie regarding their pregnancy and delivery. The couple considered a variety of options, but ultimately made their decision based on relationship. They couldn't imagine anyone other than Stephanie being with them during this wonderful time. Chris and Mary were very impressed during the pregnancy with Stephanie's attentive, personal care. Stephanie was continually available for support and spent a considerable amount of time with the couple at every prenatal appointment—offering suggestions and patiently answering questions.

Stephanie Purinton had been a labor and delivery nurse for ten years when she decided to pursue certification as a nurse-midwife. She was mother of two middle school boys while she trained at Frontier Nursing University to be a midwife. When Stephanie completed her studies, she wanted to attend deliveries in the rural community where she and Travis grew up. Stephanie began her practice after her certification by offering midwifery model pre-natal services in the practice of a local obstetrician. The state's laws do not require physician oversight for midwifery practice; the hospital system Stephanie works within does require partnership with a physician to be on call for midwife-attended births to support with complications. Stephanie worked within the system to gain approval of the executive committees for inclusion of midwife-attended births (with midwifery model prenatal care through her obstetrician's clinic) as a delivery option for parents. Stephanie attended her first birth in the hospital as a midwife one year after her graduation. Stephanie now attends an average of 15 of the approximately 60 deliveries a month in the hospital's delivery unit.



It was late in the evening when Mary went into labor. Though Stephanie had already been on duty and had just delivered two other babies, she was present with gentle touch and calm presence. Once labor intensified, Stephanie spent more than six hours with Mary. Mary was losing focus, but Stephanie was very engaged with her. Mary credits Stephanie's patience and care with helping her to avoid having a C-section birth. Shortly after the birth of Tanner, Chris and Mary discussed how impressed and touched they were with how caring Stephanie was, not only with Mary and Chris, but with the nurses who were attending.

Mary was amused when she was being admitted to the hospital for her delivery because when staff would ask who was delivering her baby, and Mary responded, "Stephanie," they would all exclaim with admiration how wonderful Stephanie is. So Mary said it felt like she was privileged to have a 'rock star' personality attending her birth. Her experience was not at all like what she expected from a hospital; the environment was very home-like and comforting. The hospital rooms are private, and for Stephanie's patients, she and a nurse stay with the mother, with lights dimmed and the door closed to provide a private, calm experience, with the focus on the mother's needs and comfort.

Stephanie's website (www.myazmidwife.com/) shows the services she offers—the added dimension of care that Stephanie provides. The accolades for Stephanie on her site show that many families in the region deeply appreciate the midwifery options in their pregnancy and childbirth experiences.

A few days after Mary and Chris returned home, they discussed how fortunate they felt that they had midwife care, especially in their rural community. They felt compelled to honor Stephanie for her dedication and contribution to their community. So they called Stephanie and asked her what she might suggest. Stephanie told them about her training at Frontier. Mary and Chris are financial

planners, so they decided to establish a \$500 scholarship to be awarded to one FNU midwifery student each spring and fall. The selected student would reflect the values Stephanie has shown in her community—and would aspire to practice as a midwife in a rural area. Additionally, for each scholarship awarded, the Huntleys will also set aside an equal amount to fund an endowment to Frontier Nursing University. With the support of Frontier, they announced the “Stephanie Purinton, CNM, Rural Midwife Scholarship” and invited new students to send essays describing why they would like to receive the award.

Mary and Chris invited Stephanie to help read the 41 essays submitted for the initial award. Together, they chose Tracy Richman for the first award. Tracy has been a nurse for 12 years and is a working mother with three children. Tracy has taught at Montana State University for 7 years. She is studying at FNU to become a certified nurse-midwife so she can bring women’s health services to her small, rural Montana home town. Like many midwifery students, Tracy travels a long distance (a 2 1/2 hour drive) to gain clinical skills. We look forward to Tracy making profound impacts on families around her in similar fashion to Stephanie Purinton.

Frontier Nursing University’s \$10M Endowment Campaign has a large focus on building the endowed scholarship funds available to support students. Please contact the development office to discuss the options for establishing a named scholarship. These funds provide continual aid to FNU students. Currently, just 1% of Frontier students receive private scholarship support and the majority are using student loans to pay for their education. Establishing new scholarships will reduce the debt burden for students and provide continuous and steady support year after year.

Ways to Give: A Lasting Investment

Your investment in Frontier Nursing University is an investment in quality healthcare for all.

There are many ways you can support FNU. Gifts ranging from donations for operations to trust instruments to testamentary gifts each provide much needed support for our work. Some of the more common methods are:

- **Annual Fund Donations:** Gifts may be made by check or credit card and can support the general operations of FNU, or be restricted to particular programs. You can use the enclosed remittance envelope or make a gift online at www.frontier.edu/online-giving.
- **Stock Gifts:** You can donate your appreciated stock directly to FNU. Please call the Office of Development for instructions.
- **Charitable Remainder Trusts:** These gift instruments allow you and/or your loved ones to benefit from monies placed in the trust during your/their lifetime. Upon the death of the named beneficiary, the remaining balance in the trust is transferred to FNU.
- **Perpetual Income Trusts:** These gift instruments allow the income from monies you place in trust to benefit FNU in perpetuity. The principal of your gift remains intact for the life of the trust, and the income it generates is transferred periodically to FNU.
- **Life Insurance:** You can name FNU as the beneficiary of your life insurance policy, or transfer ownership of the policy directly to FNU.
- **Charitable Gift Annuity:** You can give a one-time gift to FNU in exchange for fixed, recurring payments over the balance of your life. Upon your death, the balance of your original gift is maintained by FNU for its general use.
- **Testamentary Gifts:** You may make provision in your will to provide a specific bequest to FNU, or provide for some or all of your remaining estate to be given to FNU upon your death.

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

FRONTIER NURSING 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