

UMANA's 21st Century Quest: E-Mail Addresses

Once upon a time, not too long ago, UMANA would reach out and touch its members with real pieces of paper, covered in text and colorful postage stamps. Gradually, times changed. UMANA membership grew, the number of letters increased. At the same time, costs began to soar: postage, paper, printing, and processing put a small hole in our budget that begs to be plugged.

Technology to the rescue! As paper fades, UMANA can now reach you electronically. Perhaps it's not the same tactile experience, but at least the message gets across, fast and cheap.

But, there's one thing: **WE NEED YOUR EMAIL ADDRESS.**

Yes, you think we have your electronic address, but it's not as simple as that, even in this technologically sophisticated world. Let's review a few problems we are encountering.

Address Changes

People are increasingly mobile. They move on average once every 8 years. Our members move more often – university, medical school, residency, fellowship, first practice, subsequent practice, retirement; all happen within a short period of time, and who informs UMANA of the changes? Very few individuals do – really, a handful.

The result is we have lost contact with nearly 100 past members, with no way to contact them. This is a major impact on growth and membership. We have tried but largely failed to get valid mailing addresses, both electronic as well as snail mail.

Student.edu Email Addresses

We congratulate students on their accomplishments and understand their enthralment with free university.edu addresses. But there is a problem with them. The day after you graduate, the .edu email ceases to exist – poof! No forwarding, no warning, no way to reach you. So students

please give us your Gmail, Yahoo, or other more permanent email address that will follow you around the country. UMANA will be grateful.

Automated Email Services

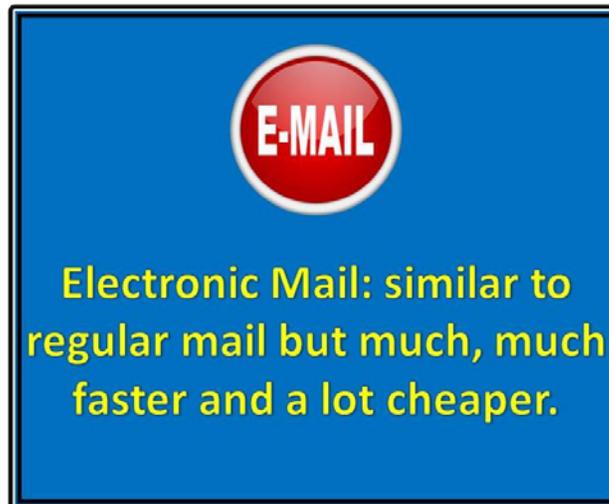
UMANA sends out nearly 500 email notifications via MailChimp on-line marketing service, notifying members of events, obituaries, upcoming conferences, and social gatherings. **Our records indicate a little over 50% of members open these emails. We don't know why!** Do they go to the spam folder? Are they not interesting? Are they missed in the glut of chatter?

Please, next time you see an email from UMANA arrive in your mailbox via MailChimp, click on it at least once, so we can be sure this whole thing works. We promise we won't flood your in-box with useless clutter.

Let Us Know Your Email Address

If you haven't received email from UMANA recently, drop us a line saying, "Here I am; what's up?" to umana@umana.org.

If you are paying dues today, print your email address on the return slip enclosed. We don't sell your address. We don't share your address outside of UMANA. We only want to reach YOU.



UMANA Illinois Debutante Ball
February 10, 2018
On the Ball for Donbas - Helping Children Cope

NOTES ON PEOPLE

The UMANA central office was honored to host two prominent physicians from Ukraine in October. **Dr. Oleg Musii**, deputy chairperson of the Committee of Health in the Parliament of Ukraine (Verkhovna Rada) and vice president of the World Federation of Ukrainian Medical Associations (WFUMA), and **Dr. Mykola Tyschuk**, executive manager of VULT – All-Ukrainian Medical Association, were in Chicago to attend the General Assembly of the World Medical Association. They met with UMANA's Executive Director at the office in the Ukrainian Cultural Center and spent several hours learning about the history of our associations and relating the current state of affairs of Ukrainian medicine. One interesting topic of discussion was the possibility of the World Federation of Ukrainian Medical Association upcoming meeting in 2018 obtaining Category I CME credits for participants. Though the exact mechanism for international recognition is as yet unclear, the parties agreed to explore this opportunity to advance the scope and quality of the biennial conference.



UMANA News

The Newsletter of the Ukrainian Medical Association of North America is published quarterly by UMANA with the objective to promote good fellowship and to uphold and enhance the best interests of UMANA. The newsletter serves as an impartial forum for information for its members. UMANA cannot guarantee the accuracy of all information contained herein. Some information has been obtained from third party published and oral sources and may not have been independently verified. The treatment of articles, views, and opinions expressed in UMANA News is not necessarily endorsed by UMANA.

Distributed to members and friends of UMANA

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The Ukrainian Medical Association of North America



*Oleg Musii, MD, George Hrycelak, MD,
and Mykola Tyschuk MD*

Drs. Musii and Tyschuk took a short tour of the Ukrainian Village and visited the neighboring Ukrainian National Museum. They were both quite impressed with the historical display of both the recent as well as older artifacts treasured by the museum. The visit concluded with a luncheon at the Tryzub Ukrainian Kitchen and with a mutual agreement to maintain collegial contact in future endeavors.



OBITUARIES



CELEWYCZ MD, Bohdan, age 94, *Medizinische Fakultät, Freidrich Alexander Universität, Erlangen, Germany 1948*, member UMANA Illinois Branch, died August 26, 2017.



GOOLEY MD, Myron, age 95, *Medizinische Fakultät, Leopold Franzen Universität, Innsbruck, Austria, 1951*, member UMANA Illinois Branch, died October 19, 2016.



NEBESH-JATSYSHYN MD, Chrystyna, age 50, *Medical College of Ohio, 1995*, member UMANA Ohio Branch, died April 17, 2017.



President's Message

I never expected to be writing this message from Ukraine, but it turns out that the timing is excellent. I've spent the last week visiting health care institutions and organizations in Kyiv, and now it's on to Lviv. While the problems Ukraine's health care system face are well known, the range and scope of initiatives underway is truly staggering. I'll mention just a few.

We can start with the recently passed legislation reorganizing Ukraine's primary care system, an effort spearheaded by former UMANA member Ulana Suprun, now Ukraine's Acting Minister of Health. Parallel efforts are underway in the sector of mental health under the guidance of Ukrainian Catholic University affiliated psychologist Vitaly Klymchuk. UMANA members met Dr. Klymchuk this past June when he presented some of his work at UMANA's Washington, D.C. scientific conference. Dr. Vsevolod Stebliuk, a distinguished military physician

(and combat hero), now directs a program addressing the needs of soldiers suffering from traumatic brain injury and/or post-traumatic stress disorder. Serhiy Bohdanov, a psychologist at Kyiv-Mohyla Academy, is doing pioneering work treating traumatized adults and children while developing preventive measures that can be deployed in affected communities before full-blown syndromes emerge. Valentyn Bebik and Yuriy Nakonechny of Caritas provide humanitarian assistance to survivors of trauma. Roman Woronowycz of USAID in Kyiv serves as a wonderful "clearinghouse" for information about a multitude of initiatives underway in health care all across Ukraine. Roman's wife, Viktoria, has been active in supporting ATO fighters from the beginning of the war. This is just a brief, limited overview of innovative projects underway across Ukraine.

What's all this have to with UMANA? All of the above individuals are devoted, enthusiastic, and, notably, eager for collaboration with counterparts (such as UMANA members) in and out of Ukraine. For example, Dr. Stebliuk would welcome collaboration with U.S.-based colleagues treating TBI, especially in detecting and tracking neuroanatomical correlates of this condition using appropriate research protocols.

Bebik and Nakonechny of Caritas are eager to facilitate training in health care specialties by linking volunteer diaspora professionals with interested groups in Ukraine. Woronowycz mentioned an opportunity of particular interest to UMANA members. USAID Ukraine is looking for Western, Ukrainian-speaking medical professionals to serve as consultants in a variety of specialties. Another presenter at our June conference, Dr. Luke Tomycz, a neurosurgeon in the New York City area who presented his pioneering work in Ukraine at our conference, is recruiting physicians to host Ukrainian counterparts for "observerships" in the U.S.

I hope this gives you a little bit of a feel for the vibrant, dynamic atmosphere that I've found here. This might lead to an irresistible urge to get involved. Even a week or two is enough to make a difference. Getting involved doesn't necessarily mean packing your bags for Ukraine. Getting in touch with these or other counterparts remotely, sharing experiences, data, etc., can be extremely rewarding for all.

And then of course, since we're coming to the season of giving, there's always the option of donating to any of the dedicated groups doing great work in Ukraine. I'm most familiar with the Volunteer Hundred of the Kyiv Central Military Hospital, headed by Nataliya Voronkova. All donations are tax-deductible through the United Ukrainian American Relief Committee. United Help Ukraine and Razom are other wonderful options.

So, please give these ideas some thought as we all head into our holiday celebrations!

Sincerely,
Andriy Ripecky, MD



Dr. Vsevolod Stebliuk welcomes Dr. Ripecky.

UMANA MEMBER NEWS



Nazary NEBELUK, MD (At-Large Branch) is beginning the PhD portion of his combined MD/PhD program at Louisiana State University in microbiology, investigating host-

cell response to viral infection in the lab of Dr. Timothy Foster.



Igor PRUS, MD (Illinois Branch) has joined the Sports Medicine Group at Swedish Covenant Hospital in Chicago, providing full sports services with orthopedic surgeons **Jaroslaw Dzwinyk,**

MD (Illinois Branch) and Denis Williams, MD.



Thomas REGENBOGEN (Michigan Branch) is now practicing hematology and medical oncology at MidMichigan Health in Midland, MI.

UMANA CHAPTER NEWS

Illinois Branch

On August 26, 2017, UMANA Illinois Branch members, led by festival veteran **Ross Kuprien, MD**, manned an informational booth at the annual Ukrainian Days festival, held in the center of Chicago's Ukrainian Village. In addition to medical literature, UMANA Foundation-sponsored Ukrainian language pill dispensers were available at no cost for the visiting public. The young health professionals answered questions and spread the word about healthy lifestyles.



(Left) Taras Slobodian, Bogdana Kostyshyn, Olga Maihutiak, Polina Pilyuyko, Ross Kuprien

On September 15, 2017, the UMANA Illinois Branch held a regular meeting at Tryzub Ukrainian Kitchen dedicated to sharing experiences of physicians who have recently completed their U.S. residencies through the ECFMG international graduate pathway. Many young candidates were greeted by Branch President **Myron**



UMANA Illinois members at screening: (left) Dr. Vasil Truchly, Dr. George Kuzycz, Dr. George Hrycelak, Dr. Andrij Ripecky, Yuriy Luhovy, Dr. Myron Lewyckyj, Zoriana Hrycenko-Luhova, and Dr. Theresa Kuritza

Lewyckyj, MD and host **Olga Maihutiak. Igor Prus, MD**, currently practicing sports medicine at Swedish Covenant Hospital in Chicago, recalled his experiences maneuvering through the system and successfully completing his residency. **Oksana Kushnir, MD** related her experience achieving a residency at St. Mary of Nazareth Hospital. After the discussions, everyone enjoyed delicious appetizers and fruitful networking.

On October 2, 2017, members of UMANA Illinois Branch gathered to view the feature documentary "*Recovery Room*" screened at the Ukrainian National Museum of Chicago. Directed by Adriana Luhovy and produced by Yuriy Luhovy, "*Recovery Room*" tells the story of humanitarian Canadian Medical Missions to Ukraine organized by the Canada Ukraine Foundation. It captures the moving stories and raw emotions of both the injured and medical personnel spanning the period from the Euromaidan to the war in Donbas. The emotional impact of the documentary was evident among the audience, which included a group of UMANA Illinois Branch members (see photo). For further information about screenings in your city, contact Adriana Luhovy at collaborate@adrianaluhovy.com.

New York Metro Branch

On Saturday, September 23, 2017, during the annual St. John the Baptist Church's Ukrainian Festival in Whippany, NJ, UMANA members **Drs. Roksolana Vaskul, Marta Lopatynsky** and **Ruta**



*At the UMANA booth with
Drs. Marta Lopatynsky and Ruta Cholhan*

Cholhan tended a booth where they promoted medical information to the community. In addition, several new physicians and medical professionals were approached to become members. The NY Metro Chapter, and many individual physicians were major sponsors of this annual fundraising event, which was very successful.