

Born in the USA, 1950

UMANA's 70 years of professional service

By George Hrycelak, MD

The Ukrainian Medical Association of North America (UMANA) was born in New York City on January 22, 1950. You can see the birth certificate in the UMANA archives in Chicago. Originally named the American Ukrainian Medical Society, it was conceived in an unusual union with newly arrived Ukrainian physicians embraced in the welcoming arms of the Statue of Liberty.

The early years were inspiring. These physicians, political refugees fleeing an oppressive Soviet regime, were newcomers to a strange land. Myriad obstacles confronted them: a foreign language, new customs, educational and legal hurdles, financial burdens, and the struggle to set one's self up as a productive member of their adopted homeland. The ability to practice medicine, their life's goal and passion, required a difficult path to licensure: months of study and rigorous examinations. Yet most prevailed – their resilience and achievements in overcoming great odds are exemplary.

Professional advancement became a reality, but they yearned for something more.

Something they left behind in Ukraine, a certain social glue uniting health care specialists in a common history. They began to gather, prodded perhaps most by **Dr. Roman Osinchuk**† in New York City, to form a professional association that could address many of the obstacles facing them. And it didn't hurt that they would be able to discuss the swirling politics going on locally and back home.

So it came to be – the American Ukrainian Medical Society, then the Ukrainian Medical Association, and now UMANA. The number of branches expanded slowly, eventually involving the major cities of the United States and Canada, reaching a peak of 18 individual chapters throughout North America.

And UMANA's work never stopped! Since 1950, there has been active leadership elected every two years, with a slate of officers stepping in to continue the tradition. The current president, **Dr. Peter Lenchur**, also of New York City, leads his

colleagues today. Chapter activity has varied due to demographic changes, but the core membership continues to function.

Most encouragingly, membership continues to grow, with now the second and third generations of some of the original founders applying to UMANA, along with a cross-section of Ukrainian-Americans and Ukrainian-Canadians interested in the medical arts.

UMANA publishes a bilingual medical journal, distributes a popular quarterly newsletter, provides a biennial Scientific Conference with CME credit, facilitates education and support for Ukraine's developing medical milieu, and keeps the membership in close contact to exchange ideas, views, knowledge, and maintain the art and craft of medicine for Ukrainians worldwide.

Not bad for a 70-year-old organization started by doctors who couldn't even speak much English. It seems there's an historical imperative for us to keep this thing going!



UMANA CHAPTER NEWS

Illinois Branch

January 12, 2020, the UMANA Illinois branch celebrated its annual traditional Yalynka in the conference facilities of the Selfreliance Federal Credit Union in Ukrainian Village. A festive gathering of members and families enjoyed a delicious luncheon catered by Shokolad Café and hosted by the branch officers, **Dr. Igor Prus, Dr. Olena Gordon and Olia Maihutiak**. Attendees recounted events of the past year, caught up on current happenings, and planned for the future of the branch's activities.



UMANA Illinois branch members at Yalynka



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



NY Metro Branch

December 14, 2019, the NY Metro branch participated in the traditional Yalynka, hosted by the Ukrainian Engineers Society of America, held at the Ukrainian Institute of America in Manhattan. Local and guest members enjoyed a convivial meeting, reminiscing and discussing future branch events.



NY Metro branch at Yalynka 2019

Pennsylvania Branch

December 21, 2019, the Pennsylvania branch met at the home of **Dr. Wasyl Salak**, prolific collector of art and sculpture by Ukrainian artists as well as grateful surgical patients. He was presented with an



Dr. Salak receiving UMANA Pennsylvania award

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OBITUARIES



BUCHOK MD, PhD, Roman, age 90, *Universidad Complutense de Madrid, 1951*, member UMANA Winnipeg Branch, died October 21, 2014.



OUDOVIN RN, Sergij, age 27, Cleveland State University, 2014, member UMANA Ohio Branch, died November 7, 2016.



SNIHUROWYCH MD, Melety, age 89, *Leopold-Franzens-Universität Innsbruck, 1954*, member and former president UMANA Edmonton Branch, died May 30, 2008.



UNIAT DDS, MSc, ND, Joseph, age 87, member UMANA Northern California Branch, died July 26, 2018.



President's Message

This year we are celebrating the 70th anniversary of UMANA. I would like to acknowledge the contributions of many members who over the years lead our organization, helped with organizing medical conferences, published the bilingual medical journal (*JUMANA*) and quarterly newsletter, and supported various missions to Ukraine before independence was even imaginable and after Ukraine became independent.

Lately many of the chapters have significantly increased their activities. As an excellent example I would like to recognize the Ohio chapter of UMANA, where members, under the leadership of the chapter president **Dr. Maria Strus**, have done amazing things, including the packing event - sending 1500 lbs. of supplies for soldiers fighting for freedom in Eastern Ukraine. The Ohio chapter is also actively involved in providing professional medical help to victims of Maidan and ATO. In addition, the chapter has various other activities with large attendance of their members.

It makes me happy and proud that other chapters, including Illinois, Maryland/DC, Michigan, New York Metro, and Pennsylvania, are also experiencing revivals and increased activities. Just look at the previous newsletter (no. 4) for a description of those activities! The New England chapter recently experienced a rebirth! Looks like Montreal is doing the same!

It is my thinking that our successful 45th Scientific Conference and 38th Assembly of Delegates held in Park City, UT last year at least partially contributed to the increased activity by elevating the spirit of members who attended the conference, who then brought fresh ideas back to their chapters.

I would like to report to you that at our recent UMANA Board of Directors meeting, which was held a few days ago, on February 6, 2020, among the various issues discussed was selection of the location and topic of the upcoming Biennial conference for 2021. President elect **Dr. Leo Wolansky** presented the board with ideas that were well received. Location and topic are largely set. I will keep you in suspense! You will be not disappointed, so please tune in to the next few issues of our newsletter.

Sincerely,
Petro Lenchur, MD

UMANA CHAPTER NEWS

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award (hramota) for his distinguished work and commitment to the Pennsylvania branch of UMANA.

Maryland Branch

December 12, 2019, the Maryland branch of UMANA met for a meet and greet and business meeting at Ruth's Chris' Steak House in Vienna, VA. After-dinner discussions included a report of the "Emerging technologies and countermeasures to CBRN agent response to conflict and security challenges in East Ukraine" conference in Dnipro, Ukraine, November 11-15, 2019. **Yaromyr Oryshkevych, DDS** surprised attendees with an article and insightful comment on "Periodontal Disease Bacteria Linked to Alzheimer's Disease" (<https://www.perio.org/consumer/alzheimers-and-periodontal-disease>). **Roxolana Horbowyj, MD, FACS** presented



Maryland DC Metro branch meeting

"Lifestyle Medicine for Leaders", slides courtesy of Dr. Beth Frates (Harvard University). Attendees discussed LSM (www.lifestylemedicine.org), its coaching approach, an 18-hour coaching course, and preventative medicine pitfalls and challenges in primary care and family practice, as well as a potential Chapter Community Outreach Project on this topic in 2020.

Michigan Branch

December 2019 members of the Michigan branch attended their annual Christmas brunch at The Whitney in midtown Detroit. A good time was had by all.



UMANA Michigan branch at The Whitney

UMANA MEMBER NEWS



Tamara **BOZIO-BALCERZAK, RN-BC, BSN** (Illinois Branch) has been a registered nurse for 3 years and has recently started studies toward a Family Nurse Practitioner Master's program. She also got married in August 2019.



Olena **GORDON, MD** (Illinois Branch) opened a solo practice, Wellness Medical Center, in Niles, IL.



Olha **HALYABAR, MD** (New England Branch) is a pediatric rheumatologist at Boston Children's Hospital. She co-authored the 2nd edition of the first Ukrainian book on juvenile idiopathic arthritis.



Joseph **HURYN, DDS** (NY Metro Branch) has been elected Vice President of the American Academy of Maxillofacial Prosthetics.



Lillia **KHUDA, MD** (Illinois Branch) finished Ivano-Frankivsk National Medical University in 2018 and is now preparing for the USMLE.



Orysia **KOZICKY, MD** (NY Metro Branch) graduated in internal medicine at Icahn School of Medicine Mount Sinai Beth Israel in June 2019 and stayed at the institution as a Chief Resident. Recently she has matched for a fellowship at the University of Pittsburgh Medical Center in rheumatology.



Andrea **MARUSHKA, OTD** (Illinois Branch) was invited to speak at the inaugural conference of the Society of Occupational Therapists, in Kyiv, Ukraine, in October 2019 as an international member. Sponsored in part by the UMANA Foundation, Dr. Marushka taught over 400 students, physicians, and occupational therapists.



Ivanna **MURSKYJ, MD** (Michigan Branch) started her residency in internal medicine at Henry Ford Hospital in Detroit, MI.



Luba **PETRUSHA, MD** (Michigan Branch) still volunteers in Ukraine each summer with UCARE Inc., running a summer camp for orphans and foster children.



Chrystyna **PRYTULA-KUZMOWYCH, OD** (Maryland Branch), though retired, is a volunteer credentialed provider at Walter Reed National Military Center, where she sees post-operative patients in the Refractive Laser Center.

Jurij **RYBAK, MD** (NY Metro Branch), together with his wife Anna Ortynskyj, donated part of their art collection to the Ukrainian Museum in New York. It is currently on display at the museum.



Adrian **SOSENKO, MD** (Illinois Branch) is currently a 2nd year urology resident at Penn State Health. He completed his general surgery residency at the University of Massachusetts in Worcester, MA, where he also met his wife. Adrian's two abstracts were accepted for podium presentations at the annual meeting of the American Urological Society in Chicago, IL. He plans to practice with his father, Dr. George Sosenko, in Chicago.



George W. **TURIANSKY, MD** (Maryland Branch) has retired as Professor of Dermatology from the Uniformed Services University of the Health Services. He had retired from the U.S. Army in 2015 with the rank of Colonel.



Inia **YEVICH-TUNSTALL, MD** (Maryland Branch) retired from her dermatology practice in 2017 but considers herself an active member of UMANA.

Latest Emerging Chapter News

Dr. Andreas Bojko has informed the UMANA office that the New England Branch is making plans to reactivate the chapter at an April 2020 organizational meeting.

We are exchanging data to update membership lists and to notify all members in the geographic area of the upcoming event. Check the 'Events' section of our website, www.umana.org, for further information as it becomes available.