UMANA... At the Edge of 70
By George Hrycelak, MD

Next year, UMAMA will celebrate its 70th birthday. Last year, I did the same. At least we have some things in common. It may be beneficial to reflect for a moment on the achievements of our pioneering precedents and the results of their visionary undertaking.

First, the Ukrainian Medical Association of North America (UMANA) has been, and remains, the largest continuously active Ukrainian-American professional organization in existence. If there are any others, please name one. It has maintained a steadfast course since 1950, with no interruption of service to its members throughout its existence.

Second, UMAMA's founding fathers hoped, but certainly could not imagine, that their fledgling group would not only survive the formative years, the Cold War, the collapse of the USSR, and the turbulent independence of Ukraine but would continue to function and grow well into the new millennium.

Third, UMANA is eagerly embracing the 3rd generation of medical membership. The grandsons and granddaughters of the originators are now finishing medical and dental schools and requesting, with vigor and intensity, membership in their own, proudly ethnic, professional association.

Fourth, the organization continues to evolve, responding to changes in medical demographics. The board of directors is now elected from candidates spanning North America, and membership has been expanded to include affiliated healthcare professions.

Fifth, over 500 members form a dedicated network of health professionals who work together to exchange ideas, debate issues, and concern themselves with the health of Ukrainians worldwide.

Sixth, UMAMA provides a central location and clearinghouse in Chicago to maintain a unified representation for healthcare professionals of Ukrainian descent; provides social opportunities to meet other Ukrainian professionals and establish networking opportunities; assists students pursuing careers in healthcare fields; honors and publicizes the contributions of Ukrainian physicians, dentists, and related health specialties; supports projects intended to benefit the Ukrainian community worldwide.

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XLV UMAMA Scientific Conference, Park City, Utah June 19-23, 2019

Awesome News for UMAMA!

One of UMAMA's original chapters, New England (No. 9), after several decades of inactivity, is showing signs of organized life. At a party on May 5, 2019, at the home of Dr. Maria and LJ Briggs, members gathered together to formally revive UMAMA Branch 9. Andreas Boyko, MD graciously accepted the leadership position and will be organizing the future of the group. We wish the New England Branch all the best. It will be the first reactivated branch in the last 20 years, and an optimistic sign of UMAMA's growth and renewal. The branch has a growing list of new members and a bright future for itself and UMANA.
Thank You for Your Continued Support of Wounded at Kyiv Central Military Hospital!

By Andriy Ripecky, MD

According to Ukraine’s Ministry of Defense, during this past April alone, 14 soldiers were killed and 40 were wounded. This is a stark reminder of the immense toll that Ukraine’s war continues to extract on its people.

One small but meaningful way to help is to support the work of the Volunteer Hundred at Kyiv’s Central Military Hospital. The Volunteer Hundred provides for the needs of wounded soldiers and their families. All funds we collect are directed for this purpose. Your donations provide items not covered by the hospital such as outpatient medications, adaptive equipment, transportation for follow-up visits, and other necessities.

Through a partnership with the United Ukrainian American Relief Committee (UUARC), monetary contributions have been collected for these critical needs. Since the need endures, please continue to donate generously by sending your tax-deductible contribution, made out to UUARC, to:

Andriy Ripecky
6230 North Mandell Avenue
Chicago, IL 60646

Andriy Ripecky with the Volunteer Hundred leadership.
From left: Liliya, Olena, and Tanya. October 2018
President’s Message

As I write this last message, I reflect on my two years as UMANA’s president. I am grateful for the opportunity to have served in this role. It has allowed me to connect with many accomplished, idealistic people, both here and in Ukraine, united by their dedication to our commonly held values of respect for human rights, democracy, and reform.

I’ve been most inspired by Ukrainian medical professionals treating victims of the ongoing war and struggling to modernize a broken healthcare system. Dr. Vsevolod Stebliuk, for example, a hero of the battle of Ilovaisk, is a military physician treating TBI and PTSD. Dr. Serhiy Bogdanov is a researcher at Kyiv-Mohyla Academy investigating population-based approaches to treating traumatized people. Dr. Ihor Linskyy is the Director of Psychiatry at Kharkiv’s National Institute of Mental Health, studying the adverse societal impacts of substance abuse. And of course, Ukraine’s Acting Minister of Health Dr. Ulana Suprun is overseeing a massive national reform of healthcare.

These connections have energized me and many of my UMANA colleagues during this time of change and uncertainty in Ukraine. As president, I made an effort to connect UMANA with the work of Ukrainian reformers on the ground. The response from Ukrainians I interacted with was of deep appreciation for the moral support from UMANA and the diaspora. Our community’s recognition and validation of reform efforts has a tangible positive impact. I’m mentioning this because, helpful as it is, it needs to be maintained over time and changing circumstances.

Ukraine’s recent presidential election is certainly an example of these changing circumstances. Most of my dynamic, idealistic, reform-minded Ukrainian colleagues were disenchanted by the election outcome, as were most diaspora Ukrainians. This disenchantment can easily lead to disillusionment and a decline in enthusiasm for our work at the very time that we need to be more involved, not less. Ukraine continues to rebuild, and healthcare reform and modernization is central to this.

I hope that all of us in UMANA who have participated in these efforts will continue to do so and that those who’ve considered participating will decide to take the plunge. Our upcoming conference this June will provide an ideal setting for a discussion on how to further develop UMANA’s partnership with Ukraine’s medical community. I look forward to hearing your thoughts.

Sincerely,
Andriy Ripecky, MD

UMANA CHAPTER NEWS

Illinois Branch

The Illinois branch will be holding its first meeting of 2019 on May 19, at Pinstripes (Bistro Bowling and Bocce) in the historic River East Art Center. Igor Prus, MD, branch president and sports medicine specialist, will discuss “Motion and Health” and the importance of exercise and a healthy lifestyle.

Pennsylvania Branch

The Pennsylvania branch held its general meeting May 4, 2019, in King of Prussia’s Maggiano’s restaurant. Eighteen dedicated members elected new officers for the 2019-2021 term: President Ihor Fedoriw, OD, Vice-President Roman Pravak, MD, Secretary Laryssa Hud-Olszewski, MD, Treasurer Oksana Balarowich-Hud, MD, Members-at-large Larissa Bilaniuk, MD, Peter Kozicky, MD, and Mark Shust, OD. Among items discussed, the branch is continuing a joint project with UUARC to provide sunglasses for Ukrainian soldiers; the branch recognized Wasyi Salak, MD with a plaque honoring his long-term service and loyalty to UMANA; proposed Soyuzivka as a venue for future UMANA Scientific Conferences; and, plan a meeting with newly-appointed Metropolitan and Archbishop Boris Gudziak to celebrate his close family ties with the medical profession.

-By Laryssa Hud-Olszewski, MD
Markian BOJKO, MS-3 (New England Branch) is finishing the Masters program at Drexel University and will be starting his 4th year of medical school while looking forward to the start of his residency.

Christina DUZY-J-BUNIAK, MD, MPH (NY Metro Branch) has been named Director of the Maternal Fetal Medicine fellowship at Rutgers Robert Wood Johnson Medical School in New Jersey.

Bohdan HRECZNYJ, MD (At-large Branch) has assumed the position of interim Chief Medical Officer at the Steward Health Choice in Flagstaff, AZ.

Viktoria KRAJNC, MD (At-large Branch) is a 2nd year resident in family medicine at the University of Arizona Phoenix Banner Health System, after graduating from Wayne State University School of Medicine in 2017.

Mila LUCHAK MD (Edmonton Branch) has completed her training as a family physician and is now working toward a dual certification in the specialty of Public Health and Preventive Medicine.

Anar MIKAILOV, MD, FAAD (New England Branch) is the Director of Inpatient Dermatology at Lahey Medical Center in Burlington, MA, and co-director of the High Risk Skin Cancer Clinic. His two young daughters keep him busy, but he is interested in tele-dermatology with Ukraine.

Taras NEBELUK, DO (NY Metro Branch) will complete his internal medicine residency in June 2019 and will start an infectious diseases fellowship at Louisiana State University in New Orleans in July.

Danielle OWERKO, MS-4 (Illinois Branch) will start her residency in pediatrics at the Medical College of Wisconsin Children’s Hospital after graduating Alpha Omega Alpha with honors from the University of Illinois.

Catherine POPADIUK, DO (UMANA Member-at-large) completed her residency in internal medicine and received Board certification in October 2018. She is currently stationed at Naval Base Kitsap-Bangor, WA, serving as an internist. (Photo corrected from previous issue.)

Emilia RAVSKI, DO (Southern California Branch) trained in physical medicine and rehabilitation at New York University, Rusk Institute of Rehabilitation Medicine, and completed a sports medicine fellowship at the University of Pittsburgh. She currently practices sports medicine in a private practice setting in Orange County, CA.

Adriana SALDAN, MS-4 (Illinois Branch) has matched to the transitional year and residency in diagnostic radiology at St. Francis Hospital in Evanston, IL.

Wira SLOBODIANIUK-TRIGOS, MD (Pennsylvania Branch) finds herself somewhat short of friends at age 93 but has her watercolors to keep her busy.

Lyda TYMIAK-LINDELL, MD (Florida Branch) has retired from a 30 year practice of ophthalmology and completed a fellowship in functional medicine from the University of South Florida and the Academy of Anti-Aging Medicine. Watch for the blog she will be starting this year.

DonalDB.ZALUCKY, DDS (NY Metro Branch) retired from active dental practice July 2015. He now serves as Service Officer at the American Legion Post 48, Guilford, CT, Ukrainian American Veterans Post 33, New Haven, CT, and UAV State of Connecticut.

UMANA Member Extraordinaire!

There are few members more dedicated than Myroslawa Iwanciw, DMD, PhD. There are no better role models for our members as this dedicated professional. Recently, she completed 100 years of productive personal life. Mnohaya lita! One other fact: she always pays her UMANA dues regularly, on time, and is paid up through 2019! Thank you, Dr. Iwanciw; you set an example for our membership and mark the standard to which all of our members should strive.

Myroslawa Iwanciw, DMD, PhD