

UMANA... At the Edge of 70

By George Hrycelak, MD

Next year, UMANA 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, UMANA'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, UMANA 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 UMANA Scientific Conference, Park City, Utah June 19-23, 2019

Awesome News for UMANA!

One of UMANA'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 UMANA 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 UMANA's growth and renewal. The branch has a growing list of new members and a bright future for itself and UMANA.



UMANA New England Branch revival

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



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



*Andriy Ripecky with the Volunteer Hundred leadership.
From left: Liliya, Olena, and Tanya. October 2018*

UMANA at the Edge...

Continued from front

Seventh, through its sister educational UMANA Foundation, UMANA has awarded to date 57 yearly scholarships for medical and dental students in the U.S. and Canada and funds teaching and learning efforts in North America and Ukraine, such as 572 students already awarded CPR and First Aid certificates.

UMANA provides biennial learning opportunities for Continuing Medical Education credits in various cities in North America, such as the upcoming 45th Scientific Conference in Park City, UT, June 19-23, 2019. All in all, your membership works for you. It unites our members in a common vision and history. The first 70 years have proven themselves. The next 70 depend on your involvement. What say you?



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 Linsky 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 Baltarowich-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



UMANA Pennsylvania branch

branch recognized **Wasył 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

UMANA MEMBER NEWS



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 **DUZYJ-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.



Donald B. **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