

THE "ELEVATOR SPEECH"

By Kristen Magnacca

Editor's Note: The following is an excerpt from Kristen's most recent book, Love and Infertility - Survival Strategies for Balancing Infertility, Marriage and Life, in which she suggests a creative strategy for answering those difficult and intrusive questions from family, friends, and acquaintances.



I dreaded going to holidays or group functions when we were in the baby-creating mode because—inevitably—someone would ask THE question. "So, when are you two going to have a baby?" Aunt Clarice would ask.

This question sent me into a panic. Scanning the room in vain for my husband Mark to come to my rescue, I repeated the question back to my relative in hopes of buying myself some time to come up with a better reply. "What? When are we going to have a baby?" I squeaked out.

A male friend of Mark's once explained to me that when a man answers a question with "What?" it's like oxygen to them, giving their brains a chance to figure out how to answer the question or get out of the situation altogether. It wasn't until we were in the baby-creating mode that I fully understood and implemented the "What?" response.

That simple "What?" gave me extra seconds to navigate through difficult questions and observations: "When are you going to have a baby?" "Don't you want children?" "Boy, it takes you a long time to get pregnant!" And so on and so on. Of course, the "What?" tactic would only take me so far. Though good for use against surprise attacks, it earned only mere seconds. Then it would be back to me standing there, mouth half-open, panicked, searching the room for Mark to come and rescue me. At that stage, I was paralyzed by both the question and the anticipation of being questioned. This fear kept me home many nights.

Then Mark had a brilliant idea. Enter lucky Strategy Thirteen, "The Elevator Speech."

Mark uses this speech technique in one of our seminars. Through this seminar, Mark helps salespeople and financial advisors create a compelling thirty-second script to explain what they do and why a potential client might want to learn more about their services. The goal is to create a quick speech that will get your point across to someone in the time it takes for an elevator to go from one floor to the next.

Mark's brilliant idea was to apply this strategy to answering the questions about our plans for creating a family. This method worked wonders for me and took away the feelings of dread I'd attached to attending group functions. Being armed with a script will give you a feeling of security, and will empower you to enough to avoid those emotional breakdowns that can leave you in tears and gasping for breath.

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QUARTERLY NEWSLETTER WINTER 2006

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EDUCATIONAL PROGRAMS WINTER 2006

- Adoption Decision Making Series
- Donor Egg Decision Making Series
- Practical and Emotional Issues of Donor Egg
- Creating a LifeBook
- Evaluation of Ovarian Reserve and Treatment of Poor Responders
- Int'l Adoption: Which Country is Right for You?
- Speaking Openly to Your Kids About Adoption
- The ABC's of Adoption
- Stopping at One

RESOLVE INFORMATION

RESOLVE BOARD & STAFF

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National Benefits include:

Family Building Magazine — published quarterly.

Medical Telephone Helpline — 888-623-0744, on Wednesdays from 1–4 p.m. to speak with the Medical Counselor.

Discounts on RESOLVE literature — a variety of written materials on every aspect of infertility.

Also — Physician Referral Service, Advocacy for Legislative and Insurance Reforms, and National RESOLVE's comprehensive website: www.resolve.org

It's easy to become a member of RESOLVE. Simply fill out the form on the back and mail / fax it today.

Household membership: \$ 55
Professional membership: \$150

Member Benefits

RESOLVE of the Bay State is the Massachusetts Chapter of RESOLVE, Inc. Join the Bay State Chapter and you automatically become a member of National RESOLVE.

Bay State Membership Benefits include:

Chapter Helpline — 781-890-2225, for information and support from a trained callback volunteer.

Bay State Newsletter — published quarterly.

Insurance Call-in Hours — 781-890-2225, for assistance with your insurance problems or insurance coverage denials. Check our website for scheduled hours.

Educational Programs — varied monthly presentations by experts in the fields of infertility or adoption. Also multi-week seminar series providing an in-depth look at one topic.

Professionally-Led Support Groups — a variety of time-limited groups that meet on a weekly basis, for women and couples, led by a licensed therapist. Many members state that their support group participation was the best thing they did for themselves during their infertility.

Monthly Peer Discussion Groups — open forums held at various locations providing information and support to people interested in learning more about their infertility and RESOLVE. Groups focusing on specific areas of interest are held in our Waltham office.

Discounts — members can attend all Peer Discussion Groups free of charge and receive substantial discounts on programs and literature.

Annual Conference — a day-long educational event with over 40 workshops focusing on infertility treatment, emotional issues, donor egg and adoption.

Directory of Services — a resource book of infertility and adoption services published annually.

Advocacy — for protection of the Massachusetts insurance mandate and continued legislative and insurance reform.

Member-to-Member Connection — members are matched with member volunteers who share similar experiences or who have a specific area of expertise.

Chapter Library — located in the Waltham office. Call for hours.

Volunteer Opportunities — we depend on volunteers for many of our services. Feel good helping others facing similar challenges.

.....
Directions to the Chapter Office — 395 Totten Pond Rd., Suite 403, Waltham

From points North - 128/95S to exit 27A - Totten Pond Rd. Exit right onto Totten Pond Rd. Go through 2 sets of lights (close together.) Go 0.3 miles (pass Best Western & Naked Fish Restaurant.) On the left look for sign "Totten Pond Office Park 375, 391, 393, 395." Enter into bldg #395.

From points South - 128/95N to exit 27A - Totten Pond Rd. Exit forks. Take left fork (Totten Pond Rd, Waltham Ctr) onto Totten Pond Rd. Go 0.3 miles (pass Best Western & Naked Fish Restaurant.) On the left look for sign "Totten Pond Office Park 375, 391, 393, 395." Enter into bldg #395.

EDUCATIONAL PROGRAMS

RESOLVE of the Bay State is pleased to announce our WINTER Programs, designed to provide information and support to people experiencing infertility. Meetings combine formal presentations with ample opportunities for discussion with presenters and members of the audience.

FEES: (unless indicated otherwise) RESOLVE members, \$10 per person; non-members, \$20 per person

Register in advance for these programs by calling 781-890-2225 or emailing the office at admin@resolveofthebaystate.org

Practical and Emotional Issues of Donor Egg

with Ellen Glazer, LICSW, therapist and author of "Having Your Baby Through Egg Donation," and Amy Demma, Esq., Director of Tiny Treasures, LLC an Egg Donation Facilitation Agency

Explore the issues to consider when making the decision to pursue donor egg as a family building option. The program will include what to think about when you are trying to find the right donor for you.

Where: Eliot Church of Newton, 474 Centre St., Newton Corner, in the Parlor

When: Monday, January 30, 2006, 7:00 - 9:00 p.m.

Creating a LifeBook

with Elizabeth Ekborg King, Twice Adoptive Mom & Creative Memories Consultant

A LifeBook is a record of an adopted child's birth and early life that uses words, photos, the child's artwork, and memorabilia to tell the story. Whether you are just starting your paperwork or your adoption has been completed, families at all stages in the adoption process are invited to this workshop that will orient you to making this important tool and treasure for your child.

What does it take to create a LifeBook? What is age appropriate? How do you use this highly effective tool to help build self esteem? Where do I find the best materials to create it? Attend this workshop and find out the answers to these questions and more! Bring your own scrapbooking materials. Please e-mail for registration form: eeking@norwoodlight.com or call 781-439-5680.

Where: Custom Art Framing Learning Annex (2nd Floor), 681 Washington St., Norwood, MA

When: Sunday, February 5, 2006, 4:00 - 6:00 p.m. Optional: Stay for scrapbooking until 9:00 p.m.

Fees: \$15 / person

Evaluation of Ovarian Reserve and Treatment of Poor Responders

with Dr. Marcus Jurema of Women & Infants' Hospital, RI

This program covers ovarian reserve, the tests (FSH levels, etc.) that are available to evaluate it, and implications for treatment outcome. Also learn about treatment options and lab findings of the "poor responder."

Where: Dedham Community Association, Hansen Hall, 671 High St., Dedham, MA 02026
Parking is available in building lot, and there is on-street parking on High St., and at the Registry of Deeds lot at the corner of High St. and Ames St.

When: Wednesday, February 8, 2006, 7:00 - 9:00 p.m.

International Adoption: Which Country is Right for You?

Making the choice to adopt internationally can seem like an overwhelming proposition – there are so many agencies to consider, so many country programs to evaluate, certain criteria that must be met for each, as well as your own criteria as an adoptive parent. Discussion points include a brief overview of country programs available and criteria for each, tips on choosing an agency, and advice on where to go to get more information. The session also helps attendees to prioritize the broad range of issues involved and helps outline key decision points in the process.

Where: Eliot Church of Newton, 474 Centre St., Newton Corner, MA, in the Parlor

When: Monday, February 13, 2006, 7:00 - 9:00 p.m.

EDUCATIONAL PROGRAMS CONT.

RESOLVE of the Bay State is pleased to announce our WINTER Programs, designed to provide information and support to people experiencing infertility. Meetings combine formal presentations with ample opportunities for discussion with presenters and members of the audience.

FEES: (unless indicated otherwise) RESOLVE members, \$10 per person; non-members, \$20 per person

Register in advance for these programs by calling 781-890-2225 or emailing the office at admin@resolveofthebaystate.org

Speaking Openly to Your Kids About Adoption

For many adoptive parents and children, the experience of adoption can be bittersweet – evoking the full range of human emotions. This interactive session provides adoptive parents with a basic framework for speaking openly, honestly, and lovingly to adoptive children about their personal adoption experience, as well as the issue of adoption in general. Issues discussed include examining your own feelings about your experience as an adoptive parent; knowing when, what, and how much to share with your child; advice on how to answer children's questions, assuage their fears and concerns, and dealing with the complex emotions both of you may be feeling.

Where: Dedham Community Association, Hansen Hall, 671 High St., Dedham, MA 02026
Parking is available in building lot, and there is on-street parking on High St., and at the Registry of Deeds lot at the corner of High St. and Ames St.

When: Monday, February 27, 2006, 7:00 - 9:00 p.m.

The ABC's of Adoption

In this introductory session, prospective parents get a broad overview of the adoption landscape, including both domestic and international adoption programs. Topics discussed include tips on how to get started, selecting an agency or attorney, the home study, emotional and legal risks, costs, timeframes, issues of agency, and more.

Where: Eliot Church of Newton, 474 Centre St., Newton Corner, MA, in the parlor

When: Monday, March 6, 2006, 7:00 - 9:00 p.m.

Stopping at One

with Ann Horwitz, Ed.D., and a panel of parents

You have a child, whether through ARTs, adoption, donor egg/sperm, or surrogacy. Now you are wondering whether to stop at one or grow your family. Come hear parents, each of whom has one child, talk about their experiences. This program will address the following questions and more:

- Can I/we go through another process to have a second child?
- Do I want another child for me, my partner/spouse, or for my child to have a sibling?
- How can my partner/spouse and I resolve our differences when one wants to stop and the other wants a second child?
- What if we both want another child, but disagree on how to grow our family?
- If we choose to stop at one, what are the issues that face families with one child?
- What should we anticipate from the schools, our families, and the culture regarding perceptions about families with one child?
- How can we raise our child without the label "only child"?

Where: Boylston Place, 2nd Floor Cinema Room, 615 Heath St., Chestnut Hill, MA 02467

When: Wednesday, March 21, 2006, 7:00 - 9:00 p.m.

ADOPTION DECISION MAKING SERIES

This series is designed to * Guide you through the maze of adoption issues and options. * Help you gather information from top adoption professionals in one place. * Offer opportunities for dialogue with others making the same kinds of decisions to form their families.

Two Saturdays, 10:00 a.m. - 3:00 p.m.

January 28, 2006 & February 4, 2006

at Newton Wellesley Hospital in the Allen Riddle Bldg* (1st Fl), 2014 Washington St., Rt 16, Newton, MA

** The Allen Riddle Building is a red brick bldg located to the left and behind the main hospital. Parking is available to the left, right and straight ahead.*

Saturday, January 28, 2006

Morning, 10:00 a.m. - 12:00 p.m. — Adoption Decision Making

Discussion of how you make the emotional leap to adoption, led by an adoption counselor. Includes strategies for couple decision-making throughout the adoption process; discussion of the many decisions along the way; overview of the adoption process — from application through placement.

Afternoon, 1:00 p.m. - 3:00 p.m. — International Adoption

In-depth overview of the experience of international adoption, with a panel of international adoption specialists including adoption agencies and social workers. Covers factors in picking an agency, a country (i.e., parent age, travel and time, age and experience of pre-adoptive children, and medical issues) and issues surrounding transracial and transcultural adoptions.

Saturday, February 4, 2006

Morning, 10:00 a.m. - 12:00 p.m. — Domestic Adoption

In-depth overview of the experience of domestic adoption, with a panel of domestic agencies, adoption attorneys, and social workers. Will cover traditional in-state agency adoptions as well as the growing trend toward the use of out-of-state agencies, attorneys, and facilitators to identify birth parents looking to make an adoption plan.

Afternoon, 1:00 p.m. - 3:00 p.m. — Adoptive Parents and Birth Parents Talk about Adoption

Panel discussion with parents that have experienced adoption from each side. Panelists will include adoptive parents and birth parents. Will cover real life stories and allow time for plenty of questions. Wrap up will include discussion of next steps and where participants can find continued support.

ADOPTION DECISION MAKING SERIES REGISTRATION FORM

If you are not yet a member, join now and save on registration fees.

MEMBERSHIP: \$55 individual or household \$150 professional

FEES: RESOLVE Members: \$100 individual \$175 couple

Non-Members: \$125 individual \$250 couple

Please bring your own lunch. Cafeteria is available in the NWH main building.

TOTAL FEE: \$ _____

Check American Express VISA Mastercard Discover

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Please include all information below so we may contact you in case of weather cancellation or schedule changes.

Name(s): _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **email:** _____

DONOR EGG DECISION MAKING SERIES

*This series is designed to * Guide you through the maze of donor egg issues and options * Help you gather information about the donor egg process and parenting through donor egg * Offer opportunities for dialogue with others who have made the same kinds of decisions to form their families.*

Two Saturdays, 1:00 p.m. - 5:30 p.m.

February 25, 2006 and March 4, 2006

at The Scandinavian Living Center, Nordic Hall, 206 Waltham St, West Newton, MA 02465

Saturday, February 25, 2006

Session 1: 1:00 p.m. - 3:00 p.m. — Psychosocial Issues

A therapist discusses the emotional issues for women and men, and the ethical issues to consider. Nancy Docktor, RNCS, Fertility Centers of New England

Session 2: 3:30 p.m. - 5:30 p.m. — Preparing the Way for Egg Donation

Introducing this session will be a presentation on insurance coverage for donor egg with Carol Thompson of Reproductive Science Center. Following will be the medical overview of the donor egg process, and information about donor screening and the coordination of the donor with the recipient. Known and anonymous donors will be discussed. Dr. Kim Thornton and Karen Katz, RN, Donor Egg Coordinator, Boston IVF

Saturday, March 4, 2006

Session 1: 1:00 p.m. - 3:00 p.m. — Finding a Donor and the Legal Issues

Finding a donor using an egg donation agency. Legal issues and contract will be discussed. Amy Demma JD of Tiny Treasures, LLC, Egg Donation Facilitation Agency and Robert Nichols, Esq., P.C. Egg Donation and Surrogacy.

Session 2: 3:30 p.m. - 5:30 p.m. — Group Discussion About Issues: Donors & Recipient Parents Speak

A panel consisting of a donor and parents through donor egg will talk about their experiences and answer questions. Included will be a discussion of how parents talk with children about their origins. Moderated by Jeanie Ungerleider, PhD of Boston IVF.

DONOR EGG DECISION MAKING SERIES REGISTRATION FORM

If you are not yet a member, join now and save on registration fees.

MEMBERSHIP: \$55 individual or household \$150 professional

FEES: RESOLVE Members: \$100 individual \$175 couple
Non-Members: \$125 individual \$250 couple

TOTAL FEE: \$ _____

Check American Express VISA Mastercard Discover

CC#: _____ **Expiration Date:** _____

Signature: _____

Please include all information below so we may contact you in case of weather cancellation or schedule changes.

Name(s): _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **email:** _____

EVENTS CALENDAR

KEY: EP: Educational Programs SS: Seminar Series
 GID: General Infertility Discussion Group TDG: Topic-Oriented Discussion Group

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12 TDG - Adoption	13	14
15	16	17	18	19 GID - Stoughton	20	21
22	23 GID - Worcester	24	25	26 TDG - Donor Egg Insurance Call-In Hours	27	28 SS - Adoption Decision Making Series
29	30 EP - Practical and Emotional Issues of Donor Egg	31 TDG - Secondary Infertility				



February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 TDG - Pregnancy Loss	2	3	4 SS - Adoption Decision Making Series
5 EP - Creating a Lifebook	6	7	8 EP - Evaluation of Ovarian Reserve and Treatment of Poor Responders GID - Waltham	9	10	11
12	13 EP - International Adoption - Which Country is Right For You? GID - Worcester	14	15	16 GID - Stoughton	17	18
19	20	21	22	23	24	25 SS - Donor Egg Decision Making Series
26	27 EP - Speaking Openly to Your Kids About Adoption	28 Insurance Call-In Hours				

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 TDG - Adoption	3	4 SS - Donor Egg Decision Making Series
5	6 EP - The ABC's of Adoption	7	8 GID - Waltham	9 TDG - Donor Egg	10	11
12	13	14 TDG - Secondary Infertility	15 TDG - Pregnancy Loss	16 GID - Stoughton	17	18
19	20 GID - Worcester	21 EP - Stopping at One	22	23	24	25
26	27	28	29	30	31	



RESOLVE PROFESSIONALLY-LED SUPPORT GROUPS

Traditional Support Groups are led by an experienced mental health professional and usually meet for 10 - 12 weeks. Groups include:

- **Women's Primary Infertility Group** — This group focuses on the overall experience of infertility; coping with friends, family, the couple relationship, treatment options and decision making. For women who have primary infertility (no children).
- **Couples' Primary Infertility Group** — This group focuses on the overall experience of infertility; coping with friends, family, treatment options and decision making. Special attention is paid to effects on the couple.
- **Women's Secondary Infertility Group** — This group focuses on the special issues of combining parenthood and infertility treatment. For women who have at least one child and are experiencing secondary infertility.
- **Donor Egg Group** — This group focuses on the issues and challenges for those considering, or who have decided to, use donor egg to build a family.
- **Pregnancy After Infertility Group** — This short-term group is for women who are experiencing anxiety and concern about being pregnant after infertility treatment.

Groups form as soon as there are enough interested group participants. Some groups form quickly (1-2 months) and others take longer to form. You should apply as soon as you think you may be interested to ensure your involvement in a group when you really need it. Fees: \$25 per person, \$40 per couple, per meeting. RESOLVE membership is required. You can print out, complete, and mail or fax us the support group application on our website.

PEER DISCUSSION GROUPS - GENERAL INFERTILITY

Waltham

RESOLVE office, 395 Totten Pond Rd.,
Suite 403
Wednesdays, 7:00 – 9:00 p.m.,
February 8 & March 8

Stoughton

Whole Person Health, 294 Pleasant St
(Rte 139)
Thursdays, 7:00 – 9:00 p.m.,
January 19, February 16
& March 16

Worcester

Tatnuck Park at Worcester,
340 May St, The Activities Rm.
Mondays, 7:00 - 8:30 p.m.,
January 23, February 13,
& March 20

PEER DISCUSSION GROUPS - TOPIC-ORIENTED

These meetings are all held in our Waltham Chapter Office, 395 Totten Pond Rd., Suite 403, Waltham

Pregnancy Loss Discussion Group

This group will focus on support and acceptance for individuals who have experienced miscarriage /stillbirth/ectopic pregnancy/ recurrent pregnancy loss. Come and talk with others about the impact of loss on all aspects of life, the emotional and psychological experiences of grief and loss, coping strategies, decision making, and how to move forward.

Wednesdays
February 1 & March 15
7:00 - 9:00 p.m.

Donor Egg Discussion Group

Are you considering donor egg as a way to build a family? Are you in the process of donor egg or parenting children through egg donation? Join us for an open discussion of the issues, decisions, and emotions surrounding this family building option. This group will be led by Cara Birrittieri, a mom through donor egg who has just authored a book that discusses donor egg.

January 26 & March 9
7:00 - 9:00 p.m.

Adoption Discussion Group

Join us for an open discussion led by an adoptive mom. Bring your questions, concerns, and ideas to be shared with others who are exploring adoption or are in the process of adopting. Find some answers and strategies and connect with others.

Thursdays,
January 12 & March 2
7:00 - 9:00 p.m.

Secondary Infertility Discussion Group

Coping with infertility while parenting? The struggles and frustrations of secondary infertility are unique. Join others who understand the challenges.

Tuesdays,
January 31 & March 14
7:00 - 9:00 p.m.

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Putting It Into Practice

The Elevator Speech also incorporates the strategy of visualization. You'll be rehearsing for such exchanges and preparing yourself to be confident at future family gatherings and other social events.

On a sheet of paper, write out the question you hear most often or the one you dread the most. For example (a common favorite!) "So, when are you going to have a baby?"

Take your time and think about some rational responses to that question that will put an end to the conversation, with no hard feelings on either end. Here are a few examples that we used and some that were shared by the couples who have attended our seminars:

- "Babies come when babies come"
- "I would love to have a baby; sometimes it isn't as easy as it seems."
- "We have a whole team of people working on it."
- "It's a long story."
- "Not right now, but you'll be the first person I call when we do."

Try to come up with a few of your own. Keep in mind the various people or family members who might be asking the question, and be prepared for follow-up questions. Remember that your answer should be gentle but firm.

Now close your eyes and visualize yourself using the responses that you came up with. Notice which response feels or sounds the best to you during your mental movie.

Then repeat your answer again and again until you feel comfortable saying it. Try practicing your Elevator Speech in front of the mirror. You could even practice this with your partner. Perhaps you might want to take turns asking the question and each of you responding with your individual Elevator Speeches.

Now you're ready for any baby-related interrogation!

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Love and Infertility - Survival Strategies for Balancing Infertility, Marriage and Life.

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Introducing Dr. David Ryley

Boston IVF is pleased to announce the arrival of its newest reproductive endocrinologist, David Ryley, MD.

Dr. Ryley practiced general obstetrics and gynecology at Newton-Wellesley Hospital for 13 years. He has extensive experience in infertility, ovulatory dysfunction, recurrent miscarriage, and reproductive genetics, and is a clinical instructor at Harvard Medical School.

Dr. Ryley sees patients at Boston IVF – The Boston Center. For appointments, call (617) 735-9000.

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Domestic or International: Choosing an Adoption Path

By Carrie Howard

Learn the facts about why children are placed for adoption here and abroad, and you'll have tools to help you decide which route to adoption is best for you.

Reprinted with permission from Adoptive Families Magazine. For more articles like this one, to subscribe, or to sign up for the monthly e-newsletter, visit Adoptive Families online, www.AdoptiveFamilies.com.

So many questions face families starting out on their adoption journey, and one of the central ones is, Where will you adopt? In the U.S. or abroad? In China or Russia, South Korea or Guatemala? Each family must decide what's best for them and for the children they will adopt based on their own experience, their connections with particular cultures or parts of the world, and their understanding of conditions in the places in which they're thinking about pursuing adoption, among other considerations.

Learning more about the typical circumstances leading children to be available for adoption in the United States and around the world can help you decide where to adopt, and, later, allow you to bring vital information and sympathetic detail to your child's adoption story.

United States: Hard Choices

Some 25,000 to 40,000 infants are adopted each year through private American adoption. (These numbers exclude foster and relative adoptions, in which the adoptive parents tend to be well acquainted with the birthfamily's situation.) Dawn Smith-Pliner of Friends In Adoption has worked in U.S. adoption for more than 20 years. She identifies three distinct categories of birthparents who seek her agency's support in placing their children. "First, we see many single mothers, usually from 19 to 24 years old, who are struggling to raise children alone," says Smith-Pliner. "They say, 'We love our kids and we know that we can't bring another child into our family and be okay.'

"Second, we see married couples, usually with children already, who are struggling to keep their marriage and family afloat in the face of a variety of financial or emotional obstacles. They may already be working two jobs and are trying to be good parents to the children they have," she says.

A third U.S. adoption scenario often involves teenage birthparents with parents interested in open adoption placement. "The teens, like the vast majority of parents considering adoption, love the baby, and the ability to maintain contact with the adoptive family comforts them. But in our experience, it's the grandparents, not the teens, who are likely to maintain a relationship after adoption."

When a birthmother contacts Smith-Pliner's office, staff members discuss parenting and make every effort to find resources to keep the child in the birthfamily. If the birthparents remain firm about the decision to place the child, the agency provides counseling to assist them.

The range of social service and financial support options available to U.S. birthparents may, paradoxically, increase the difficulty parents face in explaining to a child why he could not remain with his first family. "Even in open adoption, it can be painful," says Smith-Pliner. "But it's important for kids to know how they came into a family. The truth creates a strong base for children to grow into self-assured and healthy adults."

Russia and Ukraine: Economic Chaos

Russia and Ukraine accounted for 28% of the children adopted internationally in 2001. Despite economic reforms that have taken place since the 1991 breakup of the Soviet Union, many families in former Soviet nations struggle to survive. As many as 600,000 children are estimated to live in foster or orphanage care in Russia alone.

Economic factors lead to most relinquishments. Parental rights may also be terminated in the case of neglect or drug and alcohol use. Janice Goldwater, of Adoptions Together, in Silver Spring, MD, says, "We see many children whose birthparents are unable to raise them because of economic, social, and familial circumstances. Of the children who are available, we see two groups: one is babies relinquished in the hospital at birth to orphanages, and the second is older children who are removed from their families because of neglect." Diane Sadovnikov of Sense Resource Center, which assists adoptions in Ukraine, notes, "Neighbors are almost always aware of neglectful situations and help children who need intervention."

Teresa and Rich Fillmon adopted four-year-old Artur from Ukraine in 1999. He had been abandoned in a grocery store at one year of age. "Three weeks later, his mother told the orphanage director that she loved her son, but just couldn't feed him anymore," says Teresa. The Fillmons were so moved that they formed a charity, His Kids, Too!, to provide humanitarian aid in Ukraine.

Guatemala: Extreme Poverty

Poverty is endemic in Guatemala, where over 50% of the population lives as subsistence farmers in remote rural areas. With few family planning clinics, Guatemala has one of the highest fertility rates in Latin America. Unwed motherhood is neither socially nor economically feasible.

Birthmothers in Guatemala contact an adoption agency or lawyer and often relinquish their babies only days after birth. Many adopting parents receive information about the birthfamily, and some even meet them.

Leceta Chisholm Guibault and her husband adopted their daughter, Kahleah, from Guatemala in 1991. They received Kahleah's

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vaccination record, original birth certificate, the names, birth dates, and occupations of her birthmother, birthfather, and other relatives. "There was a detailed description of the family home and its 'sparse amenities,'" says Guibault. "Her birthmother stated in court that she could not 'feed, clothe, or educate the child.' She said that she understood that her child would be adopted by a family that could give her what she could not, and that she loved her child."

Parents adopting from Guatemala grapple with how to explain the poverty in which their children's birthparents lived. Guibault says, "Kahleah asked me, 'If my birthfamily was poor, why didn't you just send money so they could keep me?' I explained that most children in Guatemala do live with their families of origin, and that's why we sponsor a child in Guatemala. I explained that we weren't given the option of sending money to her birthmother, who had already relinquished Kahleah when she was proposed to us. It made sense to me, and in turn it made sense to Kahleah."

Learning more about the typical circumstances leading children to be available for adoption in the U.S. and around the world can help you decide where to adopt...

South Korea: Social Pressures

South Korea has perhaps the oldest and most stable international adoption program in the world. Today unmarried mothers place most infants for adoption: the stigma associated with pregnancy outside of wedlock is strong. Birthmothers who choose adoption receive housing, counseling, and medical assistance.

Typically, infants live with a foster family after birth, and background information on the birthfamily is usually

available. Increasingly, older adoptees are returning to South Korea to search for their birthparents. Susan Spafford, a contestant in

the 2000 Miss America pageant, spoke publicly about her emotional meeting in Korea with her birthparents, who'd subsequently married.

Not all reunions are as satisfying. One adult adoptee described a reunion with her Korean birthmother that took place in secret; her birthmother dared not reveal to her husband her long-ago relationship with a married man and the resulting daughter placed for adoption. Such a sense of shame continues to shadow unwed mothers in Korea today.

China: The "One-Son-Or-Two-Child" Policy

Thousands of children are abandoned in the People's Republic of China each year. Although some abandonments occur because of poverty, the majority result from China's population control policies.

Dr. Kay Johnson, professor of Asian Studies at Hampshire College, reported on interviews with Chinese families in "Infant Abandonment and Adoption in China," published in the September 1998 issue of *Population and Development Review*. In what is called the "one-son-or-two-child policy," rural families with a daughter are often permitted to "try again" for a son. Although many parents in China prefer to have both a daughter and a son, they face strong social pressure to have a son to care for them in their old age. In Johnson's sample, few boys were abandoned, and most of those were disabled. Ninety percent of abandoned children were girls, the majority of them second daughters.

Babies are typically left in public places, at a police or train station, suggesting that the birthparents wanted them to be found and cared for. Many adoptive parents see this as evidence of the birthparents' love for their baby.

Paula Overend's daughter Olivia, adopted in 2001, was left with an unusually detailed note that included her date and time of birth, her original family name, and a message that "included the birthfamily's gratitude to whoever might raise their daughter."

Why It Matters

Your child's history is not something he leaves behind once he comes to your home; it will be part of his life forever. What you know about your child's origins will have a great impact on your parenting. Like Guibault, many parents find that learning about challenges faced by their children's birthparents gives them greater empathy for them. Indeed, some adoptive parents feel moved to lend their support to humanitarian efforts or to form their own charitable organizations, as the Fillmons did.

Ultimately, by coming to terms with our children's origins we can help them understand and claim their stories for themselves.

Carrie Howard writes frequently about adoption issues and is the mother of two daughters adopted internationally. She lives with her family in the Seattle area.



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New England Infertility and Family Building Conference 2005 Wrap-Up

By Rebecca Lubens, Executive Director

This year's annual conference was our first yearly event with a regional focus and the outcome was a notable success. I am very pleased to report that we welcomed presenters from Connecticut and Rhode Island as well as Massachusetts and drew attendees from throughout New England. We also were fortunate to present the conference in tandem with the terrific volunteers from RESOLVE of Greater Hartford, CT, who not only devoted hours to pre-conference planning, but also drove to Marlboro in the wee hours of the morning to join us by 7:00 a.m.!

Despite the lure of a beautiful late fall day, over 230 attendees turned out to gather information and get their questions answered in a comfortable and compassionate environment. As in past years, we offered over 40 workshops on topics of perennial interest, as well as new sessions on knowing when to stop treatment, how to regain control and make good decisions, and paths to a successful adoption. Our 34 exhibitors actively shared their services, information, and products with attendees and provided much-needed financial support for our event.

I want to express my deepest thanks to all those who helped make this important event possible: to our presenters, for their enthusiastic willingness to offer their time and share their expertise – with special thanks to Janet Jaffe, PhD, for traveling from San Diego to deliver our keynote address; to our exhibitors and supporters for their continued backing for the work of RESOLVE of the Bay State – with special thanks to Conference Sponsor Organon USA; to the many volunteers who offered countless hours before and during the conference to tasks large and small – with a very special thanks to Conference Committee chair Margaret Albright, and Adoption Track chair Sarah Summers, for all of their hard work, and last but not least, to our talented and dedicated staff. We couldn't have done it without the commitment and enthusiasm of all of you!

Some comments about the conference:

“As a first year attendee and panel speaker I would like to take this opportunity to congratulate RESOLVE and all the committees and individuals that worked on this Conference. I have attended many Conferences both personal as well as professional and this was one of the best run, most organized, and informative Conferences I've attended! Thank you!”

- Elizabeth Ekborg King

“For the past five years I have volunteered to help in many ways on the RESOLVE Annual Conference. This year I ended up managing/scheduling the adoption section of the conference and found it the most gratifying one for me. I met so many incredible people that are involved in adoption – professionals, adoptive parents, adoptees and people considering adoption. Everyone was more than happy to speak or contribute in his or her own way at the conference. There are over 12 adoption sessions with a minimum of one speaker each, with often up to five speakers per session, so we enlist about 55 speakers just for the adoption section!”

This is what I learned:

- Adoption touches many more people than I ever imagined (and I've been involved in it for over 5 years, since adopting our son from Korea).
- People touched by adoption feel that something wonderful and incredible has entered their lives, unlike anything else. There is an immediate connection among those of us affected by adoption.
- People love speaking at the RESOLVE conference.
- People who speak at the RESOLVE conference learn something at the conference and are grateful to be a part of it.
- The people who put the RESOLVE conference together are amazing, especially the staff! The speakers and volunteers put a lot of energy into the conference and come away with an uplifted spirit.
- People who come to the RESOLVE conference are shocked at how professional it is, how much they learned, and how many people share their experience.

- Sarah Summers

CONFERENCE 2005 PRESENTERS

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Private Practice
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Reproductive Science Center
Lexington, MA
Repromedix
Woburn, MA

Serono, Inc.
Rockland, MA
Tiny Treasures, LLC
Somerville, MA
Transition to Parenting Team, Mass. General Hospital/Partners Network
Boston, MA
Village Pharmacy
Waltham, MA
Whole Person Health
Stoughton, MA
Women & Infants' Hospital
Providence, RI

Information available from:
Arlington Reiki
Cambridge Family & Children's Services
European Adoption Consultants
The Fertile Soul Retreats
The Home for Little Wanderers
ivpcare
SCSA Diagnostics
Spermcenter.com
WACAP
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Advocacy Update: Why Your Infertility Insurance Coverage Could Be in Jeopardy

As you may know, state legislators on Beacon Hill have been proposing plans to extend health insurance to people who are currently uninsured. That is a worthy goal, except that at least one proposed bill would – for the first time – override the infertility insurance mandate that has protected infertility patients in Massachusetts since 1987.

We consider this a serious threat. If an exception is made in this case, how many more exceptions to the law requiring infertility coverage will the insurers begin lobbying for? We would hate to see the comprehensive coverage that many of us have benefited from begin to erode.

Both the State House and Senate have passed bills to provide low-cost coverage to the uninsured, and the differing provisions of these bills will be reconciled through a conference committee. Unfortunately, the Senate version of the bill would allow insurance companies offering the new low-cost policies to exclude coverage of infertility services including IVF.

RESOLVE of the Bay State needs your help to defeat this legislation. We must not let this happen! Here's what you can do:

Lawmakers need to hear from us so they know there are people who care about coverage for infertility treatment! You can find a sample letter on our website at www.resolveofthebaystate.org. Please sign the letter, including your address, and send it by email or mail to the following people – especially important are the legislators on the Conference Committee, including Murray, Moore and Lees from the Senate and Walrath, Mariano and Hargraves from the House – as well as your local representative and senator. **E-mail and mail addresses for all of them can be found at this site:** <http://www.state.ma.us/legis>

We encourage you to telephone your legislators, as well. RESOLVE of the Bay State has already sent more than 450 letters from consumers and doctors to Governor Romney and other legislators. We need to keep up the effort so that health care reform won't be achieved at the expense of people trying to build their families. Health care reform is on the fast track – and the time when we can influence the debate is now!

Other actions you can take:

- Pass the letter along to your friends and family and ask them to join you in making our voices heard.
- Write a Letter to the Editor to your local newspaper or to the Boston Globe or Herald.
- Ask your infertility doctor to join you in writing a letter to his/her state legislator.

Stay tuned for updates on this important issue.

Check our website at www.resolveofthebaystate.org.



INSURANCE CALL-IN HOURS

Having difficulty getting insurance coverage for your doctor's recommended treatment plan? Call us to get your infertility coverage questions answered and to get help with the appeals process.

Consultation is FREE to RESOLVE members.

7:30 - 9:00pm

Thursday, January 26, 2006 &

Tuesday, February 28, 2006

Call: 781-890-2225

Note: Historically we have experienced a high call volume during these consultation hours. If your call is not answered, then the line is in use. Please keep trying back during call-in hours. We hope to be able to assist you.



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Or visit our website at:

www.dreamdonations.com

Highlights from *Fertility and Sterility*, the journal of ASRM (the American Society for Reproductive Medicine)

Egg Production Is Predictive Of IVF Patients' Likelihood Of Success And Should Be Considered Along With Age And Ovarian Reserve

The younger an IVF patient is, the better her chances are of becoming pregnant. But age is not the only consideration. A patient's response to controlled ovarian hyperstimulation (COH), the drug regimen used for IVF to prompt her ovaries to produce more eggs than usual, is also telling.

Doctors reviewed 4,862 consecutive fresh, non-donor IVF cycles utilizing COH at the Center for Reproductive Medicine and Infertility at Weill Medical College of Cornell University. Patients were classified as having normal or abnormal ovarian reserve based on follicle stimulating hormone (FSH) and estrogen levels measured on day 3 of their cycles. Eighty percent of the patients were classified as having normal ovarian reserve; 20% as having poor ovarian reserve. As expected, as patients' ages increased, their likelihood of having poor ovarian reserve increased.

The analysis of the data showed that the patients who had the most eggs retrieved had significantly better rates of clinical pregnancy than those who had the fewest within their age and ovarian reserve classifications.

For example, women 40-41 years old with normal ovarian reserve and four or fewer eggs retrieved had a clinical pregnancy (fetal heart beat at the seven-week sonogram) rate of 18.4%. However, if their retrievals yielded eight or more eggs, they had a clinical pregnancy rate of 51.8%. The 40-41 year-olds with poor ovarian reserve had a 15.5% rate of clinical pregnancy when four or fewer eggs were retrieved, but when they had eight or more eggs, their clinical pregnancy rate was 31.7%.

Eric Surrey, MD, President of SART observed, "This large-scale review confirms and quantifies an idea that has been intuitive for many of us: Retrieving more eggs from a patient does not necessarily reflect embryo quality but clearly means that there will be more embryos available to transfer to her and a greater range from which to select the best. For women who already have an IVF cycle under their belts, these findings, along with ovarian reserve testing and an assessment of embryo quality will be helpful in determining whether or not future cycles are more or less likely to be successful."

(Yih et al, Egg production predicts a doubling of in vitro fertilization pregnancy rates even within defined age and ovarian reserve categories, *Fertility and Sterility*, Vol.83, No.1, January 2005.)

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ASRM Ethics Committee Issues New Report on Fertility Preservation for Cancer Patients

The Ethics Committee of the American Society for Reproductive Medicine (ASRM) today issued a new report entitled "Fertility preservation and reproduction in cancer patients" The report emphasizes that with new advances in reproductive medicine, cancer patients need to be counseled carefully about their options.

The report makes 7 main points:

1. Physicians should inform cancer patients about options for fertility preservation and future reproduction prior to treatment.
2. The only established methods of fertility preservation are sperm cryopreservation in men and embryo cryopreservation in women.
3. Experimental procedures such as oocyte or ovarian tissue cryopreservation should be offered only in a research setting with IRB oversight.
4. Concerns about the welfare of resulting offspring should not be cause for denying cancer patients assistance in reproducing.
5. Parents may act to preserve fertility of cancer patients who are minors if the child assents and the intervention is likely to provide benefits to the child.
6. Precise instructions should be given about the disposition of stored gametes, embryos or gonadal tissue in the event of the patient's death, unavailability or other contingency
7. Preimplantation genetic diagnosis to avoid the birth of offspring with a high risk of inherited cancer is ethically acceptable.

"As treatments for cancer and infertility both improve, it is important that preserving fertility be considered by cancer patients and their physicians. We are pleased to bring forward this important report on the issues" said Robert Schenken, MD President of ASRM.

(Ethics Committee of the ASRM, [Fertility preservation and reproduction in cancer patients](#) *Fertility and Sterility*, Vol.83, No.6, June 2005.)

Significant Social And Economic Disparities Exist Among Those Seeking Infertility Services

According to research conducted at Brigham and Women's Hospital in Boston, highly educated, well-to-do Caucasian women are overly represented among those seeking infertility treatments, even in a state with a strong infertility insurance mandate.

Researchers surveyed infertility patients from the Center for Reproductive Medicine Clinic at Brigham and Women's Hospital to collect data on race, income and level of education. They found that when compared to Massachusetts residents generally infertility patients were predominately Caucasian, highly educated and economically advantaged.

"We have long been concerned that many of those who need infertility treatments have difficulty obtaining them. This study points out that socio-economic factors may play a significant role in the ability of patients to get the treatments they need," said Steven Ory, MD, Vice-President of the ASRM.

(Jain et al, Disparities in access to infertility services in a state with mandated insurance coverage, *Fertility and Sterility*, Vol.84, No.1, July 2005.)

Preimplantation Genetic Diagnosis Assists Older Women Who Have Had Miscarriages

Many women, particularly those over 35, suffer from the heartbreak of recurrent miscarriages. A new study shows that using Preimplantation Genetic Diagnosis (PGD) can dramatically reduce the rate of pregnancy loss in women over 35.

PGD is a technique where a cell is taken from an early stage embryo for diagnostic purposes. It has primarily been used to detect genetically related diseases, such as cystic fibrosis. However in this study the technique was used to look for abnormalities in the chromosomes, such as the kind that can lead to Down syndrome. By looking for these chromosomal problems, and only transferring the embryos that were chromosomally normal, the investigators were able to reduce the pregnancy loss rates in women over 35 from the 36% which had been expected to only 17%.

"Based on this study it appears that Preimplantation Genetic Diagnosis will emerge as an important tool in our quest to help patients have healthy children," said Joseph Sanfilippo, MD, President-Elect of the American Society for Reproductive Medicine.

(Munne et al, Preimplantation genetic diagnosis reduces pregnancy loss in women aged 35 years and older with a history of recurrent miscarriages, *Fertility and Sterility*, Vol.84, No.2, August 2005.)



THE SHOPPING BENEFIT

Benefit RESOLVE of the Bay State by Shopping at Bloomingdale's

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Purchase Your Tickets Today!

\$10.00 tickets to this event are available for sale directly from RESOLVE of the Bay State. The ticket entitles the bearer to a 15% - 20% savings on purchases made during The Shopping Benefit on February 23, 2006.

RESOLVE of the Bay State will keep 100% of the proceeds from the ticket sales prior to the event! Also, for every one of our tickets turned in the day of the benefit, we will receive \$5 back. Revenues from day-of-event ticket sales will be equally divided among participating charities that bring *70 or more* people to the store on the day of the event.

To purchase tickets:

- Mail us a check with your requested number of tickets (\$10 each), to: RESOLVE of the Bay State, 395 Totten Pond Road, Suite 403, Waltham, MA 02451
- Email us with your ticket request and credit card information, to: admin@resolveofthebaystate.org
- Call our HelpLine with your ticket request and credit card information, to: 781-890-2225

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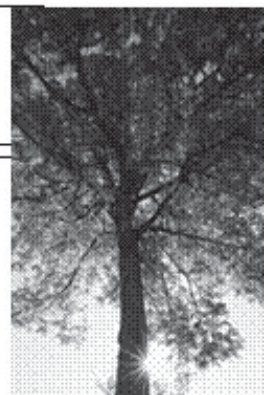
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OUR ADOPTION QUESTIONNAIRE

Our Adoption Questionnaire

By Sarah Summers

When my husband and I realized our only way to parent was through adoption, we decided to put together an Excel spreadsheet (since he is a “detail” oriented-engineer type). I was doing all the research and often base decisions on gut emotion. To help our decision making, we derived a questionnaire that I could review with each adoption agency over the phone or in person. This way we could compare the adoption agencies, and it would help us to decide whether to pursue domestic or international adoption. From our compilation of data we decided to adopt from a particular agency, and from Korea, since time, ease of getting a child, and medical history seemed to point in that direction for us.

Since that time (6 years ago as of this Thanksgiving, and adopting our now 5 year old son from Korea), I have become the Chair of the Adoption Committee of RESOLVE of the Bay State. I frequently monitor (hostess) many of the adoption programs/series and from those have found even more questions to ask adoption professionals.

A couple of things to note: 1. The information on the web per agency/country is not always up to date. It can change monthly so it is best to call the adoption agency and get the answers from a professional. 2. If you decide to adopt internationally, each country has it's own laws/rules – all are not universal. 3. Each agency has it's own rules. 4. If you really want to adopt from one country, ensure you contact all agencies that are licensed in Massachusetts and make sure all of your questions are answered. (For example, one agency in MA that provides children from Korea has a cut off age of 43 – which would have made it impossible for us to adopt from there at the time, and their lead time to get a child from Korea is 9+ months. The agency we used in MA has a cut off age of 44 and children normally arrive in 5 to 9 months.) 5. Don't be afraid to ask about expenses outstanding or any other “embarrassing questions.”

Although the decision-making process and application process may seem difficult and emotionally draining, remember, you are still probably working through your grief of not being able to bear a child. That's ok! One thing that is great about the adoption process, I believe, is that it better prepares you and your family to become parents than those people who do get pregnant. You have many opportunities to think about, and answer questions about, why you want to become parents. Oh, and one last thing, don't worry about the home study. They just want to make sure you have a safe environment for the child. (On our first home study visit we had a mouse running through our kitchen while the adoption counselor looked on and had coffee with us. As I said, we adopted a great boy who is now 5 years old, who came home only 4 months after that mouse ran through our kitchen!)

Should you have other questions that you think should be added or have comments please send an email to: admin@resolveofthebaystate.org. Please remember this was done as a tool for myself personally; it was not created as a “professional” document. But we found it very helpful as we made our adoption decision, as I hope you will, too.

Adoptive Parent's Requirements:

- What are the age limits / requirements?
- Is there a minimum number of years married?
- Married / Single / Gay?
- What are the financial requirements?
- Felonies / legal issues of adoptive parents (DUI, etc.)

Costs:

- What is average cost of adoption?
- What do the fees cover?
- What does the agency do? cover?
- What are the travel costs to get the child?
- What are travel considerations?
- Are there hidden costs?
- Coverage of insurance?
- Coverage of birth mother's living expenses?

Brief Overview of the Process:

- How long has the agency been in existence?
- How many children are placed per year?
- How many children in MA?
- What is child availability? Male / Female
- What is the average wait time? longest wait time?
- Where do the children come from?
- Why do the birth mothers/fathers give them up?
- Can birth parents get the child back?
- When do birth parents relinquish rights to the children?
- What age are the children available to be adopted?
- Newborn? Toddler?
- Who takes care of the child after birth? Foster home? Orphanage?
- What are the providers like?
- What is the socio-economic background?

Prenatal Care:

- Smoke cigarettes %
- Smoke pot %
- Drink alcohol %
- General health prior to pregnancy
- General health during pregnancy
- Medical care prior to pregnancy
- Medical care during pregnancy
- Any responsibilities for mother after birth?
- Who pays for medical costs during pregnancy?
- Who pays for the medical costs for baby's birth?
- Who pays for the cost of the baby's living needs?

Country:

- Length of time to adopt?
- Issues associated with time? Process?
- How many visits to the country or escort?
- How long has country been allowing adoptions in the U.S.?
- What is the reputation of the country considered?
- Any specific issues related to the country? (closes doors at certain times?)
- Adoptive parents' relationship to the country (e.g., feeling towards culture, religion, region, etc.)

Health Issues:

- What is considered a healthy baby?
- How is it determined?
- How accurate are the records?
- Any statistics?
- What happens if a medical condition is diagnosed - is it revealed to the adoptive parents?
- % of ADD/ADHD, drug addiction, alcohol addiction, etc.
- What are babies tested for, e.g. HIV, Hep.?
- Do adoptive parents get the reports?
- What is considered acceptable health standards?

DONATIONS - IN SUPPORT OF THOSE TOUCHED BY INFERTILITY

RESOLVE of the Bay State wishes to acknowledge and thank all those who have generously made donations during the last quarter. RESOLVE of the Bay State is a licensed 501(c)(3) non-profit organization and eligible for matching funds from employers.

Donations as of December 15, 2005

SPONSORS - \$1,000+

Cheryl Potvin in honor of the arrival
of Julia & Andrea Potvin

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Robert Barbieri, MD
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Friends and Family of Robyn Stewart

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OTHER

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George & Anne Potts
Donna & John Puccio
Concetta Sardzinski
Concetta Sardzinski through
Verizon Matching Incentive Program
Anjala Tess
Thomas White

Lisa Fenn Gordenstein Access Scholarships are available for RESOLVE Programs

If you would like to attend RESOLVE programs but are in need of financial assistance, send an email to admin@resolveofthebaystate.org or call our HelpLine at 781-647-1614 for an application or for more information.

RESOLVE Emailing List



If you are not on our email list and would like to receive weekly updates on events, programs and other information, please subscribe by emailing us at:

admin@resolveofthebaystate.org



NON-RESOLVE PROGRAMS

The following programs may be of interest to RESOLVE members. A listing does not constitute an endorsement by RESOLVE. See page 23 for advertising and editorial policies. DEADLINE for Spring: February 6, 2006

ADOPTION RESOURCES INFORMATION MEETING

Adoption Resources, a non-profit agency for more than 130 years, invites prospective adoptive parents to our Informational meetings. We offer a range of placement programs, including parent identified, and international. Meetings are free and held in our office at 1430 Main Street, Waltham.

**For more information or to register, please call
617-332-2218 or 800-533-4346**

ADOPTION INFORMATION GROUP FIRST MONDAY OF EACH MONTH 7:30PM - FRAMINGHAM, MA

Adoption Choices of JFS/Metrowest is offering free monthly information meetings for people who are exploring adoption as a way to build a family. Topics to be covered are: current adoption options, including domestic and international; specific steps toward successful placement; psychological, legal, and financial issues inherent in adoption; and birth parent and adoptee issues. The Adoption Information meetings are held monthly on the first Monday of the month in the agency's Framingham office. Adoption Choices of JFS/Metrowest is a progressive, licensed, non-sectarian agency serving couples and

**For more information and to register, call
508-875-3100 or 1-800-872-5232 or
e-mail: deldridge@jfsmw.org**

ENHANCE YOUR CHANCE!

Developed and directed by Dr. Alice Domar, author of "Conquering Infertility," the Mind/Body Program for Infertility is designed to provide you with a toolbox of coping skills to help you increase your sense of control and enhance your sense of well being.

Program Goals: • decrease isolation surrounding infertility • reduce physical symptoms of stress which include headache, fatigue and insomnia • examine lifestyle behaviors such as the efficacy of alternative medicine approaches, diet and exercise • perfect the art of self nurturance, effective communication and coping with negative emotions • introduce a variety of relaxation methods and cognitive behavioral strategies

A new Ten Week Program begins every month and is held in the evenings. Weekend retreats are offered every other month. All programs are offered in Waltham, MA and parking is free.

**Please contact Liz Rodriguez at (781)434-6578 or
by email at liz.rodriguez@bostonivf.com for
program schedule, cost and more information.**

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NON-RESOLVE PROGRAMS, CONT.

The following programs may be of interest to RESOLVE members. A listing does not constitute an endorsement by RESOLVE. See page 23 for advertising and editorial policies. DEADLINE for Spring: February 6, 2006

ADOPTIONS WITH LOVE, INC. 188 NEEDHAM STREET, NEWTON, MA

Adoptions with Love, Inc., is a non-profit, independent, FULL SERVICE adoption agency placing domestic newborn infants for over 18 years. With our extensive experience, we are committed to helping inquiring couples become successful adoptive parents in less than one year. **We offer free consultations with a staff social worker.**

Please call to learn more about Adoptions with Love's program. 617-964-4357 -
www.adoptionswithlove.org

ODS ADOPTION COMMUNITY OF NEW ENGLAND, INC.

If you think adoption might be in your future, learn all you can about it from the experts. ODS ACONE has been providing information and support about adoption since 1967. It is one of the oldest non-profit adoption support organizations in the country. ODS ACONE sponsors the Annual New England Adoption Conference, recognized nationally for its comprehensive coverage of all adoption issues. ODS ACONE offers half-day seminars throughout the year, which give the complete overview of all the adoption options. There are also baby-care classes for soon-to-be adoptive parents, with life-like dolls for hands-on practice.

Save the Date:

The 33rd Annual New England Adoption Conference is being planned for Saturday, April 8, 2006 in Bellingham, MA.

To learn details of program offerings, as well as dates and registration information, contact ODS ACONE at 1-508-429-4260 or www.odsacone.org

BOSTON IVF & THE MIND/BODY CENTER for Women's Health



want you to know that undergoing fertility treatment can be a **positive experience.**

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We are an egg donation agency that matches Prospective Parents with Egg Donors and manages all complex arrangements associated with an egg donation cycle.

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Donor Application Coordinator:
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NEWSLETTER POLICIES AND INFORMATION

NEWSLETTER SUBMISSION DEADLINES

Spring 2006	February 6, 2006
Summer 2006	May 8, 2006
Fall 2006	August 7, 2006

CONTACT INFORMATION

The RESOLVE of the Bay State Newsletter is published quarterly with a circulation of approximately 1,200.

Send all Correspondence to:

RESOLVE of the Bay State
395 Totten Pond Rd, Ste 403
Waltham, MA 02451

E-mail: Admin@resolveofthebaystate.org
Phone: 781-890-2225
Fax: 781-890-2249
Website: www.resolveofthebaystate.org

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Other RESOLVE Chapters may reprint articles from this newsletter without written permission, providing that they notify us of their intent to reprint and that they give proper credit to the author and the RESOLVE of the Bay State Chapter.

All others who wish to reprint articles from this newsletter must first obtain written permission. Please send your request to:

Attn: Editor
RESOLVE of the Bay State
395 Totten Pond Rd, Ste 403
Waltham, MA 02451

EDITORIAL POLICY

This newsletter is primarily a vehicle for local news, events, and articles of interest. Members are encouraged to submit comments and articles. The editor reserves the right to edit all submissions.

ADVERTISING POLICY

The RESOLVE of the Bay State Newsletter accepts paid advertisements. Advertisements submitted must be size and camera ready and must be approved by the Editor.

Please call 781-890-2225 for rate and size information. We limit our paid advertisements and will accept them on a first-come, first-served basis. We also accept announcements of upcoming events for inclusion in the Non-RESOLVE Programs section, and Requests for Contact ads from those conducting research studies.

All Program ads: \$40 per listing
Request for Contact ads: \$25
Maximum size: one column by 3 1/4 inches

NEW! Opportunity to list business card size advertisements.

Guidelines: The number of ads of this size, per issue, is limited to four. First come, first served. Must be a small nonprofit or in private practice, with budget of \$75K or less. To advertise a specific program, a regular program ad must be purchased.

Rate: \$100 per ad / issue
Size: 3 1/2"W x 2"H

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NEW/RENEWAL MEMBERSHIP APPLICATION

Name(s) _____

Address _____ City _____ State ____ Zip _____

Phone _____ Email _____

- New
 Renewal - Membership # _____
- \$ 55 - Basic Membership
 150 - Professional Membership
- \$ 10 - Adoption Packet
 5 - Insurance Packet
- I would like to make a contribution to RESOLVE of the
Bay State, Inc. in the amount of \$_____

Contributions over the Basic membership fee are tax deductible to the extent of the law.

I am enclosing: \$_____ Check Discover Visa Mastercard American Express

CC# _____ Exp. Date _____

Signature _____

Send form with payment to: RESOLVE of the Bay State, 395 Totten Pond Rd, Ste 403, Waltham, MA 02451



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E-mail: admin@resolveofthebaystate.org

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