Embrace the Present Moment During Infertility
By Susan Miccile, Rph, CEC (Registered Pharmacist and Certified Life Empowerment Coach)

The phone finally rings . . . a message left, an appointment with the doctor. The devastating diagnosis of infertility triggers the roller coaster ride of your life.

It is a ride that began as a heartfelt dream and is now speeding out of control down a path of unknowns. One moment your plans to start a family fill with you with excitement and joy, and in the next moment that excitement explodes into fear and anxiety . . . uncertainty is all you know.

Infertility is a game of waiting, a test of patience, an exam in reproductive endocrinology, and a lesson in trust. It’s a life consumed with daily reminders that your arms are still empty, your heart pushing you further into the future of questions that are waiting for answers. Your mind is always wandering beyond. What is the next step? When will I be pregnant? When will I feel happy again? Thoughts carry you constantly into the future, a place where there is no true reality. Infertility is a bunch of “what ifs” propelling you into the future, or a bunch of “should haves” paralyzing you in the past. Infertility clouds your ability to be cognizant of the present moment. The present moment is used as a stepping-stone to leap further into the future. It feels virtually impossible to be present in each moment when you are living and breathing infertility.

What does it mean to live life in the present moment? Present moments are the only moments that we actually have. It is the here and now. It is your presence right now. Presence is a conscious awareness of yourself, your body, your heart, and your soul. The awareness of your surrounding environment expands through you as you breathe in each moment. When your mind, body, and soul are present in the now, only peace can be felt.

What does the Now look like? When you are so overwhelmed, it is likely that you don’t even notice that the present moment is unfolding before you. Infertility is a part of your life experience, but it is not YOU . . . it does not control you, unless you let it. Nonjudgmental thoughts and empowered choices are within you, but are trapped between the layers of loss and sadness. Your dream may not look or feel the same, but in the present moment, peace can be felt, not imagined in the future.

Present Moment Practice
Practice focusing on your breath . . . your breath is the connection to your inner soul. Begin by sitting, with your eyes closed (or open if preferred). Inhale a long, slow, deep breath through your nose and notice it fill your chest; continue to slowly breathe deeply. After a minute, gently allow your breath to take on its own natural rhythm . . . as you continue to breathe. You will begin to notice thoughts that are flowing through your mind. Do not judge the thoughts, do not try to force them away, just notice them and allow them to flow out. . . . This exercise is about noticing and not judging. Become grounded in the moment. The more attuned you become to yourself, the more present you become in the moment, and the more peace will reside in your heart. Your breath is your inner connection to the present moment.

REGISTER TODAY!
The RESOLVE Fertility Treatment, Donor Choices, and Adoption Conference
Saturday, November 7, 2009
Best Western Royal Plaza Hotel
Marlborough, MA
8:30 a.m.–5:00 p.m.
(See pages 9–11 for complete details.)

Continued on page 6
It’s easy to become a member of RESOLVE. Go to our website and click on “Membership.”

Household Membership: $55/year  Professional Membership: $150/year

RESOLVE of the Bay State Member Benefits

RESOLVE of the Bay State provides compassionate and informed support and education to people experiencing infertility and seeking to build a family.

Chapter HelpLine — 781-890-2225, for information and support from a trained callback volunteer.
Quarterly Newsletter — co-published with RESOLVE of Greater Hartford
Insurance Call-in Hours — 781-890-2225, for assistance with your insurance problems. Check our website or this newsletter for scheduled hours.

Educational Programs — reduced fees for varied monthly presentations by experts in the fields of infertility, donor egg, or adoption. Also day-long seminars 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 — discounted fee for this 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, mental health, donor egg, 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.

RESOLVE of Greater Hartford Member Benefits

RESOLVE of Greater Hartford is the Connecticut Chapter of RESOLVE, Inc. Join the Greater Hartford Chapter and you automatically become a member of National RESOLVE.

In addition to the quarterly newsletter co-published with the Bay State chapter, and the Annual Conference held in Massachusetts, benefits include:

Chapter HelpLine — 860-523-8337 for information and support from a trained callback volunteer.

Educational Programs — varied presentations by experts in the fields of infertility, insurance or adoption.

Monthly Peer Support Groups — groups are open to individuals or couples experiencing primary or secondary infertility. Meetings are free for members.

Lending Library — free of charge for all members. Please e-mail info@resolveofgreaterhartford.org for a list of current books.

Advocacy — for protection of the Connecticut insurance mandate and continued legislative and insurance reform. Please contact resolvectadvocacy@yahoo.com or 860-523-8337 for any CT insurance or advocacy questions.

Member-to-Member Contact/Friendships — finding people who have traveled or are currently traveling this same journey, to share your emotions and situations with, can make you a stronger person/couple in dealing with your fertility.

Volunteer Opportunities — please contact 860-523-8337 or info@resolveofgreaterhartford.org if you are interested in becoming a volunteer.

National Benefits

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


Also — National RESOLVE’s comprehensive website: www.resolve.org
RESOLVE Educational Programs

RESOLVE of the Bay State is pleased to announce our FALL/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): $20 per person for non-members; $10 per person for RESOLVE members. Register in advance for these programs via email to our office, admin@resolveofthebaystate.org, or by calling our HelpLine and leaving a message, 781-890-2225.

Strategies for Coping with Infertility: During the Holidays and Throughout the Year
With Holly Simons, PhD, LICSW, private practice

Coping with infertility may be particularly difficult during the holidays, as parties, family get-togethers, and religious services can all be events that focus on families with children. These functions require you to be “on” when you feel far from celebratory, and may be a minefield of questions such as “How many children do you have?” “When are you starting a family?” “When are you going to give us grandchildren? What are you waiting for?” The stress of the infertility roller coaster alone is difficult, but these additional pressures from the outside make it even harder.

This session will cover strategies for communicating with your partner and others, and finding ways to de-stress and reach a sense of balance, not only during this hectic time of year, but throughout the year. This session will be informal and will allow plenty of time for discussion and questions.

Holly Simons, PhD, LICSW has private practice experience of 25 years that has focused on helping couples with infertility and has run RESOLVE support groups for many years. Holly is the author of Wanting Another Child: Coping with Secondary Infertility.

When: December 3, 2009, 7:00–9:00 p.m.
Where: The RESOLVE Office, 395 Totten Pond Rd, Suite 403, Waltham, MA 02451

Your Sperm, Eggs, and Embryos: Journey through the IVF Laboratory
With Diane T. Dalo, MS, GS (ABB), Massachusetts General Hospital Fertility Center

The care and development of your gametes (sperm and egg) and embryos in the IVF laboratory is a significant component of your IVF cycle. This program will help you understand what goes on behind the scenes as embryologists make critical decisions regarding your embryos, to ensure your greatest individual chances for success. Topics that will be highlighted include: interpreting your fertilization results (whether you have had ICSI or conventional insemination), cleavage-stage development, and blastocyst development. Common concerns will be addressed such as: Why did I have a day-2 or day-3 transfer? What is assisted hatching, and why is it a part of my cycle? How do you determine whether I have a day-3 or day-5 blastocyst transfer? Why were none of my embryos frozen following my embryo transfer?

Diane Dalo is a Clinical Embryologist at MGH Fertility Center.

When: Saturday, February 27, 2010, 10:00 a.m.–12:00 noon
Where: Lasell College, Rosen Auditorium in the Brennan Library Building, 80-A Maple Street, Newton, MA 02466

Resolving Without Parenting
With Merle Bombardieri, LICSW

For some people who have worked at pregnancy with their own gametes, the idea of an adopted child or a child through donor insemination or donor egg may not be acceptable. Resolving without parenting might be the right solution for them, but it’s often hard to be excited about this choice. Some people come to this choice because their relationship and other life pursuits are quite fulfilling; others come reluctantly because their partner is uncomfortable with alternative ways of parenting.

This workshop will look at the pros and cons and myths about this choice, how couples can overcome disagreement, how to include children and families in your life and meet the needs that children often meet for their parents, e.g. playfulness, nurturing, meaning; how couples can heal anger and resentment and make the most of their relationship if one person would have preferred parenting; the role that grief work plays in the decision-making process and in facilitating a rewarding childfree life. Emphasis will be on practical techniques for healing, and guidelines for communicating and decision-making.

Merle Bombardieri, LICSW, is a speaker, author, and therapist in private practice in Lexington, and is the former Clinical Director of RESOLVE. She has spent over 30 years counseling women and couples on infertility, decision making for ending medical treatment, adoption, egg donation, and resolving without parenting. Merle is the author of The Baby Decision and of numerous RESOLVE articles, Boston Globe and national magazines articles. Merle also runs expanded workshops on helping couples to decide whether or not to live child-free.

When: Saturday, January 23, 2010, 10:00 a.m.–12:00 noon
Where: Lasell College, Rosen Auditorium in the Brennan Library Building, 80-A Maple Street, Newton, MA 02466

Adoption Decision Making Seminar

A full-day program to guide you through the maze of domestic and international adoption options.

Coming on a Saturday in Jan./Feb., 2010. Check our website for complete details.

Donor Egg Decision Making Seminar

A full-day program on the medical, ethical, emotional, legal, and parenting issues of egg donation.

Coming on a Saturday in Jan./Feb., 2010. Check our website for complete details.
### Waltham
RESOLVE office, 395 Totten Pond Road, Ste 403
Walden, 7:00–9:00 p.m.
November 4 and December 2

### Stoughton
Whole Person Health, 294 Pleasant St (Rte 139)
Thursdays, 7:00–9:00 p.m.
November 19 and December 17

### Amherst
The Arbors at Amherst, 100 University Drive
Wednesdays, 7:00–9:00 p.m.
November 4 and December 2

### Worcester
Tatnuck Park at Worcester, 340 May St.
Wednesday, 7:00–8:30 p.m.
October 21 and November 18

### Warwick, RI
Diversified Resources, 70 Jefferson Blvd., 2nd floor
Wednesday, 6:00–8:00 p.m.
October 28, November 25, and December 30

### Boston
Morville House, 100 Norway Street – near Symphony Hall
Wednesday, 6:00–8:00 p.m.
November 16

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**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, coping strategies, decision making, and how to move forward.

**Wednesdays**
October 21 and December 9
7:00–9:00 p.m.

**Donor Egg Discussion Group**
Are you considering donor egg as a way to build a family? Join us for an open discussion of the issues, decisions, and emotions surrounding this family building option.

**Monday**
November 16
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**
October 27 and November 24
7:00–8:30 p.m.

**NEW! Pregnancy After Infertility Discussion Group**
This group is for women and men who are experiencing apprehension as well as joy about being pregnant after infertility.

**Mondays**
October 26 and November 30
7:00–8:30 p.m.

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**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**
October 29 and December 3
7:00–9:00 p.m.

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**CONNECTICUT – PEER DISCUSSION GROUP – GENERAL INFERTILITY**
Farmington Area
held on the 3rd Thursday of every month
University of Connecticut Health Center / Dowling South Building, 2nd Floor ‘Education’ Room
263 Farmington Avenue, Farmington, CT
Thursdays, 7:00 p.m.
November 19 and December 17
**Elective Single Embryo Transfer (eSET): Rethinking the “One Pregnancy and Done” Philosophy**

By Danielle Vitiello, MD, Fertility Centers of New England

Many couples with infertility both desire and welcome the birth of twins, thus affording an instant family often after years of frustration, disappointments, and inability to conceive adopting a “once and done” motto. Limitations of insurance coverage and increasing competition among infertility centers demand that pregnancy be achieved in as few cycles as is possible. Such pressures often culminate in the transfer of multiple high-quality embryos.

As a result, these treatments now are responsible for 50% of twin births and 75% of higher-order births. The inherent risk of a multiple-gestation pregnancy to both mother and fetus(es) alike is not trivial, and increases dramatically when fetuses share a uterus. The most common maternal risks include: pregnancy-associated hypertension, gestational diabetes, and Cesarean delivery. The most worrisome obstetric complications include: premature membrane rupture, premature birth, incomplete organ maturation and compromise as well as placental abruption. Both individually and in combination, these issues can cause significant morbidity and possible mortality. Rooted in the desire to promote maternal and fetal well being, our profession is driven to develop both philosophies and technological methods that reduce the frequency of multiple gestations and higher order (>2) pregnancies. Ultimately, the goal of ART (assisted reproductive technologies) is the delivery of a single, healthy child.

The most effective means for reduction is the promotion of elective, single-embryo transfers (eSET). The concept of eSET is not new and is presented as a reasonable response to the high proportion of multiple pregnancies generated through ART. The philosophy of eSET, and the inherent need to maintain pregnancy success while limiting the number of embryos transferred, has called the field to address various aspects of single-embryo transfer. Refinement of both embryo selection techniques and evaluation of patient candidacy for eSET demonstrate that it is effective in maintaining pregnancy rates while reducing significantly the number of higher-order pregnancies. Furthermore, as an application, eSET allows us to study the relationship between individual embryo characteristics and implantation. Expanding our understanding of these intricate processes of embryo development and implantation will afford greater success in the future.

eSET is not just a philosophy but also a viable concept in action. In European and Scandinavian nations where eSET is implemented widely, the rates of multiple gestations have dropped. There was no significant decrease in the pregnancy rate, although this potential outcome was much feared and anticipated. Case in point, data from within our own center solidifies these findings, where ongoing pregnancy rates are greater than 40% in women up to the age of 37.

eSET is effective and promotes fetal well-being. These infants have fewer obstetric and neonatal issues. In fact, babies born from eSETs do better than babies born from multiple embryo transfers, even when there is a single fetus in utero. In fact, they perform as well as those singleton infants conceived naturally.

Eagerly, we await wide patient-acceptance of eSET. It is anticipated that patient confidence will grow as we demonstrate both clearly and continually that it is possible to select the best embryo for transfer. As we work toward bettering the science of infertility treatments, our technology becomes more successful; and most importantly, we promote good pregnancies and healthy children.
Embrace the Present Moment — continued from page 1

Acknowledge without judgment where you are emotionally and physically in each moment. Be with your feelings and thoughts. Recognize that they are there. Allow yourself to just be. Surrender to being, and then gently begin to move forward into the next moment.

Another way to create an inner connection with yourself is through a gratitude journal — writing down one aspect of your day that brought you joy. It is all the little things that we don’t notice. Meditation is an exceptional way for a sense of calm to slowly blanket the anxiety. With the sense of calm comes a deeper trust in your inner being.

There is always something to capture in the moment, some beauty, the flower flowing in the breeze, the smell of the ocean, the rain on your face, the smile of your partner. By being grounded in the present moment, the possibilities are endless . . . opportunities are wrapped around each moment as a gift waiting to be unwrapped.

Open your gift, hold on and breathe . . . the peace that you are looking for is tucked within your heart. It is there waiting. Each moment is a gift that that you can’t get back once it’s gone.

About the Author: Susan Miccile is a licensed pharmacist currently working at Village Fertility Pharmacy in Waltham, MA. Susan is on the Board of Directors and is an active volunteer for RESOLVE of the Bay State. Susan is also transformational presence coach that connects with people in all stages of infertility and pregnancy loss. Susan’s passion is to bring awareness to the beauty of living in the present moment, as people journey through the life-altering experience of infertility. Contact Susan at Present Moment Coaching, www.presentinthemoment.com, 508-529-6711.
**Why You Should Attend**

By Rebecca Lubens  
Executive Director, RESOLVE of the Bay State

We have often been told that attending our annual conference is a “life-changing event.” Sounds like an extreme claim, doesn’t it? Yet our experience has shown that this is a common response from our conference attendees, and I’d like to suggest reasons why you are likely to feel the same way:

**Many attendees have never before seen — in one place, at one time — so many people who also struggle with infertility.** At 8:00 a.m. on Oct. 25th last year, attendees began to arrive at the conference center, at first in trickles and then in hordes. They all gathered in the ballroom to hear the keynote address — all 200+ strong. Dispersing to the various meeting rooms, they passed each other in the hall and met in smaller groups for each workshop. They gathered together again for lunch, chatting in the buffet line and at the lunch tables. In sessions on adoption, infertility treatment, donor egg, and more, attendees met others like themselves who were travelers on the same journey — searching for information, for hope, and for a satisfying resolution to infertility. Where else could you find such strength in numbers?

**Many attendees are deeply touched, or usefully informed, by one (or more) of the presenters.** With over 40 workshops, and presenters including reproductive endocrinologists, embryologists, urologists, social workers, lawyers, nurses, attorneys, psychologists, complementary medicine practitioners, and of course, your peers — all expert in the variety of family building options — I can almost guarantee that one of them will make a lasting impression on you. Some attendees will offer factual information, with slides or overheads, which summarize years of practice in their field — compressed into a one-and-a-half hour session! Others will focus on the options for making new dreams of family and will touch your heart. Whatever the focus of the workshop, all the presenters share a compassionate approach and deep commitment to helping individuals and couples create a family. Be prepared to take lots of notes and ask all your questions, and at least one “gem” will certainly come your way.

**Many attendees are moved by conversations with, or hearing from, other attendees or parent panelists.** At last year’s conference, I sat down for lunch at a table where two couples were deeply engaged in conversation. They were discussing IVF cycles and the ups and downs of the process. The connection they made was meaningful, as they were talking with intense focus, smiling, and even laughing at times! This organization is a big believer in the importance of peer-to-peer support — especially the kind you receive in person. Who else but a peer can truly know, and share, the pains and struggles of your experience? We affirm that sharing with peers can bring deep relief and a sense of being truly understood, at last.

Whatever brings you to our conference, I believe you will come away from the experience and say of at least one of these observations — yes, that happened to me! That is our hope, and our aim, in putting on this conference for you. We want you to leave with new ideas, new insight, and new confidence about options and choices. We believe you will not be alone in finding our conference a “life-changing experience.”

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**Silent Auction at the Annual Conference**

This auction will take place on the day of the conference only and will feature a variety of exciting items, from works of art to massages and hair styling to packages of high-value infertility services. Place your bids all day until the auction closing at 4:20 p.m. Check back before you go to see if you’ve won that special item! All proceeds benefit the programs and activities of RESOLVE of the Bay State. Our special thanks to all of the generous donors who made this auction possible.

Here’s a sneak preview of several amazing items:

- **An autographed baseball, signed by Red Sox pitcher Jon Lester, one of the team’s most dominant starters.** Value for the Red Sox fan: priceless!  
  *Donated by: The Boston Red Sox*

- **Package of Egg Donation Services, including services related to matching and cycle coordination, egg donor trust administration, representation for intended parents, and egg donor attorney fee**  
  TOTAL Package Value: $7,300! Minimum bid: $1,000.  
  *Donated by: Prospective Families, www.prospectivelawyers.com; Conceptual Escrow; Attorney Kathleen De Lisle, Nichols & DeLisle, PC; and Attorney Mike Grant*

- **Acupuncture Appointment and Relaxation CD**  
  Value: $140  
  *Donated by: Domar Center for Mind/Body Health, www.domarcenter.com*

- **Adoption Attorney Consultation and a Package of Adoption Books**  
  Value: $500  
  *Donated by: Elizabeth Swire Falkner, Esq., www.storklawyer.com*

- **An original mosaic glass art design**  
  Value: $150  
  *Donated by: Ariel Finelt Shoemaker, www.arielshoemaker.com*
**SESSION A: 9:15–10:30 AM**

**A-1 All About IVF: Today and on the Horizon**
Learn about the IVF process today, including treatment protocols, fertility testing, medications, and how to understand success rates, as well as new and upcoming protocols, and how to assess whether to pursue these options. — Grace Lee, MD, Fertility and Reproductive Health, Harvard Vanguard Medical Associates, and Cynthia Sites, MD, Baystate Reproductive Medicine

**A-2 My IVF Cycle Didn’t Work: What’s Next?**
After a failed IVF cycle, an examination of questions to ask your doctor, changes to make in your next cycle, reasons why cycles may not work, and ideal cycle parameters. — Steven R. Bayer, MD, Boston IVF

**A-3 Medical and Emotional Aspects of Donor Egg**
A medical overview of the donor egg process, cycle success rates, how to get started, and an overview of the emotional aspects of how to consider whether to use your donor egg. — Rachel Ashby, MD, Center for Infertility and Reproductive Surgery, Brigham and Women’s Hospital, and Lynn Nichols, LICSW, Boston IVF

**SESSION B: 11:00 AM–12:15 PM**

**B-1 Low Ovarian Reserve and Treatment of Poor Responders**
This session covers ovarian reserve, the tests (FSH levels, etc.) available to evaluate it, and implications for treatment options. — Vito R.S. Cardone, MD, Medical Director, Cardone Reproductive Medicine & Infertility

**B-2 Choosing the Best Embryo**
What happens in the lab, how embryologists and clinicians interact to make decisions to choose the best embryos for success, and the prevention of multiple births. — Catherine Racowsky, PhD, HCLD, Director, IVF Lab, Center for Infertility and Reproductive Surgery, Brigham and Women’s Hospital, and Lynn Nichols, MD, PhD, Scientific & Laboratory Director, Reproductive Science Center

**B-3 Recurrent Pregnancy Loss, Medical Issues**
A review of the clinical causes and treatments associated with miscarriage. — Joseph A. Hill, III, MD, Fertility Centers of New England

**SESSION C: 1:30–2:45 PM**

**C-1 What is Unexplained Infertility?**
Learn the importance of an early and thorough evaluation and diagnosis of infertility, and treat, and review of proceeding with treatments that are unlikely to improve fertility is unknown. — Medical Director, Massachusetts General Center

**C-2 My IVF Cycle Didn’t Work: What’s Next?**
After a failed IVF cycle, an examination of questions to ask your doctor, changes to make in your next cycle, reasons why cycles may not work, and ideal cycle parameters. — Steven R. Bayer, MD, Boston IVF, MD, Center for Advanced Reproductive Services

**C-3 Medical and Emotional Aspects of Donor Egg**
A medical overview of the donor egg process, cycle success rates, how to get started, and an overview of the emotional aspects of how to consider whether to use your donor egg. — Samuel Pang, MD, Medical Director, Science Center, and Nancy Docktor, RNCS, New England

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**TREATMENT OPTIONS**

**A-4 Tools and Techniques for Regaining Control and Enhancing Your Mood**
This session will introduce concrete and specific tools to reduce stress during infertility. These will include both relaxation and stress management skills. — Alice D. Domar, PhD, Executive Director, Domar Center for Mind/Body Health

**A-5 Donor Sperm Issues and Concerns**
For those considering or planning to use donor sperm to build a family, this session addresses issues and concerns including the loss of a biological connection, known vs. anonymous donors, ethical issues such as talking to the child about their conception, how to remain hopeful, and more. — Carol Frost, LICSW, Private Practice, author of Helping the Stork: The Choices and Challenges of Donor Insemination, and panelists

**A-6 Strategies for Survival: Balancing Infertility, Marriage, and Life**
Learn proven strategies to help you overcome the emotional challenges of infertility, communicate effectively with your spouse or partner, and maintain a sense of control over your life. — Kristen Maggacca, author of Girlfriend To Girlfriend: A Fertility Companion, Love & Infertility: Survival Strategies for Balancing stress during infertility. These will include both relaxation and stress management skills. — Alice D. Domar, PhD, Executive Director, Domar Center for Mind/Body Health

**INSIGHTS AND INFORMATION**

**A-7 International or Domestic Adoption?**
This workshop focuses on the key factors in deciding between domestic and international adoption. — Dale Eldridge, LICSW, BCD, Coordinator of Parent Services, Adoption Choices, and panel of adoptive parents

**A-8 Will this Child Be Mine? Family Bonding and Me in Adoption**
Gain an understanding of how bonding happens in adoptive families, the similarities and differences in parenting by birth and parenting in adoption, and the common fears about loving a child not related by blood. — Debra Olshever, LICSW, LMHC, MEd, Adoption Associates

**ADDITIONAL SEMINAR**

**A-9 Moving From Infertility to Adoption**
This discussion will explore the stages of moving into adoption, from stopping medical treatment through facing the emotional obstacles to considering adoption. — Ellen Glazer, LICSW, Private Practice, and author of Beyond Infertility: The NewPaths to Parenthood and The Long-Awaited Stork: A Guide to Parenting After Infertility, and panel of adoptive parents

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**B-7 Paths to Successful Adoption: Adoptive Parents Speak**
Adoptive parents share their stories about their domestic and international adoptions, including how they made decisions along the way and advice they feel is important to share with others. — Rachel Ashby, LICSW, Private Practice, and author of Having Your Baby Through Egg Donation and Beyond Infertility: The New Paths to Parenthood, and panel of parents through adoption and egg donation

**B-8 Navigating a Cycle: What to Expect and How to Manage**
Walk through an IVF cycle from the nurse’s and the patient’s perspective, including what to expect in your life around a cycle, including both the typical process and how to manage the unexpected. — Susan Fischer, RN, Center for Infertility and Reproductive Surgery, Brigham and Women’s Hospital, and panel of patients

**C-4 Practical and Legal Issues of Donor Egg**
For those considering or planning to use donor egg to build a family, this session addresses questions on infertility emotional obstacles to considering adoption. — Ellen Glazer, LICSW, Private Practice, and author of Having Your Baby Through Egg Donation and Beyond Infertility: The New Paths to Parenthood, and panel of parents through adoption and egg donation

**C-5 Intimacy and Sex During Infertility**
This addresses how the different stages of infertility can impact a couple’s relationship and help them to reconnect and rebuild trust and connection, while learning about sexual issues and fertility. — Anne Krapf, DCSW, Private Practice

**C-6 Improve Wellness During Infertility**
Individuals and couples will learn, practice, and apply tools to feel better and in control, both physically and emotionally, focusing on techniques such as the positive psychology, and cognitive-restorative therapy. — Frank, CNS, President, Mind Body Medical

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**ADDITIONAL SEMINAR**

**C-7 International or Domestic Adoption?**
This workshop focuses on the key factors in deciding between domestic and international adoption. — Joan Rosenberg, Adoption Explained LLC, and panel of adoptive parents

**C-8 Working With Birthparents**
This session covers issues related to working with birthparents and during wait times. — Susan Fischer, RN, Center for Infertility and Reproductive Surgery, Brigham and Women’s Hospital, and panel of panelists through adoption and egg donation

**D-8 Ask the Director: Your Top Adoption Questions Answered**
Agency directors will share the top things they would like you to consider when pursuing the dream of adoption. Participants will also have an opportunity to ask questions. — Leah O’Leary, Director, A Red Thread Adoption Service, Inc., and Karen Cheyneyn, JD, LSWA, Director, Bright Futures Adoption Center

**D-9 Domestic Adoption: A “How To” Overview**
Learn about the options for domestic adoption and the process involved with each. The discussion will specifically address issues of costs, risks, and openness. — Marla Allisan, LICSW, JD, Director, A Full Circle Adoptions, and Betsy Hochberg, LICSW, Director, Adoption Resources

**C-9 International Adoption: A “How To” Overview**
Learn the tools for making the decision to adopt, and the resources available to help you through the process. — Max Wachtel, LICSW, and Anne Krapf, DCSW, Private Practice, and author of Having Your Baby Through Egg Donation and Beyond Infertility: The New Paths to Parenthood, and panel of parents through adoption and egg donation

**ADDITIONAL SEMINAR**

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**BREAK & VISIT EXHIBITS 10:30–11:00 AM**

**LUNCH & VISIT EXHIBITS 12:15–1:30 PM**

**BREAK & VISIT EXHIBITS 2:30–3:45 PM**

**New This Year! Ask the Experts Q&A Sessions** — Join us at this informal forum for asking questions to clarify options from each area include: reproductive endocrinologists (infertility medical treatment questions), donor egg and adoption emotional issues for men). Also offered is a participatory yoga session, to unwind and learn basic yoga techniques. Several day of the conference. Questions will be answered on a first-come, first-serve basis. Pre-registration is not required for the following sessions:

**Ask the Reproductive Endocrinologist** — Dr. Selvyn Oskowitz, Boston IVF and Dr. Jared Robins, Women and Infants Hospital RI — Your infertility medical questions answered.

**Ask the Insurance Expert** — Donna Martin, Reproductive Science Center — Questions on insurance coverage, insurance appeals process, advocating for yourself, MA insurance mandate.

**Ask the Therapist** — Mark Bordemard, LICSW, Wellspring Counseling and Emily Spurrell, PhD, Women and Infant’s Hospital RI — Questions on infertility emotional challenges, coping, managing stress, finding support.

**Ask the Therapist — For Men Only** — Andrew Geller, PhD, Private Practice — An informal opportunity to ask questions in a male-only environment.

**Ask the Donor Egg Expert** — Amy DeMey, MD, Boston IVF, and Julie Richardson, Tiny Thread, Robert Nichols, Esq, Center and Egg Donation Inc. — working with an agency, costs, and more.

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SESSION D: 3:00–4:15 PM

D-1 Infertility and Age: Medical and Emotional Issues
For the woman over age 40, learn how the aging process affects fertility and which diagnostic and treatment options are appropriate, and gain understanding of the emotional issues and challenges of trying to conceive. – Jared Robins, MD, and Emily Spurrell, PhD, Division of Reproductive Endocrinology and Infertility, Women & Infants Hospital of Rhode Island

D-2 Knowing When to Stop Treatment: A Medical and Psychological Perspective
A consideration of the medical and emotional factors that help in deciding when to end infertility treatment and move on to other options. – Selwyn Oskowitz, MD, Boston IVF, and Merle Bombardieri, LICSW, Wellspring Counseling Center

D-3 Adding Complementary Therapies to Your Treatment
This session covers the use of complementary treatment modalities such as acupuncture, Chinese herbal medicine, and massage, and also how and why yoga is beneficial. – Lyn Swirid, LAc.Ac., M.Ac., Diplo.Ac., Center for Complementary Medicine, Inc., and Natalie Engler, RYT, Director of Restorative Yoga Services, Domar Center for Mind/Body Health

D-4 Donor Conception Discussion: Answering the Tough Questions
Explore the ethical and emotional challenges of donor conception (donor egg and donor insemination) including who, what, and when to tell, and discuss the complex feelings and issues surrounding these family building options. – Nancy Docktor, RNCS, Fertility Centers of New England and panel of parents through donor egg and donor insemination

D-5 How I Resolved My Infertility: Stories from the Other Side
Hear from those who have resolved their infertility through a variety of choices, including IVF, donor egg, adoption, secondary infertility, and resolving without children. – Holly Simons, PhD, LICSW, Private Practice, and panelists

D-6 Dealing with the Outside World: Family, Friends, and Work
Gain ideas, supports, and resources for coping with the often-difficult, insensitive, or awkward interactions with friends, family, co-workers during the struggle and isolation of infertility. – Dinah Gilburd, MA, MSW, LICSW, MGH Charlestown Healthcare Center, Private Practice, and panelists

D-7 Domestic Adoption: A “How To” Overview
Learn about the options for domestic adoption and the process involved with each. The discussion will specifically address issues of costs, risks, and openness. – Dale Eldridge, LICSW, BCD, Coordinator of Parent Services, Adoption Choices, and Betsy Hochberg, LICSW, Director, Adoption Resources

D-8 Effects of Drug and Alcohol Exposure on Development
Learn about health and developmental issues that could be a factor in adoption, including the newest data on the impact of prenatal conditions (drug use, alcohol use, smoking), and the quality and verification of information, and area resources to help you assess each situation before and after the adoption. – Barbara Morse, PhD, Developmental Psychologist and Director, The Fetal Alcohol Education Program

D-9 Paths to Successful Adoption: Adoptive Parents Speak
Adoptive parents share their stories about their domestic and international adoptions, including how they made decisions along the way and advice they feel important to share with others. – Nancy Rosenhaus, LICSW, Associate Director, Adoptions and Foster Care, Randi's Center for Surrogacy and Reproduction

A-1 Adoptions for Infertile Couples
Learn the variety of domestic and international adoptions, including how they make decisions along the way and advice they feel important to share with others. – Nancy Rosenhaus, LICSW, Associate Director, Adoptions and Foster Care, Randi's Center for Surrogacy and Reproduction

A-2 Domestic Adoption Seminar
Adoption agency professionals, and infertility therapists (a male therapist will cover all workshops) will answer questions on all types of adoption. Several agencies will be represented.

A-3 Participatory Yoga Workshop
Natalie Engler, Director of Restorative Yoga Services, Domar Center for Mind/Body Health – Relax at the end of a long day and learn some yoga techniques.
The Federal Adoption Tax Credit Assists Families with the Cost of Adoption
By Mark E. Goldman, Esq.

As an adoption attorney, I often am asked whether there are programs that assist families with the cost of adopting a baby. This question is one of my favorites because unlike other ways of building your family, adoption is substantially subsidized by the federal government. That is, the federal government offers adoptive parents a tax credit for adoption expenses (up to $11,650 in 2008) for each child they attempt to adopt. The amazing thing about this subsidy is that it is not a deduction that reduces your income for purposes of determining your tax liability. Rather, it is a tax refund based on a dollar for dollar reduction of your total tax liability. Simply put, the adoption tax credit is $11,650 dollars in your pocket to offset your adoption costs.

In order to take advantage of the adoption tax credit, I strongly recommend that you consult with a tax professional to determine the extent of the tax credit available to you. Nonetheless, here are my answers to the most common questions about the adoption tax credit and how it works.

Who May Claim The Adoption Tax Credit?
The adoption tax credit is fully available if your modified adjusted gross income (AGI) is less than $174,730 (for 2008). If your modified AGI is between $174,730 and $214,730, you will receive a reduced tax credit. If your modified AGI is $214,730 or more for the year, you are not eligible for the tax credit.

What Adoption Expenses Qualify?
The adoption tax credit may only be used for “qualified adoption expenses.” These expenses must be reasonable and necessary adoption fees. Fortunately, most adoption expenses qualify. Qualified adoption expenses include court costs, attorney’s fees, agency fees, a birth mother’s reasonable living expenses, traveling expenses (which include meals and lodging while away from home) and other expenses directly related to, and whose principal purpose is for, the legal adoption of an eligible child (defined as a child under 18 years of age).

In addition, adoption expenses that are required by the state as a condition of your adoption, such as installing a fence around a pool, may qualify. The expenses can be incurred in both a domestic and international adoption. The adoption of a child with special needs may entitle you to claim the full amount of the adoption tax credit even if you have not incurred the full amount of expenses.

Expenses that do not qualify include expenses your employer reimburses you through an employee benefit plan. Stepparent and surrogacy expenses also do not qualify for the adoption tax credit.

When Can I Claim the Adoption Tax Credit?
If the child is born in the United States or is a resident alien, then you may claim the adoption tax credit in the year after you incurred the expenses. However, if you finalize the adoption in the same year you incurred the expenses, you may claim the adoption tax credit in that year. Also, if you incur expenses in the year after the adoption is finalized, you may take the tax credit in the year you incurred the expenses. In an international adoption, the adoption tax credit can be claimed only after the adoption is finalized.

What If The Adoption Is Unsuccessful?
One of the amazing things about the federal adoption tax credit is that eligibility does not turn on whether an adoption attempt was successful. Indeed, expenses incurred with an adoption attempt of a specific child, whether successful or not, may be reimbursed through the credit. The IRS allows you to treat these adoption expenses in the same manner as expenses you paid for an adoption that was not finalized by the end of the year. However, in an international adoption, the adoption tax credit can be claimed only if the adoption is successfully finalized.

What Forms Do I File to Claim the Adoption Tax Credit?
To claim the adoption tax credit, you must complete Form 8839 “Qualified Adoption Expenses” and attach the form to your Form 1040 or Form 1040A. In most cases, if you are married, you must file a joint return to take the tax credit. If you are married and filing separately, you must meet special requirements to take the tax credit.

What If My Qualified Adoption Expenses Are Greater Than My Tax Liability?
The adoption tax credit is allowed only to the extent of your tax liability for that year. If the adoption tax credit exceeds the amount of your tax liability for the year, the good news is that the excess amount of the tax credit can be carried forward for up to five years.

What If My Employer Reimburses Me For Certain Adoption Expenses?
It is important to know that if your employer reimburses you for certain adoption expenses, you are permitted to exclude the amount of the reimbursement (up to $11,650 in 2008)
Advocacy Update
By Davina Fankhauser
Vice President, Chair of the Advocacy Committee
RESOLVE of the Bay State Board of Directors

On Tuesday, September 8th RESOLVE of the Bay State sent out an email blast encouraging our members to reach out to particular legislators in support of a bill improving our state’s infertility insurance coverage. You responded! We met with legislators the very next day and they told us they heard from you. Thank you for taking action and making a bold statement with your emails and sharing your personal experiences. If you haven’t had the opportunity to take action thus far, it’s not too late. The bill is still before the Committee of Health Care Financing and could use all the support you can provide.

As a reminder, Senate Bill 485, sponsored by Senator Thomas McGee, would mandate insurance coverage of infertility treatment for additional women by redefining infertility. Specifically, the calculation of the time period to qualify for coverage would vary based on the age of the woman (women over 35 would qualify for coverage after six months of trying to conceive). Also for the woman who has conceived but is unable to carry the pregnancy to “live birth” the bill would include the period of time that she attempted to conceive prior to achieving pregnancy. In addition to helping patients, these changes would update our 22-year-old definition of infertility and make it medically current.

We have been told by our Massachusetts legislators that our timing is not great. The state is facing potential cut backs when it comes to health care. But we are reminding our elected officials just how important the definition of infertility mandate is to their constituents.

We were also able to dispel the myth that infertility coverage substantially increases insurance premiums. This is thanks to a cost analysis completed by The Division of Health Care Finance and Policy. The cost analysis was completed to determine the impact of Senate Bill 485, should it pass into law. This bill would result in additional cost of as little as an additional $0.16 per member per month. Also, the report indicates there are cost savings to premiums that have not been quantified.

We ask you to continue to use your voice, share your stories, and show your support of Senate Bill 485. You truly do make all the difference. There is a sense of urgency to this legislation and your participation to help secure favorable legislative votes could make the difference for someone trying to have a family. Every piece of communication to the legislators makes a difference, and the more personal your correspondence, the better. Please help us communicate the importance of our current mandate and the need to update our definition of infertility. Sign up on the home page of our website to receive emailed Advocacy Alerts.

Did you know that your emotional well-being can have a powerful impact on your fertility?

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The Domar Center is directed by Dr. Alice Domar, bestselling author and international authority in mind/body medicine.

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  Develop a personalized treatment plan that is right for you.
- Mind/Body Programs
  Research demonstrates that participants experience increased pregnancy rates and decreased stress.**
- Nutritional Counseling
  Weight management issues, eating disorders, or PCOS, may compromise your chance of conceiving.
- Restorative Yoga
  Enjoy soothing poses that can restore you to optimal health.

*Domar and colleagues, fertility and sterility, 2002
**Domar and colleagues, fertility and sterility, 2003

Call 781.434.6578 for more information or to make an appointment

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Book Review: Waiting for Daisy by Peggy Orenstein

By Sonia Mahnot

Waiting for Daisy is Peggy Orenstein’s narration of her struggles with infertility. And though it is a deeply personal account, it transcends genres as she weaves pain, humor, and cultural diversity into an intelligently written memoir. She captures the anguish and the frustration of what so many women endure in their journey towards motherhood.

What I liked most about the book was that Peggy is not apologetic about her initial resistance to becoming a mother. Her openness about giving priority to her career in the beginning of her marriage resonated deeply with me. She charts the evolution from her “absolutely not” stance to an all-consuming passion with élan. Even when she finally decides to take the plunge and is confronted with infertility, there is light-heartedness in her many descriptions of meetings with impersonal reproductive specialists, numerous tests, near misses, and huge expenses.

She gives contextual references about how different cultures try to understand the ordeal of infertility, and yet does not give in to the self-righteous reasoning that often accompanies fertility conversations. To quote from the book, “When a friend observed everything happens for a reason, I bristled. That’s not something I believe, not when women I love die leaving babies behind, not when children are starving, when adults are tortured. Nor do I like its corollary: ‘God only gives you what you can handle.’ If so, God is a sadist. I refuse to view life through such a simplistic, superstitious lens, whether it’s held up by religion or by New Age. . . . My infertility was not a result of my ambivalence about motherhood.”

Waiting for Daisy is a good read. It adopts a different, refreshing, and slightly lighter tone that evokes smiles at the absurdities of infertility. In sharing her experiences with such honesty and openness, the author offers much needed laughter and hope.

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THE FEDERAL ADOPTION TAX CREDIT — CONTINUED

Continued from page 10

from your income. In other words, employee adoption benefit programs are tax deductible. You should inquire into whether your employer offers an adoption benefit program. A typical employer contribution is between $3,000 and $5,000.

In addition to this exclusion, you also are permitted to claim the adoption tax credit for the remaining amount of adoption expenses (up to $11,650 in 2008). The thing to remember is that you are not allowed to claim the tax credit and the exclusion for the same expenses. Again, you should consult with a tax professional to determine the extent of the adoption tax credit and exclusion available to you.

In Conclusion

An important part of any adoption plan is consideration of the costs and subsidies available to you. The federal adoption tax credit is a vital tool for most adoptive parents in managing their adoption expenses. In addition to the federal adoption tax credit, check to see if your state provides additional tax benefits and if your employer reimburses for any portion of your adoption expenses. Together these programs and subsidies are yet another wonderful reason to consider adoption as a means to building your family.


About the Author: Mark Goldman is an attorney and the founder of AdoptHelp, Inc. and AdoptHelp Law Center in Sherman Oaks, CA. He can be reached at markg@adopthelp.com or 800.637.7999.

NEW! Primary Infertility Support & Email Buddy Program

Are you experiencing primary infertility and seeking a little extra support online? If you answered yes to this question, the Primary Infertility Contact Group could be a good option for you. The group is rapidly growing and is still seeking new members. The group has an online forum (a private Google group) that allows the members to raise discussion topics and communicate in a community format.

In addition, an Email Buddy Program is also available, which partners individuals currently going through their journeys with RESOLVE members that have had success with their infertility treatment. Communication takes place via email and would be set up like a pen pal or buddy system.

If you are interested in participating, either in the Primary Infertility Contact Group OR as an Email Buddy, please send an email to the office, to admin@resolveofthebaystate.org. If you are interested in participating as an Email Buddy, please include a brief description of your journey so that individuals with similar circumstances can be matched.
The following programs may be of interest to RESOLVE members. A listing does not constitute an endorsement by RESOLVE. See page 15 for advertising and editorial policies. DEADLINE for Winter 2009: November 30, 2009.

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**Next Program: Tuesday Evenings, 6:00–8:30 pm**

December 1, 2009–February 16, 2010

To learn more or to register, contact (781) 434-6578, domarinfo@domarcenter.com, or online at www.domarcenter.com

**MAPS Worldwide Adoption**

Whether you are ready to start the adoption process or simply gathering information to decide if adoption may be right for you, we can help. At MAPS Worldwide, a non-profit New England agency, we have helped over 4,000 families realize their parenting dreams since 1977. Our experienced, compassionate staff would be happy to talk with you about our domestic or international programs. Please give us a call, or visit www.maps-worldwide.org to learn more or to sign up for a free informational webinar or meeting.

MAPS Worldwide

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We have answers.

Call 888-300-BIVF for more information.
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Waltham, MA 02451

E-mail: Admin@resolveofthebaystate.org
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Please contact your local chapter if you are interested in becoming a volunteer.

**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.