Advocacy Update

By Davina Fankhauser
Vice President, Chair of the Advocacy Committee
RESOLVE of the Bay State Board of Directors

RESOLVE of the Bay State has advocated for the rights of all infertility patients — singles, couples, women, and men — for 35 years. Together we can celebrate the victory of overcoming our first legislative hurdle in 2009. Here is what happened:

In the fall and winter of 2008, RESOLVE of the Bay State and fertility clinic directors throughout Massachusetts worked with the staff of State Senator Thomas McGee to draft amended language for the Massachusetts infertility insurance mandate. This group crafted language that would support patients currently being denied coverage, as well as protecting those currently receiving benefits. This language was contained in Senate Bill No. 485, which was submitted by Senator Thomas McGee to the Massachusetts State Legislature.

There were three pieces of legislation related to insurance coverage of infertility treatment under consideration at the State House this year. S. 485, by Senator Thomas McGee, would increase coverage of infertility treatment for women

SAVE THE DATE!
See page 7 for more information.

ARTICLE – Infertility Treatment: Setting the Record Straight 1
RESOLVE Information 2
Adoption Decision Making Seminar 3
Donor Egg Decision Making Seminar 3
RESOLVE Educational Programs 4
Insurance Call-In Hours 5
Professionally Led Support Groups 5
RESOLVE Peer Discussion Groups 6
ARTICLE — No Octomoms in Massachusetts and Rhode Island 8
ARTICLE – Dealing with the Outside World, Part 2: Work and Social Situations 9
ARTICLE – Women, Grief, and the Donor Egg Decision 11
ARTICLE – Building a Family Through Egg Donation: Why You Should Consider It as an Option 13
ARTICLE – Our Journey Toward Adoption 14
Donations & New/Renewal Membership Application 15
RESOLVE National TeleSeminars 17
Non-RESOLVE Programs 18
Newsletter Policies and Chapter Leaders 19

EDUCATIONAL PROGRAMS SPRING/SUMMER 2009

• Adoption Decision Making Seminar
• Donor Egg Decision Making Seminar
• Building Your Family Through Collaborative Reproduction
• Complementary Medicine and Infertility
• New! RI Programs — see page 5
RESOLVE Information

It’s easy to become a member of RESOLVE. Simply fill out the form on page 15 and mail / fax it today.
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** — 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** — 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, 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

**DONOR EGG DECISION MAKING SEMINAR**

This one-day program is for those who are considering donor egg as a family building option. The program will provide you with “how-tos” and cover the medical, ethical, emotional, legal, and parenting issues of this family building choice. Meet others who are considering this choice and also speak with those who are currently parenting children through donor egg.

**Saturday, June 6, 2009 — 9:30 a.m. to 5:00 p.m.**

Children’s Hospital at Waltham, Devebar Conference Room, 9 Hope Ave., Waltham, MA 02453

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00–9:30 a.m.</td>
<td>Registration</td>
</tr>
<tr>
<td>9:30–11:00 a.m.</td>
<td>Session 1 — Preparing the Way for Egg Donation: An overview of the egg donor process, and insights on how people make the many decisions along the way. A panel of New England domestic adoption professionals will cover how to choose an agency, the home study, costs, and the range of openness in adoptions today. There will be an overview of the different players in the field including traditional in-state agency adoptions, out-of-state agencies, attorneys, facilitators, and state departments of social services that help identify children and their birth parents looking to make an adoption plan. The panel will conclude with Q&amp;A.</td>
</tr>
<tr>
<td>11:15–12:45 a.m.</td>
<td>Session 2 — Finding a Donor and the Legal Issues: Finding a donor using an egg donation agency, how the process works, and the costs involved. Legal issues and contracts will be covered.</td>
</tr>
<tr>
<td>12:45–1:45 p.m.</td>
<td>Lunch: You are welcome to bring your own lunch. A list of local restaurants and places to pick up food will also be provided.</td>
</tr>
<tr>
<td>1:45–3:15 p.m.</td>
<td>Session 3 — Psychosocial Issues: Two therapists will discuss the emotional issues for men and women, and the ethical issues to consider. Secrecy vs. privacy will be discussed and deciding how/when to talk with your child and others about donor egg.</td>
</tr>
<tr>
<td>3:30–5:00 p.m.</td>
<td>Session 4 — A Group Discussion About the Issues: Recipient Parents Speak: A panel consisting of 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.</td>
</tr>
</tbody>
</table>

**Fees:**
- RESOLVE members, $100 per person, $175 per couple.
- Non-members: $125 per person, $250 per couple.

Full payment is required regardless of the number of sessions attended. Missed sessions may be made up at a future program at no additional charge.

---

**ADOPTION DECISION MAKING SEMINAR**

This one-day program will guide you through the maze of adoption issues and options. You will be able to gather information from top adoption professionals in one place, and you will have the opportunity to speak with others making the same kinds of decisions to form their families.

**Saturday, May 30, 2009 — 9:30 a.m. to 5:00 p.m.**

Children’s Hospital at Waltham, Devebar Conference Room, 9 Hope Ave., Waltham, MA 02453

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00–9:30 a.m.</td>
<td>Registration</td>
</tr>
<tr>
<td>9:30–11:45 a.m.</td>
<td>Session 1 — Domestic Adoption: An overview of the adoption process, and insights on how people make the many decisions along the way. A panel of New England domestic adoption professionals will cover how to choose an agency, the home study, costs, and the range of openness in adoptions today. There will be an overview of the different players in the field including traditional in-state agency adoptions, out-of-state agencies, attorneys, facilitators, and state departments of social services that help identify children and their birth parents looking to make an adoption plan. The panel will conclude with Q&amp;A.</td>
</tr>
<tr>
<td>11:45–12:30 p.m.</td>
<td>Lunch: You are welcome to bring your own lunch. A list of local restaurants and places to pick up food will also be provided.</td>
</tr>
<tr>
<td>12:30–2:45 p.m.</td>
<td>Session 2 — International Adoption: An overview of the differences between domestic and international adoption. A panel of international adoption specialists, will provide an in-depth discussion about the process of international adoption and the latest information on the international adoption reforms. Topics will include the factors in choosing a country (including age of parents, travel and time requirements, age and experiences of pre-adoptive children, and medical issues) and the realities of trans-racial and trans-cultural adoptions. Q&amp;A will follow.</td>
</tr>
<tr>
<td>3:00–5:00 p.m.</td>
<td>Session 3 — Adoptive Parents Talk about Adoption: This session will be a panel discussion with parents who have recently adopted. The panel will share their stories and lessons learned along the way, followed by Q&amp;A. Wrap-up will include discussion of next steps and how to find continued support.</td>
</tr>
</tbody>
</table>

Pre-registration is required by completing and submitting the Registration Forms to be found on our website, www.resolveofthebaystate.org. Fees: RESOLVE members, $100 per person, $175 per couple. Non-members: $125 per person, $250 per couple. Full payment is required regardless of the number of sessions attended. Missed sessions may be made up at a future program at no additional charge.
RESOLVE Educational Programs

RESOLVE of the Bay State is pleased to announce our SPRING 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

---

**Strategies for Coping with Infertility**

**With Linda Gelda, LICSW, private practice**

Infertility can be a roller coaster ride, with hopes and expectations rising and falling during treatment cycles. These ups and downs can make you feel out of balance, and make it difficult to get enjoyment out of formerly pleasurable events, work, family, and friends. Infertility also disrupts the focus on the couple’s relationship. You may wonder:

- How can we more effectively support one another?
- Should we, and how do we, communicate with others about what we are going through?
- How do we deal with clinic appointments and late arrivals at work?
- How can we find equilibrium in our lives?
- And more.

Linda Gelda, LICSW, will provide concrete strategies for dealing with these issues, so that you can reduce stress, and bring back a sense of control over your life.

**When:** Tuesday, July 21, 2009, 7:00 – 9:00 p.m.

**Where:** Village Fertility Pharmacy, 335 Bear Hill Road, Waltham, MA 02451

---

**Adoption Options: Lessons Learned Along the Way**

Spend the morning with a panel of adoptive parents and hear how others have faced the many decisions along the infertility journey and ended up as parents. Learn how the panel approached the range of adoption options for forming their families.

The discussion will include tips on how to get started, strategies for making decisions such as domestic vs. international adoption, selecting adoption professionals and agencies, finding and meeting the birth parents, and getting through the home study and other paperwork. The panel will share their wisdom after going through the adoption process, so you can take away some valuable lessons learned along the way.

**When:** Saturday, September 26, 2009, 10:00 a.m.–Noon

**Where:** Children’s Hospital at Waltham, Devebar Conference Room, 9 Hope Ave., Waltham, MA 02451

---

**Coming in Sept./Oct. 2009:**

**Environmental Toxins and Infertility**

Date, time, and location to be determined — coming soon to our website.
Low Ovarian Reserve and Treatment of Poor Responders
With Ania Kowalik, MD, Reproductive Science Center

Many women are told that they have elevated FSH, low ovarian reserve, or are “poor responders” to gonadotropin stimulation. The term “ovarian reserve” refers to a woman’s current supply of eggs, and is closely associated with reproductive potential. What does this all mean? How does high FSH reflect egg quantity and quality?

Dr. Kowalik will explain this diagnosis, the tests - FSH levels, CCCT (Clomid challenge test) and other tests - and the issues involved in interpreting the results. This program will help you understand the treatment options so you can be more pro-active in your treatment plan.

When:  Monday, September 21, 2009, 7:00–9:00 p.m.
Where:  First Unitarian Church of Providence, 1 Benevolent St., Providence, RI 02906. The program is in the Christensen Parlor as you enter the Parish House behind the church.
Fees:  RESOLVE members: $5 per person, $10 per couple. Non-members: $10 per person, $15 per couple.

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 was started in the spring by Julie Goldberg, a RESOLVE member, who has experienced primary infertility herself. She started the group because she wished there had been someone she could simply email with questions when she was going through her journey.

The Contact Group is set up so that participants can email Julie directly, or she can put you in touch with the other group members. The group also 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.

Massachusetts Insurance Call-In Hours
Call 781-890-2225 on the dates indicated to get your questions answered live.

Insurance Call-in on Tuesdays,
June 23 and July 28, 2009

Having difficulty getting insurance coverage for your doctor’s recommended treatment plan? Need help framing an appeal letter to your insurance company? Want to know what the Massachusetts mandate covers? Call for consultation with our Insurance Advocate.

Fees:  FREE to RESOLVE members, or join RESOLVE over the phone with your credit card.

Professionally-Led Support Groups
♦ Women’s Primary Infertility Group
♦ Women’s Secondary Infertility Group
♦ Donor Egg Group

RESOLVE membership required. You can print out, complete, and mail or fax us the support group application on our website.

CT members interested in a future professionally led support group should call 860-523-8337 or email info@resolveofgreaterhartford.org
### Bay State – Peer Discussion Groups – General Infertility

<table>
<thead>
<tr>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waltham</td>
<td>RESOLVE office, 395 Totten Pond Road, Ste 403&lt;br&gt;Tuesdays, 7:00–9:00 p.m.&lt;br&gt;July 14, August 11, and September 15</td>
</tr>
<tr>
<td>Stoughton</td>
<td>Whole Person Health, 294 Pleasant St (Rte 139)&lt;br&gt;Thursdays, 7:00–9:00 p.m.&lt;br&gt;July 16, August 20, and September 17</td>
</tr>
<tr>
<td>Amherst</td>
<td>The Arbors at Amherst, 100 University Drive&lt;br&gt;Wednesdays, 7:00–9:00 p.m.&lt;br&gt;July 1 and September 2</td>
</tr>
<tr>
<td>Worcester</td>
<td>Tatnuck Park at Worcester, 340 May St.&lt;br&gt;Wednesdays, 7:00–8:30 p.m.&lt;br&gt;June 17 and September 16</td>
</tr>
<tr>
<td>Warwick, RI</td>
<td>Diversified Resources, 70 Jefferson Blvd., 2nd floor&lt;br&gt;Wednesdays, 6:00–8:00 p.m.&lt;br&gt;July 29, August 26, and September 30</td>
</tr>
<tr>
<td>Boston</td>
<td>Morville House, 100 Norway Street – near Symphony Hall&lt;br&gt;Wednesdays, 6:00–8:00 p.m.&lt;br&gt;June 24&lt;br&gt;Check website for additional dates.</td>
</tr>
</tbody>
</table>

### Massachusetts – Peer Discussion Groups – Topic-Oriented

<table>
<thead>
<tr>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>These meetings are held in our Waltham Chapter Office, 395 Totten Pond Rd., Suite 403, Waltham</td>
<td></td>
</tr>
</tbody>
</table>

#### 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**<br>July 15 and September 9<br>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. This group will be led by Cara Birrittieri, a mom through donor egg who has just authored a book that discusses donor egg.

**Mondays**<br>June 22, 2009, Check website for additional dates.<br>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**<br>July 16 and August 27<br>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.

**Thursdays**<br>August 6 and September 3<br>7:00–8:30 p.m.

#### Donor Egg Parents’ Discussion Group
Are you parenting a child(ren) through egg donation or are you pregnant through egg donation? Join a peer-led donor egg parenting group that will meet at the group leaders’ homes. Meet other donor egg parents in a supportive environment for socializing and discussion of relevant issues. Please bring your children. Light snack provided.

**Dates to come**<br>Watertown, MA
Please email or call our office if you plan to attend, and we will send you the meeting address.

---

### Connecticut – Peer Discussion Group – General Infertility

<table>
<thead>
<tr>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Farmington Area</td>
<td>held on the 3rd Thursday of every month&lt;br&gt;University of Connecticut Health Center / Dowling South Building, 2nd Floor ‘Education’ Room&lt;br&gt;263 Farmington Avenue, Farmington, CT&lt;br&gt;Thursdays, 7:00 p.m.&lt;br&gt;April 16, May 21, and June 18</td>
</tr>
</tbody>
</table>
Save the Date!

The RESOLVE Fertility Treatment, Donor Choices, and Adoption Conference
Saturday, November 7, 2009
8:30 AM–4:15 PM
Best Western Royal Plaza Hotel, Marlborough, MA

An all-day informational conference for consumers and providers, offering in-depth exploration of the medical, emotional, and legal aspects of infertility, donor options, adoption, and other family building choices.

Keynote address: “What the Research Really Says About Stress and Infertility”
With Alice D. Domar, PhD

Alice D. Domar, PhD, is a pioneer in the application of mind/body medicine to women’s health issues. She not only established the first Mind/Body Center for Women’s Health, but also conducts ongoing groundbreaking research in the field. Her research focuses on the relationship between stress and different women’s health conditions, and creating innovative programs to help women decrease physical and psychological symptoms. She is currently the Executive Director of the Domar Center for Mind/Body Health. Her newest book is Be Happy Without Being Perfect (Crown, March, 2008) and she is currently working on a new book, co-authored with Dr. Susan Love, called Pretty Healthy (Crown, 2009).

Featuring presentations by the region’s leading infertility, donor egg, and adoption specialists, on topics such as:
- Everything You Want to Know about IVF
- Making the Leap to Adoption
- Adoption Choices — Domestic and International
- Evaluation of Ovarian Reserve
- Medical Aspects of Donor Egg
- Ask the Experts Q&A sessions
- AND MORE

Also on site:
- 30+ Exhibitors — infertility clinics, pharmacies, adoption agencies, donor organizations, and more.
- Book signings — by our presenter/authors.
- Lunch included in the registration fee.
Advocacy Update — continued from page 1

by redefining infertility. Specifically, the calculation of the time period to qualify for coverage would remain one year for women under 35, but would change to six months for women over 35 — to be consistent with the current medical definition of infertility. 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 becoming pregnant as part of the one-year or six-month qualifying period.

HB 3889, by Representative Jennifer Callahan, is a bill that would prevent discrimination in fertility coverage, requiring insurers to base coverage for infertility treatment on the expertise of the treating Board Certified Reproductive Endocrinologist in consultation with his/her patients. H 1036, by Representative Carl Sciortino, Jr., attempts to update the current Massachusetts Definition of Infertility. However the definition wording in this bill is currently outdated and needs to be changed before RESOLVE of the Bay State could fully support this piece of legislation.

We are grateful that our local lawmakers have chosen to take bold action to update an existing insurance mandate. The fact that these legislators were inspired by their constituents speaks volumes about their character, as well as about the severity of the suffering fertility patients experience when their insurance companies deny coverage unjustly.

In support of these bills, we contacted members through our website and email blasts, announcing the pending legislation. We asked you to contact your legislators and you did. Some of you even participated at the State House hearing held in early May. For this activity, we thank you. We want to assure you that your voices were heard. You have made all the difference.

On May 6, 2009, RESOLVE of the Bay State was able to coordinate a fantastic team to testify before the Joint Committee on Financial Services, which was holding a hearing at the State House on the infertility bills among others. The committee heard testimony from local reproductive endocrinologists, RESOLVE of the Bay State representatives, and patients. The patient testimony was by far the most critical and had the greatest impact, educating our legislators by sharing personal, heartbreaking experiences with infertility and insurance denials. Your emails, phone calls, and letters also made a huge impact.

The Massachusetts Health Plan Association submitted written testimony against the infertility coverage bills. Their testimony used an outdated definition of infertility and claimed there would be an additional expense to the taxpayer, but didn’t specify that infertility treatments themselves would be responsible (just that any additional mandate would be costly to the state).

The committee considered all sides and gave a Favorable Report on Senator McGee’s bill. They have also included the other two infertility bills within the umbrella of S. 485. The bills will now move to the Clerk’s Office, where they will decide where and when the bill will be heard next (likely another committee, as this can be an 18-month process).

RESOLVE of the Bay State would like to thank Dr. Samuel Pang for his outstanding written contribution to the bill, as well as participating in conference calls with legislative staff and helping us find a key person to testify at the State House hearing. We offer a very special thanks to Dr. Mark Hornstein for his similar efforts. In addition, Dr. Hornstein testified at the legislative hearing as a medical expert. Also, we would like to praise the team of doctors from Boston IVF, including Drs. Alper, Bayer, and Oskowitz, who testified at the State House on behalf of House Bill 3889. Their expert information supported all of the infertility bills. We are also profoundly appreciative of the support and guidance we have received from Governor Michael Dukakis.

Most of all, we thank all of you. The effort and passion of our members holds the greatest influence in the fight to improve the Massachusetts mandate. We hope you will continue to work with us.
Egg Freezing: New Hope for Women

By Michael Alper, MD, Medical Director, Boston IVF; Associate Clinical Professor of OBGYN, Harvard Medical School and Brent Barrett, PhD, HCLD, Scientific Director, Boston IVF

Egg freezing is available to women who want to delay having children for whatever reason is relevant. The typical indications include: (1) women who are single and do not have a partner; (2) women diagnosed with cancer; (3) women who are undergoing in vitro fertilization who are opposed to embryo freezing; and (4) to create an egg bank using frozen eggs.

Many exciting advances have been achieved in the Assisted Reproductive Technologies including In Vitro Fertilization (IVF), Embryo Freezing, Intracytoplasmic Sperm Injection (ICSI), and pre-implantation genetic diagnosis (PGD). Until recently, egg freezing was not included on this list due to the significant damage that occurred when eggs were subjected to freezing. However, this problem has been largely overcome due to the innovative work of laboratories around the world.

The human egg is the largest cell in the body and contains a large amount of water that crystallizes into ice when it is frozen. It is this ice formation that results in damage to the delicate organs and membranes of the egg. Scientists have now discovered how to more safely and successfully freeze and thaw eggs so that they can be fertilized and, hopefully, ultimately result in the delivery of a baby. It is estimated that approximately 400 babies have been born worldwide from frozen eggs. However, this number may be a gross underestimate since there is no requirement to report births from frozen/thawed eggs; this number is sure to increase dramatically over the next few years.

There are currently two methods for freezing and thawing human eggs. The “slow-freeze” technique is a variation on a procedure that has been successfully used for many years with human embryos and relies on gradual removal of the water from the egg and slow cooling. Vitrification is a newer procedure in which the water in the egg is rapidly removed and the eggs are immediately immersed into liquid nitrogen at –196°C. Both techniques are currently in use and are being optimized for increased success.

These techniques may be of help to women in their thirties who have a dilemma: do they continue their career and postpone starting a family or do they start a family and possibly sidetrack their career? Thanks to the advances in egg freezing technology, women can now choose to freeze their eggs at an age when their reproductive potential is still high and at a later age thaw their eggs. Frozen eggs do not “age,” and the fertility potential of these eggs is suspended until they are thawed.

It is important to note that egg freezing is best performed at a time when egg quality is best (such as early thirties), and is less successful after the age of 40.

How does the process of egg freezing occur? The first step to take is to contact an IVF clinic that not only offers egg freezing but also has extensive experience with the technology. At your first appointment, the physician will review your history and perform a physical exam. You will have some blood tests done and an assessment will be made of your ovarian reserve (a reflection of egg supply), to obtain a measure of the number of eggs that can be expected from the egg stimulation. If you are a good candidate for egg freezing, you and your physician will plan an IVF cycle to retrieve the eggs.

During the cycle, you ovaries will be stimulated to produce a number of large follicles containing eggs. When the number of mature follicles is at a maximum, you will inject a hormone to trigger the process of ovulation to occur. Before the eggs are ovulated, they will be retrieved during a simple, outpatient procedure at the IVF clinic. The eggs will be assessed in the laboratory, frozen, and placed into storage in liquid nitrogen. Eggs stored in liquid nitrogen are frozen in time and remain in the same condition as at the time of retrieval for many years. If you move to another part of the country, you can arrange to have the eggs shipped to a clinic nearby.

When you are ready to use the eggs (which could be years later), contact the center where the eggs are stored and you will meet with a physician to work out the details of a “thaw” cycle. You will be given medications to prepare your uterus for possible implantation, and the eggs will be thawed on a selected day. Eggs that survive the thaw will be inseminated with sperm from your partner (using a technique called ICSI) and fertilized eggs will be grown in the laboratory into embryos. Alternatively, if no partner exists, then donated sperm could be used as an alternative. The best embryos will be chosen to transfer to your uterus and other embryos, if available, may be re-frozen for a future cycle.

Egg freezing offers hope for women who, for whatever reason, need to postpone childbearing. It can put fertility “on hold,” offering women the opportunity to delay the time to build their families.
Night of Hope Sparkles for Our Two Bay State Stars

Tuesday, June 2 was a beautiful evening at New York City’s famed Tavern on the Green. After an afternoon downpour, sun gave way to showers and the start of RESOLVE’s Night of Hope. Approximately 250 attendees crowded the sold-out event, a feat that is particularly impressive considering the current state of the economy and how it is affecting the infertility field, especially in non-mandated states.

The highlight of the evening, which was emceed by television personality Rita Cosby, was the announcement of the Hope Service Awards. Two of the award recipients have strong ties to RESOLVE of the Bay State and are current and former board members, contributors and volunteers. Kristen Magnacca, fertility author, coach, and motivational speaker, was lauded with the inaugural Hope Award for Best Book, Coping, for her ground breaking Love and Infertility. She was recognized as “an individual/organization whose printed book enhances the lives of people with infertility with a message of how to cope and live with the disease.”

Carol Lesser, RN, of Boston IVF was one of the recipients of the Hope Award for Service, an honor bestowed upon “an individual and/or organization/corporation whose work has either advanced RESOLVE or its mission in a significant manner.”

Both Kristen and Carol have made significant contributions to RESOLVE of the Bay State and we are thrilled that their work is being recognized on a national level with these prestigious awards. They were joined by a contingent from Boston IVF including Michael Alper, M.D., Selwyn Oskowitz, M.D., Alan Penzias, M.D., Alice Domar, Ph.D., and Rhonda Gannon; Stuart Levine and Hannah Lind from Village Pharmacy; Terri Davidson; Kristen and Mark Magnacca and their family members and friends; and Dr. Robert Kiltz from CNY Fertility of central New York, with whom Kristen closely works in providing support services for his patients.

Meet Award Winner Kristen Magnacca at Ladies’ Night Out on July 30th

Village Fertility Pharmacy will host a Ladies’ Night Out with RESOLVE’s “Best Book” Hope Award winner and author Kristen Magnacca on Thursday, July 30 from 5:30 to 7:30 p.m. at the pharmacy’s new facility at 335 Bear Hill Road in Waltham, Mass. The event is free and open to all women; refreshments will be served.

Magnacca, author of *Girlfriend to Girlfriend: A Fertility Companion* and the award-winning book *Love and Infertility: Strategies for Survival — Balancing Infertility, Marriage, and Life*, will provide a brief talk about her “Honey Do List” strategy for keeping a marriage strong in the face of infertility and will conduct a book signing throughout the event.

Those who would like to attend may RSVP to Maya Nair at mnair@villagepharmacy.com. The first 10 women to RSVP will receive a free copy of *Love and Infertility: Strategies for Survival — Balancing Infertility, Marriage, and Life.*
Coping as a Couple
By the Center for Reproductive Psychology

Infertility is not just an individual trauma; it can affect your relationship in profound and confusing ways. The stress on your relationship can leave you feeling alone, as if you were facing this crisis on your own, not as a team. There are so many decisions to be made along the way — from trying fertility enhancing drugs, or making an investment in IVF, considering using donor technology, or thinking about adoption — and you and your partner may not always see eye to eye. How each of you copes may be vastly different from each other, causing you to wonder about the very nature of your relationship.

The good news is that there is probably nothing inherently wrong with your relationship itself; it is the struggle to create a family that is making things so tough. If you think about it, the things that couples argue about the most are money, sex, and family — and infertility hits all these targets dead on.

As you maneuver your way through the maze of reproductive choices, it can be helpful to focus on the differences in how you and your partner cope. If you can recognize these dissimilarities, you will not take your partner’s behavior personally. For example, some people cope by shutting down and not talking. All they want is to burrow into a cave, become a couch potato, or hide under the covers. Others take solace in the support of close friends and/or family. These folks coped by talking — they need to process all they are feeling — and get relief when they unburden their emotions, even when no concrete solutions are at hand. Some throw themselves into work — to remind themselves that they are more than their reproductive organs; others cannot concentrate and have trouble focusing on anything but building a family. And while some cope by gathering information — for example, spending hours doing research on the Internet — others find the myriad of data imposing and overwhelming.

In many heterosexual relationships, it is not atypical for a woman to want to talk about her feelings, while her partner would rather not. It’s not because he doesn’t care, but rather it may be because he doesn’t have a solution for the problem. He may feel helpless when he can’t “fix it,” as if somehow he has failed. Many men feel incredibly frustrated: they would like things to “go back to normal,” feel that talking about things only makes it worse, and may not recognize their need to talk as a positive coping strategy.

On the other hand, she may misinterpret his silence as not being concerned, leading her to feel more isolated and alone in her grief. She may not understand that watching a football game, for instance, may be his way of coping, providing an escape from the ongoing agony of dealing with baby-making. She may not understand that he doesn’t want to bring things up for fear that it will upset her more. And try as hard as she can, she cannot “go back to normal.” She feels every hormonal shift, every twinge, every cramp; she cycles up and down, from being full of expectation to plunging to despair when her period comes. Once again, she may want to talk; once again, he can’t fix it, and the pattern continues.

What can you do to stop feeling as if your mate is your enemy and have them be your best friend again? Two key tools are communication and negotiation. Communication is not just talking; it’s taking time to understand what you feel, rather than just feel, and letting the other person know in a language they can understand. It can help to let your partner know what you need at that moment — maybe it’s simply a hug or the reassurance that you will get through this — together.

Negotiation is not about convincing the other person to do things your way; rather it’s about each of you understanding each other’s needs, without leaving the other person feeling flattened or lost. Negotiation also means being open to compromise. If she is gung-ho on doing research, perhaps he does not have to read everything, but agree to read some of the articles. Or if he needs to escape by watching a game, perhaps he can agree to set up “talk time” after the game is over. Being sensitive to what your partner needs, and how each of you uniquely copes, can help you to get through the multiple stresses of infertility.

Copyright © 2009 by the Center for Reproductive Psychology. The Center for Reproductive Psychology was founded by Martha O. Diamond, Ph.D., David J. Diamond, Ph.D., and Janet Jaffe, Ph.D. to provide a wide range of psychological counseling and supportive services. Find the center on the web at www.ReproductivePsych.org and www.UnsungLullabies.com.

Your Family Grows Here...

“We came in overwhelmed…Ann cleared up all of our questions and helped us to find the solution that was right for us.”  -Sara and Jeff

Adoption and Aid, Inc.
2 East India Square, Salem MA 01970
Ann Woodfork, Director of Adoptions, has a way of clearing up the maze of questions and helps lead you in a direction that is right for you. Free personal information meeting regarding domestic or international adoption.
Day or evening appointments.
Call Ann at 978-564-0760 or email at anns@jfsns.org
Or visit our website at www.adoption-aid.org
Positive Adoption Language

The way we talk—and the words we choose—say a lot about what we think and value. When we use positive adoption language, we say that adoption is a way to build a family just as birth is. Both are important, but one is not more important than the other.

Choose the following positive adoption language instead of the negative talk that helps perpetuate the myth that adoption is second best. By using positive adoption language, you’ll reflect the true nature of adoption, free of innuendo.

<table>
<thead>
<tr>
<th>Positive Language</th>
<th>Negative Language</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birthparent</td>
<td>Real parent</td>
</tr>
<tr>
<td>Biological parent</td>
<td>Natural parent</td>
</tr>
<tr>
<td>Birth child</td>
<td>Own child</td>
</tr>
<tr>
<td>My child</td>
<td>Adopted child; Own child</td>
</tr>
<tr>
<td>Born to unmarried parents</td>
<td>Illegitimate</td>
</tr>
<tr>
<td>Terminate parental rights</td>
<td>Give up</td>
</tr>
<tr>
<td>Make an adoption plan</td>
<td>Give away</td>
</tr>
<tr>
<td>To parent</td>
<td>To keep</td>
</tr>
<tr>
<td>Waiting child</td>
<td>Adoptable child; available child</td>
</tr>
<tr>
<td>Biological or birthfather</td>
<td>Real father</td>
</tr>
<tr>
<td>Making contact with</td>
<td>Reunion</td>
</tr>
<tr>
<td>Parent</td>
<td>Adoptive parent</td>
</tr>
<tr>
<td>Intercountry adoption</td>
<td>Foreign adoption</td>
</tr>
<tr>
<td>Adoption triad</td>
<td>Adoption triangle</td>
</tr>
<tr>
<td>Permission to sign a release</td>
<td>Disclosure</td>
</tr>
<tr>
<td>Search</td>
<td>Track down parents</td>
</tr>
<tr>
<td>Child placed for adoption</td>
<td>An unwanted child</td>
</tr>
<tr>
<td>Court termination</td>
<td>Child taken away</td>
</tr>
<tr>
<td>Child with special needs</td>
<td>Handicapped child</td>
</tr>
<tr>
<td>Child from abroad</td>
<td>Foreign child</td>
</tr>
<tr>
<td>Was adopted</td>
<td>Is adopted</td>
</tr>
</tbody>
</table>

Words not only convey facts, they also evoke feelings. When a TV movie talks about a “custody battle” between “real parents” and “other parents,” society gets the wrong impression that only birthparents are real parents and that adoptive parents aren’t real parents. Members of society may also wrongly conclude that all adoptions are “battles.”

Positive adoption language can stop the spread of misconceptions such as these. By using positive adoption language, we educate others about adoption. We choose emotionally “correct” words over emotionally laden words. We speak and write in positive adoption language with the hopes of impacting others so that this language will someday become the norm.

© Adoptive Families Magazine. Permission is granted to reproduce this article for educational, not-for-profit purposes. For more information and to subscribe to the magazine, visit Adoptive Families online, at www.adoptive-families.com.
**What Is Fertility Yoga?**
By Monica Morell, PhD

Fertility yoga is a therapeutic type of yoga that helps make the connection between body, mind, emotions, and spirit. Like most yoga programs, fertility yoga places emphasis on the benefits of integrating breath with movement. It helps an individual gain balance, strength, and vitality. But what makes fertility yoga different from other yoga practices is that it specifically focuses on reproductive health.

Integrating breath and movement in a yoga practice helps an individual feel relaxed and open on all levels. There are thousands of yoga poses, some of which are especially beneficial for fertility. A fertility yoga practice particularly focuses on the reproductive and hormonal systems. It uses poses that specifically focus on opening up the energy in the area of the body that houses our reproductive organs. Other poses in the practice will focus on bringing energy and vitality to our hormonal system, which is so important to our reproductive health.

It is a common misperception to think that you have to be super flexible or a “pretzel” in order to do yoga. Every physical body is different and everyone moves in and out of poses differently. Practice certainly helps an individual feel comfortable.

Fertility or preconception yoga helps a woman who is trying to conceive by increasing her feeling of self-efficacy as she continues with her practice. Women consistently note feeling more in control, feeling physically stronger, feeling more able to handle some difficult decisions, having an improved sense of well being and mental clarity, feeling calmer during medical procedures, and sleeping better. Feelings that seem to diminish as a woman’s yoga practice progresses are those of anger, hopelessness, confusion, lack of control, and helplessness. Perhaps it is that these increased feelings of self-efficacy can at the very least allow her to make better choices for herself—choices that will greatly assist her on her journey toward parenthood.

It is important to remember that yoga does not operate on its own. It is what a woman does with her yoga practice that will cause an uptick in her fertility potential, and not the yoga itself per se. It is the relationship she develops with her practice. A person needs to bring a reciprocal relationship to it in order for her to reap the rewards yoga can give her, and not see it as a quick fix.

Overall, preconception yoga seemingly provides a haven. For a woman seeking a complement to an assisted medical treatment, fertility yoga seems to set the stage. It is surprising to most that the slow and meditative practice of yoga can help those of us in our hurry-up culture of instant responses and silver bullets.

Even though preconception yoga is a slow, meditative progression, I have seen some very strong indicators through the preconception yoga program I developed that a person is indeed increasing her chances for not only pregnancy, but also for a healthier and more understandable life by bringing herself to her yoga mat.

About the Author: Dr. Monica Morell is a holistic consultant, leading fertility yoga expert and practitioner. Her current video, Fertility Yoga with Dr. Monica Morell, reaches women and couples across the globe. Locally, she conducts weekly fertility yoga classes at Reproductive Science Center in Lexington. You can reach Dr. Morell at www.fertilityoga.com or morellyoga@gmail.com. Namaste.
NEW/RENEWAL MEMBERSHIP APPLICATION

Name(s) ____________________________________________
Address ____________________________________________
________________________________________________________________________________
City ______________________________________ State _______ Zip ____________
Phone ____________________________________________ Email _______________________

☐ New
☐ Renewal – Membership # ______________________
☐ Bay State Member
☐ Greater Hartford Member

☐ $ 55 – Basic Membership
☐ $150 – Professional Membership
☐ $ 20 – Donor Egg Information Packet
☐ $ 10 – Adoption Information Packet
☐ $ 5 – Insurance Information Packet

☐ I would like to make a contribution to RESOLVE of the Bay State, Inc. in the amount of $_________
☐ I would like to make a contribution to RESOLVE of the Greater Hartford 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

☐ Liberty Mutual – Matching Gift Program
☐ Jill Massa
☐ Christine Mattacchione
☐ Karen Jeanne Miller
☐ James Mulligan & Kelly Lawson
☐ Sarah and Gregory Noble
☐ Sandra O’Keefe – in honor of Ryan Taddeo
☐ Michael and Kristen Park
☐ Julia Potter & David Zenk
☐ Dale R. Smith
☐ Euthemia Stavrolaki & Halldor Sigfusson
☐ Catherine E. Sullivan & Henry E. Stevenson III
☐ Sheila O’Connor Taylor
☐ United Way
☐ Amy and Michael Zaslows

*Please Note: RESOLVE of Greater Hartford does not accept credit card payments.*
Why are so many couples so happy with us? *It must be the little things.*

Fertility specialists who are leaders in their field. Care that’s personalized to meet your specific needs. The latest research, techniques and technologies. Our goal is to provide you with the greatest chance of success, while giving you the emotional support you need.

Visit us at www.uconnfertility.com or call us at one of the numbers listed below for more details and to register for one of our IVF information sessions.

**The Center for Advanced Reproductive Services**

**Farmington office:**
Dowling South Building
263 Farmington Avenue
Farmington, CT 06030-6224
(860) 679-4580

**Hartford office:**
100 Retreat Avenue
Suite 900
Hartford, CT 06106
(860) 525-8283

John Nulsen, MD
Claudio Benadiva, MD, HCLD
David Schmidt, MD
August Olivar, MD
Lawrence Engmann, MD, MRCOG
Andrea DiLuigi, MD
The following programs may be of interest to RESOLVE members. A listing does not constitute an endorsement by RESOLVE. See page 19 for advertising and editorial policies. DEADLINE for Summer 2009: May 27, 2009.

**Adoption Community of New England, Inc.**
If you think adoption might be in your future, learn all you can about it from the experts. 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. ACONE sponsors the Annual New England Adoption Conference, recognized nationally for its comprehensive coverage of all adoption issues. 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.

To learn details of program offerings, as well as dates and registration information, contact ACONE at 1-508-366-6812 or www.adoptioncommunityofne.org

**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

**Free Adoption Consultation**
Adoption Choices offers individual adoption consultations free of charge to people who are exploring adoption as a way to build their family.

**Topics:**
♦ Current adoption options
♦ Specific steps toward a successful placement
♦ Emotional, legal, and financial issues inherent in adoption

Appointments are scheduled at your convenience at our Framingham office.

Please call or send e-mail to:
Dale Eldridge, Coordinator of Adoptive Parent Services
508-875-3100 or 1-800-872-5232
deldridge@jfsmw.org

**Volunteers Needed!**
Volunteers are the heart of RESOLVE of the Bay State. We could not provide the comprehensive programs and services we do without the help of our many committed volunteers! Here are a few current opportunities, but there are many others available.

- Host an evening or Saturday educational program. Welcome and check in attendees, introduce the speaker, collect evaluations. And of course, attend the program for free! First timers are paired with an experienced host.
- Help with fundraising. Organize a fun Spa Night, auction, or other fundraising event. Write fundraising letters to your friends and family. Call our members at our Spring Phonathon.
- Come into our Waltham office during the day, Monday through Thursday, and help put together the frequent mailings we send out.

For more information about these and other volunteer opportunities, contact us at admin@resolveofthebaystate.org or call our HelpLine and leave a message, 781-890-2225.
CONTACT INFORMATION
This Newsletter is published quarterly with a circulation of approximately 1,400.

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

ADVERTISING POLICY
This Newsletter accepts paid advertisements. Advertisements submitted must be emailed as PDFs 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.

The service providers advertising in this newsletter have not been screened or required to meet any specific criteria and have paid a fee to be included. Therefore advertisements for services/persons/providers should not in any way be considered endorsements or recommendations, either express or implied, by RESOLVE of the Bay State or RESOLVE of Greater Hartford.

DIRECTORY OF ADVERTISERS
ADVERTISER PAGE
Adoption and Aid, Inc. 12
Adoption Resources 14
Boston IVF 16
Brigham & Women’s Hospital 11
Ctr. for Adv. Reproductive Serv. 16
Domar Center for Mind/Body Health 10
Full Circle Adoptions 8
Newport Acupuncture & Herbal Medicine 7
Present Moment Coaching 8
Reproductive Science Center 7
Tiny Treasures 7
Women & Infants’ 12

NEWSLETTER SUBMISSION DEADLINES
Summer 2009 May 27, 2009
Fall 2009 August 19, 2009

RESOLVE OF THE BAY STATE BOARD & STAFF
Executive Committee
President: Beth Panella
Co-President: Pam Odeen LoDato
Vice Presidents: Davina Fankhauser, Kristen Magnacca, Barb Luciano, and Sandy O’Keefe
Treasurer: Margaret Albright
Clerk: Valerie Hays

Board of Directors
Elena Clamen Dale Eldridge Julia Potter
Lee Rubin Collins Michelle Hay Carrie Roberts Redi
Terri Davidson Betsy Hochberg Raman Varanasi
Amy Demna

Honorary Members
Alma Berson, Bonny Gilbert & Barbara Wells

Staff
Rebecca Lubens, Executive Director
Lisa Rothstein, Programming Coordinator
Andrew Geller, Ph.D., Clinical Consultant
Lynn Yogel, Member Services Coordinator
Tamar Wallace, Office Coordinator

RESOLVE OF GREATER HARTFORD VOLUNTEERS
Co-Presidents:
Sheri Barry & Jennifer Kanios
Treasurer: Gwen Hamil
Secretary: Marlene Berson
Advocacy:
Janice Falk & Jennifer Kanios
Adoption Resources:
Suzanne Sliker
E-mail Coordinator:
open
Helpline Coordinator:
Jaime Rotatori
Membership/Mailing:
open

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.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.

Please contact your local chapter if you are interested in becoming a volunteer.