

Dr. Michael Lonski, Class of 1968 *Co-Founder of Life Matters Inc.*



Dr. Michael Lonski

Life Matters was created to help. A 501(c)(3) not-for-profit organization, their mission is to support people in developing the psychological and community resources to regain their emotional well-being following a crisis.

Life Matters' educational programs help people understand what they're thinking and feeling in the aftermath of a crisis - and what to do about it. It offers educational awareness training to emergency responders and civilians to ensure that they are psychologically prepared for the emotional trauma they'll witness and experience in large-scale disasters. The program organizes support groups to facilitate on-going self-help and eliminates isolation for those affected by crisis. And finally, Life Matters offers a holistic, pro-active approach that serves to build a community of support.

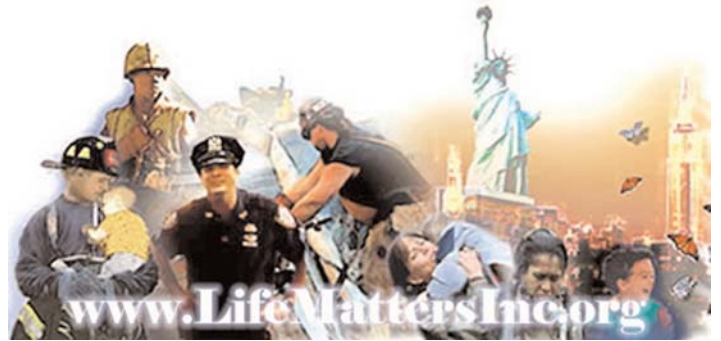
Dr. Lonski co-founded Life Matters along with his wife Dr. Evelyn Llewellyn following September 11, 2001. He has created the innovative programs that bring educational, self-help and intervention to affected populations. He developed Life Matter's signature resiliency program, The Psychological Third Alarm, which is a program of mental health preparedness for emergency responders and family members.

He also has worked with firefighting and military personnel, local and regional municipal agencies, labor unions, medical providers, financial entities and the military to advise, develop and educate their workforces in comprehensive crisis management, stress and grief-counseling programs. He was instrumental in creating a Youth Leadership outreach program in Chinatown, which was heavily affected by September 11th and whose residents continue to face linguistic and cultural barriers to the delivery of mental health services.

Dr. Lonski co-founded Life Matters as an outgrowth of his personal work with uniformed and civilian emergency responders after September 11th. He has emerged from his intensive work at Ground Zero, in firehouses and at fire scenes throughout the New York metro area as a recognized authority in Critical Incident Stress Management, Post Traumatic Stress Disorder (PTSD) and disaster response. He earned certification as a Level 1 HazMat Technician, enabling him to better understand rescue personnel on hazardous duty. A clinical psychologist licensed in the states of New York and Connecticut, Dr. Lonski holds post-doctoral certification from NYU in Adult Psychotherapy and Psychoanalysis and from the Post-Graduate Center for Mental Health in Child and Adolescent Therapy and Analysis.

Dr. Lonski and his wife also testified to the US Congressional Subcommittee on National Security, Emerging Threats and International Relations on September 8, 2004. He was also recognized for service to the emergency first responder community in the aftermath of September 11 at the Inaugural Dinner of the Gear-Up Foundation held at Tavern on the Green this past January. According to the Gear Up Foundation's website, "Dr. Lonski was being recognized for his efforts to provide healing, hope and resiliency to firefighters, uniformed and civilian first responders, military and Homeland Security personnel, Emergency Medical Services technicians, Medical Examiners, Department of Transportation personnel (SI ferry), and their families who have been impacted by critical incidents including 9/11."

Plans are in the works for Dr. Lonski to return to Monsignor Farrell to share his expertise with the students and faculty.



some material in this article taken from LifeMattersInc.org

Dr. Anthony Mishik, Class of 1975 *Named a South Jersey Top Pediatric Doctor*

SJ Magazine sent South Jersey physicians ballots with the following question: for the different specialties on this ballot, who would you refer a family member to? Over 1800 physicians voted and Dr. Anthony Mishik was named one of the top pediatricians in Southern New Jersey.

Dr. Mishik received his undergraduate degree from the University of Pennsylvania and his Doctor of Medicine degree from Georgetown University School of Medicine. He completed his internship and residency at the Naval Hospital, Oakland, California and has been board certified since 1989. He is currently a part of West Deptford Pediatrics, a division of Children's Health Associates, L.L.C. where he has worked since March, 1995.