




# Ostomy Outlook



## NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA

Volume XXIXII, Issue VIII, March/April 2015

<b>Date:</b>	<b>Monday, March 16, 2015</b>	<b>Happy St. Patrick's Day!</b> 
<b>Time:</b>	<b>"6:30 PM"</b>	
<b>Place:</b>	<b>United Methodist Church of Peace</b> 6345 Xerxes Avenue South	
<b>Program:</b>	Ruth Siefert has scheduled the speaker for March 16th. "Music as Therapy meeting" (It's a go) with Rick Dzurik, a music therapist through St. Croix Hospice.	
<b>Date:</b>	<b>Monday, April 20, 2015</b>	<b>PATIENT ADVOCATES</b>  Darlene Hafner and family  Anne Marie Kronick
<b>Time:</b>	<b>"6:30 PM"</b>	
<b>Place:</b>	<b>United Methodist Church of Peace</b> 6345 Xerxes Avenue South	
	"Patient Power" tips from those who know, those who have been there.	
Mailing Address; Ostomy Association of the Minneapolis Area P O Box 385453, Bloomington, MN 55438-5453 The Ostomy Outlook is printed and circulated for people with Colostomies, Ileostomies, Urostomies and alternative procedures, their families and other interested Persons.		

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Our new website address is: [www.minneapolisostomy.org](http://www.minneapolisostomy.org)

### **Ostomy Association of the Minneapolis Area Membership Creed**

As members of this group, it is important to be ever mindful of our many blessings: our understanding families and friends, our homes, and our way of life.

Most of all, as ostomates, we need to be ever mindful of the life which has been given back to us and to find the courage to face our daily challenges.

Let us continue to be concerned for people who need our help, our support, and the knowledge that we have gained. Let it be our task to reach out to others and to ourselves. May we do this in a spirit of fellowship and fond regard.

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### *The President's Corner*



Hi everyone,

I hope you have had a nice Holiday Season and are enjoying two months of no ostomy meetings. I am looking forward to our monthly meetings with new information and support for all our members.

Remember, March is the beginning of our new year, which means dues of \$25 are due starting with our March 16<sup>th</sup> meeting. You may also pay your dues by mail. The address is OAMA, PO Box 358453, Bloomington, MN 55438-5453. If you need help paying your dues, scholarships are available. Contact any Board member and they will help you.

If you are a paid-up member and don't attend meetings, you are really missing out on support that might help you. You are also missing out on developing a friendship with someone who has been through what you have been through. Once again, I encourage you to start attending meetings. We meet the third Monday of each month at 6:30 pm. Come and check out our March meeting that will feature a music therapy person. The meetings are fun, relaxed and low key. I think you'll like attending.

Until next time, take care.    Ed Scinto



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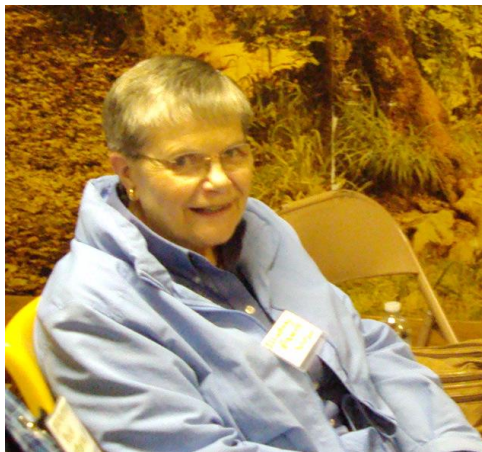


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## ***GETTING TO KNOW ME!***

**Elizabeth Spletzer**



My life has been lived in the Upper Midwest and Great Lakes – Chicago, Milwaukee, Detroit, Cleveland, and Minnesota – in smaller communities about 45 miles west of the Twin Cities, Minneapolis, and now in Edina only two blocks from where we hold our OAMA meetings. After graduating from Concordia Teachers College in River Forest, Illinois, six years were spent teaching physical education, health, and history at Lutheran High School West in Detroit. I also started girls' interscholastic basketball and volleyball programs, serving as coach, trainer, and bus driver.

The next fourteen years I attended Lutheran High School in Mayer, MN. My teaching duties were quite similar at Mayer Lutheran, but I also served as athletic director for a number of years and was involved in the MN High School Girls' Coaches Association.

Following acceptance as a graduate student at the University of Minnesota, I became a teaching assistant at the U and assisted in the development of the new postbaccalaureate Initial Teacher Licensure Program in K-12 Physical Education. I was then asked to become the coordinator of the aforementioned program where my duties included teaching, advising, placement, supervision in the field, and working with adjunct faculty and cooperating teachers. After 20 years at the U, I retired. Participating in various activities at my church, watching old movies, attending Gopher women's basketball games, serving as president of our condo association, and spending significant time with my family and friends now occupy my time.

At age 13 I developed ulcerative colitis (UC). Over time it essentially became quiescent, but still required regular monitoring. Around age 50, I developed primary sclerosing cholangitis – a liver disease of unknown origin but with some association to individuals with UC. Deteriorating health led to a liver transplant in 2004. Still being followed for my UC of over 50 years, I was diagnosed with cancer in 2010 and was given an ileostomy. The ongoing support of my family and friends and faith in my Lord and Savior have sustained me throughout numerous medical challenges.

Prior to my ileostomy, the Mayo Clinic advised me to check out the Ostomy Association in my area. Upon visiting the OAMA website, I found much encouragement. After the surgery, attending meetings has allowed me to meet many caring individuals who face their health challenges with grace and humor, who are willing to share practical insights in dealing with a variety of ostomy issues, and who wake up each day thankful for the blessing of life.




ConvaTec is proud of our nearly 30-year heritage and our many contributions towards advancing the fields of modern wound and ostomy care. Today, we are equally energized and excited about our future as part of Nordic Capital and Avista Capital Partners. As we move forward, what remains unchanged is our passion for making a difference in people's lives.

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## Patient Power

If you have any ideas or issues you'd like us to address, please send them in to the newsletter editor or directly to us, Darlene Hafner and Anne Marie Kronick." You can reach us by emailing [dmhafner@yahoo.com](mailto:dmhafner@yahoo.com) or [amkronick@comcast.net](mailto:amkronick@comcast.net)



I'm sure you all know that both of us, Darlene and Anne Marie have to put our heads together in order to come up with ideas for our newsletter article. This month's subject popped up out of almost thin air. We were both lucky enough to escape our lovely Minnesota winter for a while, one of us in Palm Springs and one in Florida. We were catching up on each other's lives by phone when one said "Well, I better go. I'm just about to leave for a bike ride in the desert!" The other said she couldn't wait to tell her about her adventure at Crystal River, snorkeling with the manatees! There was a pause over the phone, and at the same time we both thought, "Wow, who would have thought we'd be doing these types of activities when we first got our ostomy? We need to share this in the Patient Power article."

I guess that saying "You've come a long way Baby!" rang true for both of us but we feel it can be true for all ostomates. Those first days, months and even years after stoma surgery can be both physically and emotionally exhausting. We feel our lives and activities have been altered drastically. It's a time of great soul searching and a lot of fear about what the future might hold. We might feel there are things we won't be able to do again. Can I swim? Water ski? Bike? Take long hikes? Take any hikes? Downhill ski? The answer is YES!

It's obvious that you have to consult your doctor just to make sure you're on the mend enough to do some activities but I think you'll find that you will be encouraged to rejoin the world by returning to some of your favorites. There may be some preparation that is needed such as packing extra supplies, taking a few Imodium to curb diarrhea, or Gas X to lessen gas, whatever it takes to make your experience a good one.

When I knew I was going to put on a one-piece wetsuit, I have to admit I was a little anxious. It's a skintight one-piece with the zipper in the back! If I had to release any gas how could I do it? What if I needed to empty my pouch? Who was going to be "in control" of the situation? Was it going to be the ostomy or ME? So I made a plan for myself. I didn't have coffee that morning. I took an extra Imodium. I didn't have anything to drink on the boat (but I couldn't pass up a glazed donut).

When I heard that a group of friends were planning to go biking for a week, staying in different B&B's each day as they moved long I thought it just sounded like too much fun to pass up. I decided that I would just do what I could even if it was fewer miles and much more slowly than the others. My friends were kind enough to make sure that someone stayed at the back of the group with me. When I got tired biking I drove the sag wagon. I'm so glad I challenged myself to try something adventurous because I have great memories of all the places we saw summer after summer.

At some time in our life we may have felt out of control in regard to our health – especially when our stoma is brand new. We may feel our bodies have turned against us as we experience chronic pain, diarrhea,



blockages, infections, leakages, skin irritations or cancers. Then, somehow we prevail, pick ourselves up and say, "Enough is enough, I'm taking charge of my body again". At first we take baby steps. We accept our new body and make peace with it. Then little by little we go back to what we know. It may be wearing a swimsuit again, eating a food we used to eat, going on an airplane, or taking a vacation. And each time we do something, we mentally are able to "check it off our list" and we realize how good it feels to be in charge of our own bodies again.

So when you feel your ostomy is taking a little too much control of your life or making you stop doing an activity you've always loved to do, take back the reins. That's what we did - hopped on that bike to ride in the desert and donned that wetsuit to experience the world of the manatee! We sat back and said to ourselves, "We did it and we're ready for the next challenge that comes along". What a great feeling to feel empowered by making a choice that our ostomies won't hold us back.

### **INSPIRATIONAL WORDS**

Omaha Ostomy Digest 01/15: UOAA Update March 2015

If you are depressed,  
You are living in the past.  
If you are anxious,  
You are living in the future.  
If you are at peace,  
You are living in the present.  
Lao Tzu



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## **JULIE'S CORNER**

### **Ostomy Tips from Ostomates (Reviewed by WOCNs)**

From the Tulsa Ostomy Association newsletter and the UOAA Update

1. Tea is an anti-spasmodic and soothing to an upset stomach. It also provides fluids containing electrolytes and potassium that are frequently lost because of diarrhea.
2. Avoid drinking while eating to allow the effluent to become thicker. Drink liquids before and after a meal.
3. Eating bran muffins is a tasty way for colostomates to solve constipation problems.
4. If stool sticks to the pouch and is hard to rinse out, use a surfactant/deodorizer or oil to let the pouch empty out easier.
5. Ziploc® sandwich bags are useful for disposing of used pouches and help control odor in the trash.
6. If it's safe to put in your mouth, it's safe to put in your pouch. Try green mint mouthwash as a pouch rinse.
7. Diaper liners (for example, Johnson & Johnson) are great as a barrier between the pouch and your skin. Or you may purchase a commercial pouch cover. Or make one yourself.
8. Price Pfister™ makes a small sprayer that can be attached to the bathroom sink faucet to assist with rinsing the end of the pouch.
9. Cut the bottom seven inches off a T-shirt and hem the unfinished edge. Attach Velcro® to each end. You can wear this as a cummerbund with your pouch tucked inside for those intimate moments. Also, there are commercially made pouch covers. Back support belts work as well.
10. Place a couple of squares of toilet paper in the toilet before emptying your pouch. This will take care of the "splash back". Or let it out very, very slowly.
11. Laying a wafer on a heating pad or under your thigh for 10 to 15 minutes allows the material to soften. This helps with adhesion.
12. Check with your pharmacist to learn if your pills or capsules should be changed to liquids. This is especially necessary for ileostomates. They tend to go through too fast and don't dissolve.

## ON THE SHORT SIDE

By Kathy Ward, March 2015

### Question:

*I have insurance, but it only pays a small portion of my costs towards my ostomy supplies. Do you have any free supplies that you can send me?*

### Answer:

As most of you are aware, we don't keep supplies here at National Office, however, if you attend your local meetings, many times members bring in their extra supplies that are offered to other members free of charge. It's a great way to "try-out" a different product. Also, if you call area Charitable Organizations, or local hospital and speak with the Chaplin, sometimes they may know of an anonymous donor who is willing to help with the purchase of medical supplies for those in need.

### Question:

*When making donations in memory of a friend and/or loved one, do you notify the family that a donation has been made in his/her name? Where do we send the donation and what information will you need.*

### Answer:

Yes, we can notify the family that a donation was made In Memory of a friend and/or loved one. We would need to have the name and address of who to send the donation notification letter to. We don't mention the amount of the donation, only that a donation was made and who it was made In Memory of. You may include any special remarks of tribute for the individual to have us put in the letter to the family.

If you would like to do this, you can send the contribution check and the above information to our office at PO Box 512, Northfield, MN 55057, indicating who the donation is from. We record that information and you will receive a letter of acknowledgment.

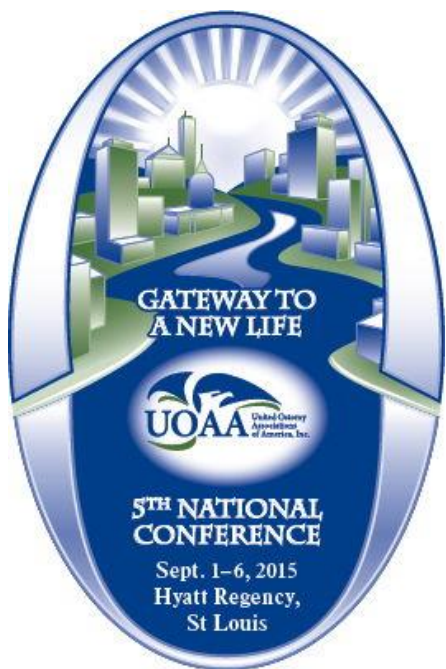
**PLEASE NOTE** that the new UOAA address is now: **PO Box 512, Northfield, MN 55057**



### OUR VISION

- To establish a colon cancer event or align with an existing event in every state to help raise awareness and funds to adequately support colorectal cancer activities at both the local and national level.
- To recruit partners from local and national businesses, health organizations, media and those touched by colon and rectal cancer to help develop these events.
- To assist local organizers in identifying and directing funds raised to the best local organizations or programs that ensure our mission that all citizens have adequate information and access to screening for colorectal cancer.





# Celebrate!

*UOAA's 10th Anniversary  
at*

## Our National Conference

*September 1-6, 2015*

*in St. Louis, Missouri*

### Your “Gateway to A New Life”

*Traditionally, September is St. Louis' best weather month and we will be there to celebrate our new lives! St. Louis is a major U.S. port on the Mississippi River with lots of history right in the downtown area, the location of our conference hotel, the [Hyatt Regency St. Louis at The Arch](#).*

**Conference programming will begin on the morning of Wednesday, September 2<sup>nd</sup> and end the evening of Saturday, September 5<sup>th</sup>.**

**Online Conference Registration**

**Online Hotel Registration**

### *Highlights of Sessions and Speakers*

- **ASG Leadership Academy** ... the 5 most critical problems facing ASGs, as determined by a survey of ASG leaders, will be addressed in this inaugural 7 hour session.



Attendees will be recognized with a certificate of course completion.

- **1<sup>st</sup> Timers Orientation and Reception** sponsored by **Coloplast** ... for those attending their 1<sup>st</sup> UOAA National Conference this session will explain the Conference's "What, Where, When and How." At the reception meet other "1<sup>st</sup> Timers" and the UOAA Board members in a social setting.
- **1<sup>st</sup> Night Ceremonies** with featured speaker **Joanna Burgess** ... a heart warming speaker whose ostomy journey of 45 years began when she was just three years old suffering from a rare type of bladder cancer and given only a 10% chance of survival. Joanna underwent many surgeries and medical challenges and will never regain full motion in her legs, but has a passion, and as a WOC Nurse, the ability to give back and be a source of strength for many people needing hope and guidance.
- **Ice Cream Social** sponsored by **Hollister Incorporated** ... socialize while you enjoy an ice cream sundae with all of your favorite toppings being served by the UOAA National Leaders. A surprise entertainment event will round out this special evening.
- **Stoma Clinic** ... a free opportunity for those who would like to meet one on one with a WOC Nurse, have their ostomy examined and have guidance regarding their pouching system and skin care issues ... appointment times can be obtained when registering on-site.
- **Young Adults Workshops** ... educational programming will be presented to meet the needs of ostomates in the 20 to 30 age range.
- **Coloplast Medical Chair** with featured speaker **Dr. Katherine Jeter** ... a most engaging, energetic, world renowned educator, will discuss what you as an ostomy patient should expect from a WOC Nurse and how to make the most of your visit with a WOC Nurse. Dr. Jeter is also into physical fitness and will share some of her insights about the 3,100 mile charity-benefiting cross-country bike ride she made at age 73.
- **Exhibition Hall** ... a "kick the tires" opportunity to meet with representatives from our major ostomy pouching system manufacturers, suppliers and retailers, specialty manufacturers, related non-profit associations and many others. They will be on hand to talk about their services, answer your questions, demonstrate their latest products and, of course, provide samples.
- **Educational Workshops** including "Basic Ileostomy," "Colostomy," "Urostomy" and "Continent Diversion;" "Intimacy and Dating;" "Ask the Doctors" and "Ask the WOC Nurses;" "Social Media Update;" "Advocacy Update" and "Medicare and Private Insurance Reimbursement Issues;" Spouses Meetings and Caretakers Boot-camp; "Basic Ostomy Nutrition" and "Nutrition and Short Bowel Syndrome;" "Anxiety and Other Ostomy Related Psychological Issues."
- **Visitor Training, "Train the Trainers"** ... a workshop for ASG representatives to learn how to conduct a Visitor Training Session in their local ASG.
- **Closing Ceremonies** with featured speaker **Bo Parish** ... a dynamic ostomate with a compelling story to tell. Bo was diagnosed with Crohn's Disease when 12 years old and for the next 13 years fought the disease and resisted surgery. After ostomy surgery he

was determined to overcome his weakness and is now a triathlete completing his first triathlon 5 months after his surgery.

- **"Till We Meet Again" Festivities** sponsored by **ConvaTec** featuring a dessert bar, vocalist **Tom Kelly** and dancing.

### Conference Registration

- Please [click here for online conference registration](#). Or, if you prefer to mail a hard-copy registration form, you may [download a registration form here](#).

### Hotel Registration

- Please [click here for online hotel registration](#) using our Hyatt "Passkey" link to get our discounted conference rate at the Hyatt Regency St. Louis at The Arch. You can also reserve a room by calling Hyatt at 888-421-1442.



**We're recognized leaders in colon and rectal surgery**

#### **Our Vision**

Colon and Rectal Surgery Associates is an innovative leader in colon and rectal surgery grounded in our belief that continued research, training and technology keep us on the forefront of our specialty and best serving our patients. We strive to have a collaborative, cooperative culture where excellence and innovation are valued. We care for every patient as we would care for our family members and ourselves.

#### **Our Mission**

Colon and Rectal Surgery Associates is an independent practice committed to:

- Providing the best care for the individual
- Training residents and future leaders in colon and rectal surgery
- Improving outcomes through education, research and meaningful collaborations

<http://www.colonrectal.org>

**Getting ready for our antless picnic in June? We need 3 -4 good jokes from everybody.**

**Here are some starters:**

**“The doctor said to me, “You’re going to live till you’re 60.’**

**I said, “I am 60!’**

**He said, ‘What did I tell you? *Henny Youngman***

**Experts agree that the best computer for your individual needs is one that comes on the Market for about 2 days after you actually purchase some other computer. *Dave Barry***

**-What is the secret to your long life**

**-Keep breathing. *Sophie Tucker***

***Make a date to come here May 18. Star WOCN Julie Powell will have a RAP***



***ENJOY SPRING!!!!!!!***

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**To:**

**Please enroll me as a new member of the Ostomy Association of the Minneapolis Area**

If you haven't enrolled, 2015 Annual dues are \$25 and are due following your submittal of this form. Membership in the Ostomy Association of the Minneapolis Area includes 8 informative meetings, subscription to the "**Ostomy Outlook**" newsletter and an "Antless picnic" in June.

OAMA  
PO Box 385453  
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I have a: Colostomy ☐ Ileostomy ☐ Urostomy (ileal diversion) ☐ Other ☐ Non-ostomate ☐

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**OSTOMY ANNIVERSARY**

The Anniversary of my stoma is \_\_\_\_/\_\_\_\_/\_\_\_\_, and in order to celebrate my return to good health, I am contributing the sum of \_\_\_\_\_ or \$\_\_\_\_\_ per year for my stoma.

I hereby grant permission to print my name in the Chapter Newsletter.

Name \_\_\_\_\_ Years \_\_\_\_\_ Amount \$ \_\_\_\_\_

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