

Ostomy Outlook



NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA

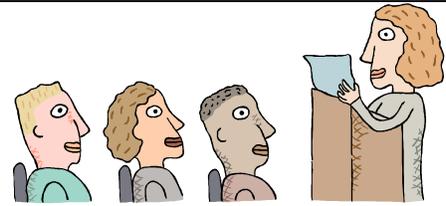
Volume XVII, Issue I September/October 2008

Date: Monday, September 15, 2008

Time: "6:30 PM"

**Place: United Methodist Church of Peace
6345 Xerxes Avenue South**

Program: General Meeting and Laughs



What we did this summer!

Date: Monday, October 20, 2008

Time: "6:30 PM"

**Place: United Methodist Church of Peace
6345 Xerxes Avenue South**

Program: Appliance Fair



Appliance Fair

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.

Consult your physician before using any product or procedure published in this newsletter

Have a Subject for a meeting? Have a Question? Need General Answers?

Please Call a Minneapolis Chapter Board Member, see below.

If a Medical need, please call your doctor or ET ASAP. If an Emergency, Call 911

BOARD MEMBERS

President	Brenda Elsagher	952-882-0154	brenda@livingandlaughing.com
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And Historian:	Marilyn Carlson	952-941-9148	mcarlson@easween.com
Visitation Chair:	Anita Summers	952-934-1657	meilandra@gmail.com
Local Web Site:			www.geocities.com/mplsuoaa101
UOAA Web Site:			www.uoaa.org

The OAMA Coon Rapids Branch meets the 1st Monday of the month from October through June at 7:00 PM. Location: Lower level of the Heart Institute at Mercy Hospital, 4050 Coon Rapids Blvd in Coon Rapids. Contact Sarah Benson at 763-560-4661

Remember: Bring your Ostomy supplies you no longer use for project FOW-USA.

If you know any members who are hospitalized or ill, Please call Marilyn Carlson, 952-941-9148, so a card can be sent.

Do you need a ride this winter? Would you be willing to car pool with others close to your home or be a driver? Please contact Fran Edelson 952-941-7065

Our Web site: www.geocities.com/mplsua101

“ When you see someone without a smile **L**, give them one of yours! **J** ”

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.

Message from the Presidents

Welcome back!

Has it really been over two months since we last gathered for our ant-less picnic in June?

We had such a good time and learned so much about each other that it was hard to leave the room!

This year, we are hoping to carry on that tradition.

On September 15th, we want to take the time to catch up with what everybody has been doing over the summer. We will be introducing our new board, and members, share some stories and laughter, and guzzle down some terrific treats baked by the famous O'Larson girls. *Please bring a snapshot of yourself to add to our scrapbook

On October 20th, we have an exciting program planned. At 6:30 PM we will have vendors from the Ostomy manufacturers as well as local and national suppliers visiting for our Appliance Fair. We will have other professionals that work with people with ostomies as well to visit. There will be free samples and the latest products and technology available to us. At 7:30 PM, international speaker and author, Sandra Benitez will be speaking about her latest book, *bag lady*. She wrote it about her life and her own experience living with an ostomy. Her signed books will be available to purchase after her presentation. There will be treats and door prizes and we hope you will bring family and friends. We welcome you to come to this meeting only or as many as you like during the year. Our meetings are held the third Monday of each month except December, July and August from 6:30-8:00 PM.

On November 17th, brought back by popular demand, another excellent surgeon from the Minnesota Colon and Rectal Surgeons, Ltd., Dr. Frederic Nemer said he would be “honored and delighted” to speak to our group. We will be collecting questions you would like to ask him.

We're looking forward to these events and to get back in touch. Please put September 15th on your calendar!

Our Best Regards, Brenda and Carol

***And please say a special prayer for the recovery of Karen Bazany, Sue Norby, and Frank Moriarty.

The Phoenix
The official publication of UOAA

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.

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Ostomy Resources

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Coloplast	800-237-4555
Convatec	800-422-8811
Cymed	800-899-5017
Hollister	800-232-4060
Kem Enterprises – Osto-EZ-Vent™	888-562-8802
Marlen	216-292-7060
Nu-Hope	800-899-5017

ADD SPACE AVAILABLE

Help us pay for the publication of the newsletter and post cards and for general expenses of this chapter

Newsletter ads for Ostomy Products
 Only will be:

Full page	7.25" x 9.5"	\$250
.75 page	7.25" x 7.25"	\$210
.5 page	7.25" x 4.75"	\$150
.25 page	3.5" x 4.75"	\$80
.125 page	2" x 2.5"	\$50

Announcing! Appliance Fair 2008!

You are invited to the Ostomy Association of the Minneapolis Area "OAMA" Special Event

Date: October 20, 2008

**Time: 6:30-7:30 Appliance fair with vendors
7:30 PM –8:30 PM National speaker and
author of *bag lady*, Sandra Benitez**

(Sandra will have her book available for purchase)

**Location: United Methodist Church of Peace
6345 Xerxes Ave So.
Richfield, MN 55423.**

There is no charge for this event.

All are welcome and bring family and friends too!

For further information contact: Brenda Elsagher
952-882-9882 or Carol Larson 952-934-3804

"Sandra Benitez is a spirited bi-lingual motivational speaker who has delighted audiences throughout the United States. She is the award-winning author of four novels and the memoir, *bag lady: A True Story of Loss, Illness and Recovery*. In 2004, she received the National Hispanic Heritage Award for Literature at the Kennedy Center in Washington, D.C. In 2007, she won the National Great Comebacks Award, sponsored by the Crohn's and Colitis Foundation of America and ConvaTec.

Benitez struggled with ulcerative colitis, an inflammatory bowel disease for 30 years before undergoing an ileostomy 14 years ago. This radical surgery changed her life by giving back what she thought she had lost: a happy, productive, pain-free existence.

Benitez delivers a powerful yet entertaining message in her presentation, "Making the Best of a Bag Situation." Using her own personal stories, humor and medical facts, she has that rare ability to connect with audiences and offer them hope and a way to find strength and a smile in facing their adversities."

Just For Laughs

A child was asked to write a book report on the entire Bible.

This is amazing and brought tears of laughter to my eyes.

I wonder how often we take for granted that children *understand* what we are teaching???

Through the eyes of a child:

The Children's Bible in a Nutshell

In the beginning, which occurred near the start, there was nothing but God, darkness, and some gas.

The Bible says, The Lord thy God is one, but I think He must be a lot older than that. Anyway, God said, 'Give me a light!' and someone did.

Then God made the world. He split the Adam and made Eve. Adam and Eve were naked, but they weren't embarrassed because mirrors hadn't been invented yet.

Adam and Eve disobeyed God by eating one bad apple, so they were driven from the Garden of Eden. Not sure what they were driven in though, because they didn't have cars.

Adam and Eve had a son, Cain, who hated his brother as long as he was Abel.

Pretty soon all of the early people died off, except for Methuselah, who lived to be like a million or something.

One of the next important people was Noah, who was a good guy, but one of his kids was kind of a Ham. Noah built a large boat and put his family and some animals on it. He asked some other people to join him, but they said they would have to take a rain check.

After Noah came Abraham, Isaac, and Jacob. Jacob was more famous than his brother, Esau, because Esau sold Jacob his birthmark in exchange for some pot roast. Jacob had a son named Joseph who wore a really loud sports coat.

Another important Bible guy is Moses, whose real name was Charlton Heston..

Moses led the Israel Lights out of Egypt and away from the evil Pharaoh after God sent ten plagues on Pharaoh's people. These plagues included frogs, mice, lice, bowels, and no cable.

God fed the Israel Lights every day with manicotti. Then he gave them His Top Ten Commandments. These include: don't lie, cheat, smoke, dance, or covet your neighbor's stuff. Oh, yeah, I just thought of one more: Humor thy father and thy mother.

One of Moses' best helpers was Joshua who was the first Bible guy to use spies. Joshua fought the battle of Geritol and the fence fell over on the town.

After Joshua came David. He got to be king by killing a giant with a slingshot. He had a son named Solomon who had about 300 wives and 500 porcupines.

My teacher says he was wise, but that doesn't sound very wise to me.

After Solomon there were a bunch of major league prophets. One of these was Jonah, who was swallowed by a big whale and then barfed up on the shore.

There were also some minor league prophets, but I guess we don't have to worry about them.

After the Old Testament came the New Testament. Jesus is the star of The New. He was born in Bethlehem in a barn.(I wish I had been born in a barn too, because my mom is always saying to me, 'Close the door! Were you born in a barn?' It would be nice to say, 'As a matter of fact, I was.')

During His life, Jesus had many arguments with sinners like the Pharisees and the Republicans. Jesus also had twelve opossums. The worst one was Judas Asparagus. Judas was so evil that they named a terrible vegetable after him.

Jesus was a great man. He healed many leopards and even preached to some Germans on the Mount.

But the Republicans and all those guys put Jesus on trial before Pontius the Pilot. Pilot didn't stick up for Jesus. He just washed his hands instead. Anyways, Jesus died for our sins, then came back to life again. He went up to Heaven but will be back at the end of the Aluminum. His return is foretold in the book of Revolution.

Several Studies Show Evidence that Chewing Gum Helps After Colon Surgery

Posted: 26 Aug 2008 09:18 AM CDT

Five randomized studies have shown that chewing gum after colon surgery reduces the time it takes for patients to pass gas and have a bowel movement.

Patients in the studies chewed sugarless gum from 5 to 45 minutes, three times a day after surgery. Control groups had similar surgeries but didn't chew gum.

There was a trend toward leaving the hospital sooner, but the studies were too small to definitely show fewer hospital days for the gum chewers.

Still, the study authors wrote,

The potential cost savings from the reduction of even one postoperative day compared with the cost of several sticks of chewing gum are huge.

During intestinal surgery, the bowels stop moving contents forward, a situation known as ileus. After surgery doctors listen for sounds in the bowel and wait for gas to pass through the rectum as signs that bowel activity is resuming.

Overall in the five studies, patients who chewed gum passed gas about half a day sooner and had their first bowel movement a day sooner.

The team concluded,

Chewing gum may enhance intestinal recovery following colectomy and reduce the length of hospital stay. Owing to the potential for substantial cost savings, larger-scale, blinded, randomized controlled trials with placebo arms are warranted.

Previously, C3 News has reported post-surgical gum chewing studies in **California** and **Dallas and Pittsburgh**.

More information about the overview of gum studies is on [Medpage Today](#).

SOURCE: Purkayastha et al., *Archives of Surgery*, Volume 143, Number 8, August, 2008.

June 30-Board meeting

<p>Members present: Co-Presidents: Brenda Elsagher and Carol Larson President-elect: Marilyn Carlson and Anna Marie Kronick Treasurer: Don Heinrich Secretary: David Uri Newsletter Editor: Austin Hummel Hospitality: Dorothy Gray & Frank Moriarity Past Presidents: Fran and Bob Edelson CWOCN: Julie Powell-absent Visitation Chair: Anita Summers-absent Patsy Murphy: Membership Chair Are all positions filled on the Board? Yes Should speakers be given a gift card? \$25.00 gas gift card Is larger room available at United Methodist Church of Peace? More info needed. Present room crowded; "kitchen room" would be acceptable except for Appliance Fair, then need large room. \$400 in total to pay for one/two people to go to youth rally? Yes \$100 be sent to FOW-USA to help cover costs of shipping.- Yes <u>Tentative Meetings for the year: (may not be in this exact order.)</u> **Most meetings will have a welcoming session 6:30-7:00 p.m. September- **Don H. Intro to Board, members, @@Carol and Brenda October-Appliance Fair, Speaker Sandra Benitez-@Brenda November-**Anna Marie-Dr. Nemer speaking @Carol will arrange</p>	<p>December-no meeting January-**Frank-Rap session- @Julie February- **Dave Uri- Anna Leininger-Genetics counselor- @Carol March- **Marilyn-Cindy Iverson-Health and Colon matters @ Carol Get Your Rear n Gear info April- **Bob -Hollister @ Brenda May- Rap session-Bob Bartlett?@ Brenda June-Antless picnic-Don and Nancy Heinrich @ All @ means "responsible for getting speaker or facilitating. Any information for the September meeting has to be sent to Austin by August 15 Ideas: Carol and Brenda will send some words for news letters Appliance fair participants (those with a product to sell) will be asked to donate a door prize and 4 dozen cookies. Carol will take care of hot water, tea bags, coffee bags, etc. + cups. ****We need to have our information more online. Need all ages of people to join. How? Carol will try to get snapshots of all members in an album to be brought to each meeting. David Uri will submit a "meet the member" column to our newsletter. Carol will talk to Amy and Julie about how to do this. Brenda and David Uri will come up with some ideas.</p>
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Dear Friends,

Things are shaping up well for the fair so far.

We have representatives coming from Convatec, Coloplast, Hollister, Cymed, Byram healthcare, Handi medical, Dahl Pharmacy, Bob Bartlett, Julie Weaver, Patsy, the St. Paul chapter, GYGIG (DAVE Uri) and members from our own chapter who will help out by manning tables for distributors that could not be present.

There is a lot of enthusiasm. The medical companies were all asked to bring a few dozen cookies and a door prize. We will need people there early to help them get tables set up, and we will need people to register people as they come in.

H. Austin Hummel, Editor, hah7800@q.com

OSTOMY ASSOCIATION of the MINNEAPOLIS AREA

Annual dues are \$15 and are due in January. Membership in the *Ostomy Association of the Minneapolis Area* and a subscription to the *Ostomy Outlook Newsletter*

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I have a: Colostomy Ileostomy Urostomy (ileal diversion) Other Non-ostomate

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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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