

Ostomy Outlook



NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA

Volume XXIV, Issue XI, Oct/Nov2010

Date:	Monday, Oct 18, 2010	 <div style="border: 1px solid black; padding: 10px; width: fit-content; margin-left: auto;"> <p>Have a Beautiful October ...</p> </div>
Time:	“6:30 PM”	
Place:	United Methodist Church of Peace 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069	
Program:	“Being Affirmative with Health Issues” Talk and Group Discussion led by Darlene Hafner **** Also Youth Rally Report	
Date:	Monday, Nov 15 , 2010	<p>Happy Thanksgiving!!!!</p> 
Time:	“6:30 PM”	
Place:	United Methodist Church of Peace Same address as above	
Program:	Rap Session with Julie Powell	

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

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UOAA Web Site:	<u>www.uoaa.org</u> or <u>www.ostomy.org</u>		

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.



Co-PRESIDENT'S CORNER

Marlee Kivens and Amy Finley

Hi Everybody! Great meeting on Sept. 20th. So nice to see everybody.

As we start up this new season of meetings, we look back on the many times we have shared. New friends have joined our group and some friends have moved. Change is difficult. Anita Summers had to give up her job as our "Visitation" chair. She did an excellent job finding hospital visitors and callers for people who wanted information about ostomies and our group. We are happy to announce Fran and Bob Edelson will be our new chairpersons for this year. Anne Marie Kronick has volunteered to be co-editor along with Carol Larson.

United Ostomy Association of America holds the National Conference every 2 years so this summer was off and next year they will be meeting in Reno! More information about that meeting will be coming in future publications.

As we search for ways to cut our costs, we will be expanding our email list. We are looking for a new board Membership Chair to our data up to date. If your email address or home address has changed, we need to know right away so we can keep our records up to date. Please let a board member know of any changes. Carol Larson, a volunteer for Hennepin County library, wants everyone to know that some email services are accessible and free, as are computers. All you need is a library card...and a friendly librarian. (There are a lot of those.)

From Amy-I have volunteered to be co-president. I miss some of my UOAA friends but I want to remind people that computers are also a great way to keep in touch with people who have moved or are far away through the Internet and Facebook. Sincerely, Amy Finley

From Marlee-I want everyone to know I've been trying to learn the ropes to becoming a well-informed co-president with Amy and we're both excited about this year! Sincerely, Marlee Kivens

Quote for the month:

No one gets out of this world alive, so the time to live, learn, care, share, celebrate and love is now. -Dr.

GETTING TO KNOW ME!

Who is this Mike Carlson?



Picture of Mike, his wife Tammy, Anne Marie Kronick, And Mike's sister, Marilyn Carlson at 2008 UOAA convention

Every newsletter we feature a story about one of our members....so I guess this month it's my turn. Many of you know me as just Mike, but where I work people often call me Pastor Mike. You see, I'm a chaplain (something like a pastor!) on the Martin Luther campus in Bloomington. I have served on that campus for 16 years now providing spiritual care to over 250 older adults and their families. I love my job!

My ostomy story begins back in 1981 following many years of fighting ulcerative colitis. Dr. Rick Nemer, who many of you know, said its time! So, the following morning, my colon and rectum were removed and I was given the gift of a permanent ileostomy. Now why do I say gift? Because that ileostomy literally saved my life! Today, 29 years later I am living a healthy life because of that gift.

My involvement with the Ostomy Association probably began around 23 years ago. I have held every office including President, more than once, I might add! I have also served on the Board of our National group prior to its reorganization a few years ago. Monthly meetings are important to me as not only a place to hear new information, but to meet new people who have been given the same gift that I have been given. I will never forget lying in bed at Fairview Southdale Hospital back in 1981 as this young man strolled into my room and told me he was a visitor with the Ostomy association. He looked healthy and vibrant and then he told me he was wearing a 'bag' just like I was. I couldn't believe it! Today, I can!

Now a little about my family. My wife Tammy and I have a blended family of four children...Ryan, Jon, Gwen and Caleb. We are also the proud grandparents of four grandchildren. Many of you know my sister, Marilyn Carlson. The ostomy group is truly a family affair as Marilyn is wearing a gift of a colostomy.

Thanks for reading a little about me and I look forward to seeing you at our monthly meetings.



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.

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 or amkronick@comcast.net



Note: The following letter is from our UOAA ASG Leaders.

Hello from a HOT and HUMID Pennsylvania! As most of you know from my other emails, I am Jason Cesari, and the current UOAA, ASG Advisory Board Chair. We are currently working on several projects, and continue to develop new ones. Our latest project is going to require a little assistance from all the ASG members out there. In this email I will break down what the project is and how you guys and gals can help!

The Background:

As many of us know, having an Ostomy can be an overwhelming experience - especially at first. One of the questions people wonder about is whether or not they will be able to continue to work at their present jobs, or if there are products available to help them at work. For example, I am a State Trooper, and I wear an ostomy guard that protects my stoma from my 25+ pound gun belt, and would also help protect my stoma against a direct hit if I were involved in a scuffle with the bad guys. The stress of the operation and the unknown is tough enough without adding on the "what if's" and uncertainty about being able to work. Having the UOAA Family is something that has helped me so much in returning back to a normal life (I realize it's hard for those who know me to think of me as normal ha-ha), and being able to talk to other members and "pick their brains" has helped me get right back into the flow of life. We are lucky to have a lot of ASG members with a wide variety of vocational backgrounds, and who bring with them their real-life experiences in pursuing their career goals while living with an ostomy. **THIS IS WHERE YOU GUYS AND GALS COME IN!!!**

The Project:

The Advisory Board is compiling a data base of information which all current, new and any other Ostomy members can access. This Data Base will be available for every ASG Leader and all members of our groups. ASG Leaders will have this information (still working on how to get this to you folks, but one way may be to include this in our other project "ASG IN A BOX", or to email it to all the leaders).

So what information are we looking for? Let me first say that YOU DO NOT HAVE TO PARTICIPATE IN THIS and WE DO NOT WANT MAKE PEOPLE ASSIST IF THEY DON'T WANT TO... THIS IS A 100% Volunteer PROJECT! **What we hope to do is to compile a data base of members who want to share their experiences regarding how they continued to work, and adjusted to their employment after their operations!**

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We are asking all of our ASG Leaders to use their next few meetings as an opportunity to see if they have any members who are willing to share their experiences and/or knowledge of helpful products or tips with others, and perhaps to help guide them back into the work force or help them to adjust to the job they are returning to.

So here is what the Advisory Board is looking for:

1. We need to know what your members do for a living, or did for a living. We are not looking for any other details about their job other than what it is.

2. We need to know if the members are willing to be listed on this National UOAA Data Base, and to be contacted by current or new ASG members, or members of the UOAA seeking help in adjusting back to life and work.
 - a. If they are interested how can they be contacted?
 - I. Email (would need their email)
 - II. Phone calls (would need their phone numbers)
 - III. Location Where the current Member lives/Works and what group they belong to.

*** Please note if the member would prefer not to be contacted by phone, and would rather be contacted by email only. Members do not need to give any information they are uncomfortable sharing.

*** Once we start receiving this information I will work on the data base and get it to Joan. The great thing about this data base is: **WE CAN ADD OR REMOVE MEMBERS FROM IT AT ANY TIME, SO IF SOMEONE WANTS TO BEGIN OR END THEIR PARTICIPATION, IT IS VERY SIMPLE TO DO!**

So, the task we are asking of our ASG Leaders is to inform the members of this project at your next few meetings, and to ask those interested to provide the information requested above. Please keep a running list (you can make a simple form up and pass it around at the start of meeting or leave it on a desk, and let them know at anytime they can fill it out). As members start to sign up please email the information to me at jason30plusnetwork@uoaa.org so I can process them as they come in.

I know the help I received from members of the UOAA had a huge part in my getting back to work, and adjusting to life with my Ostomy, and I hope this project will help a lot of others!

Thank you for your time reading this long email and I really hope this project takes off!

Jason Cesari
UOAA Advisory Board Chair
UOAA 30+ Network Committee Member
UOAA Luzerne County Ostomy Support Group ASG Leader

Thank you for taking the time to read through the above letter. With the above info and our efforts to streamline our group's communications we are tackling a couple of different areas. What would help us out would be for you to complete the following information and return it to our local chapter "OAMA". This will allow us to be able to share information w/ fellow ostomates and cut down and future paper waste.

OAMA – Ostomy Association of the Minneapolis Area

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

May Need a Ride: _____ Able to Offer a Ride _____

Email Address: _____

Please send me **Email Blasts** of the Newsletters & **Monthly Reminders** of Meetings Yes No

Please continue to Mail Reminders/Newsletters as I don't have computer access. Yes No

Ostomate: Colostomy Ileostomy

Urostomy

Other Please Specify _____

Female: _____ Male: _____

Age Range: 18-25 26-35 36-45

46-55 56-65 66+

Would Like to Become a Visitor on the Local Level:

Yes _____ No _____

****Would like to help with the ASG Data Base Program:**

Yes _____ No _____ (please share my info)

PLEASE NOTE THAT THE ABOVE INFORMATION IS FOR HELPING OTHERS WHO HAVE OR ARE GOING TO HAVE AN OSTOMY. ALL INFORMATION IS KEPT CONFIDENTIAL AND NOT SOLD.

Please return to our PO Box or to my email address amynmandi@yahoo.com

Thank you for your response, Amy and Marlee Co-President's of OAMA

Membership Memos:

- Please remember to thank Anne Marie Kronick and Marilyn Carlson for being our Presidents last year. They did a great job!
- Have any stories to give to Brenda for her next book? "It's In the Bag and Under the Covers." Contact Brenda at: brenda@livingandlaughing.com



Don't Forget!

Membership Dues are due, if you haven't paid them already!

Meetings are the third Monday of every month except for July, August, and December.

Could you bring treats to a meeting? Contact one of our board members.

Remember: Bring your Ostomy Supplies you no longer use to the next meeting, or call any board member to arrange pickup or ship those supplies to:

FOW-USA
1500 Arlington Avenue
Louisville, KY 40206-3177



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.

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.



Half of each subscription funds the nonprofit UOAA. Subscribe Today!

Annual subscriptions: \$25 (4 issues)

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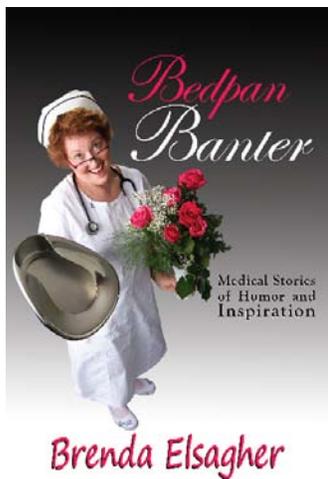
Name _____

Address _____

Apt/Suite _____

City _____

State _____ Zip _____ 1007/SG 1/8AD



Ostomy Accessories that give me confidence. **That matters.**

With **Adapt** Accessories, your ostomy system truly fits into your life. **Adapt** Barrier Rings help prevent leakage by creating a secure fit. **Adapt** Lubricating Deodorant neutralizes odor and eases the emptying of your pouch. For a sample, call **1.888.740.8999**.

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Ostomy Association Of The
Minneapolis Area
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Bloomington, MN 55438-5453

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please check here ____ and
return to the ←address at
left

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ADDRESS SERVICE REQUESTED

To:

**Please enroll me as a new member of the Ostomy Association of the Minneapolis Area
or Renew My Membership**

If you haven't enrolled, 2010 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
Bloomington, MN 55438-5453

I have a: Colostomy Ileostomy Urostomy (ileal diversion) Other Nonostomate

Name: _____ Email Address: _____

Street: _____

City: _____ State: _____ ZIP: _____ Phone: () _____

As a tax exempt Organization, all contributions and dues are tax deductible

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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 \$ _____

Send this form with your check, Payable to OAMA