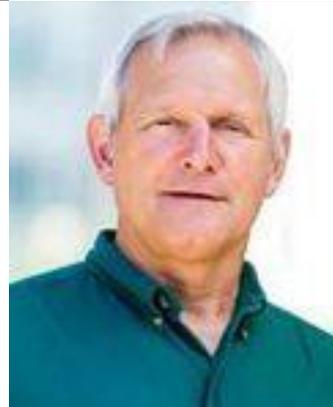


Ostomy Outlook

LETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA	
Volume XXLXVI, Issue VIII	
February, March 2018	
Date:	Monday, February 19, 2018
Time:	6:30 PM-8:00 PM
Place:	United Methodist Church of Peace 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069
Program:	Our speaker for February is Bob Bartlett: MA, LAMFT Bob has been a therapist since 1999 working with families, couples and individuals. He will present: Resiliency: Moving through Grief into Coping and Beyond. Bob will speak and take questions and join us for the support part of our meeting. You don't want to miss this great speaker!
Date:	Monday, March 19, 15 2018
Time:	6:30 PM – 8:00 PM
Place:	United Methodist Church of Peace 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069
Program:	Caretakers, families, and friends of ostomates share their concerns. Bring your questions and your stories to this session!



- | | | | |
|-------------------|---------------------|--------------|--|
| Presidents: | <u>Rich Trainer</u> | 952-888-7315 | goldenstrainer@yahoo.com |
| And Hospitality: | Frank Moriarty | 763-557-5712 | moriartyf@earthink.net |
| Secretary: | Marilyn Carlson | 952-941-9148 | mcarlson@thunderlake@usfamily.net |
| Treasurer and | | | |
| Membership: | Brenda Elsagher | 952-882-9882 | brenda@livingandlaughing.co |
| Patient Advocate: | Dar Hafner | 952-835-4599 | dmhafner@yahoo.com |
| Program: | Carole Ann Barron | 952-941-8884 | barronski@aol.com |
| ASG rep/ Editors: | Carol Larson | 952-934-3804 | caroldavidlarson@aol.com |
| Social Media: | Nancy Hagfors | 952-237-6465 | pitplayer@q.com |

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.

Our new website address is: ostomyminneapolis.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.

The President's Corner

****If you would like to suggest a future program, please contact:
Carol Barron barronski@aol.com
****If you have weather questions, please call 952-882-0154



PRESIDENT'S LETTER:

Last month the weather was so bad, we had to cancel. I tried to email everyone I could. Frank Moriarty went over to the church and put a notice on the door. I hope no one was inconvenienced. Be sure and call the above number if the temperature is too low, or snow is blocking the highways. We live in a great place, but weather can certainly be a problem.

New Business:

TREASURER'S REPORT from Brenda Elsagher

Treasurer's Report and Membership, Brenda Elsagher

Thanks to the many members that join on line and at meetings. We appreciate seeing you and hearing from you! Currently we have 103 Members and we have 118 WOCN nurses on our email list. If you know of a nurse that needs our newsletter, please let me know.

Thank you for the help from our sponsors and members:

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No one is ever turned away for not having the financial means to support our \$25 membership yearly. Just come to our meetings and be a part of us. You are always welcome!

Our website is getting more attention all the time. If you have suggestions about our newsletter and website, please feel free to send them to Carol Larson or myself.

Start saving your nickels. The next national UOAA conference is in Philly 2019. We help pay your registration! They are fun and you learn a lot!

*****There is a new ostomy support group starting in Anoka –They meet the third Tuesday of the month at 10 am Zion Lutheran Church 1601 Fourth Avenue, Anoka, MN 55303**

Contact: Gary and Lori Leland 763-241-0775 They welcome new members!

February Calendar: **Meet on February 19, 2018 6:30-8 PM**

Bob Bartlett, MA, LAMFT

Bob has been a therapist since 1999 working with families, couples and individuals.

He will present: Resiliency: Moving through Grief into Coping and Beyond.

Bob will speak and take questions and join us for the support part of our meeting. You don't want to miss this great speaker! He can be reached at: Mind/Body/Spirit 952-922-8822, 5509 Eden Prairie Road, Minnetonka, MN

Remember, if weather is questionable; call 952-882-0154 to find out if the meeting is canceled.

March Calendar: **Meet on March 19, 2018 6:30-8:00 PM**

Caretakers, friends, and families share your concerns and bring your questions.

Bahgat Elsagher and David Larson will be leading the session

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GETTING TO KNOW ME! Grace Lee



Grace is the Living and Laughing Operations Manager for keynote speaker Brenda Elsagher, the Website Assistant for OAMA, and the Operations Manager for keynote speaker Renee Rongen. She lives in: Osburn, Idaho (North Idaho). Grace has been married 40 years to the love of her life, Brian R. Lee. They have two married sons and two beautiful granddaughters, ages 13 and 10.

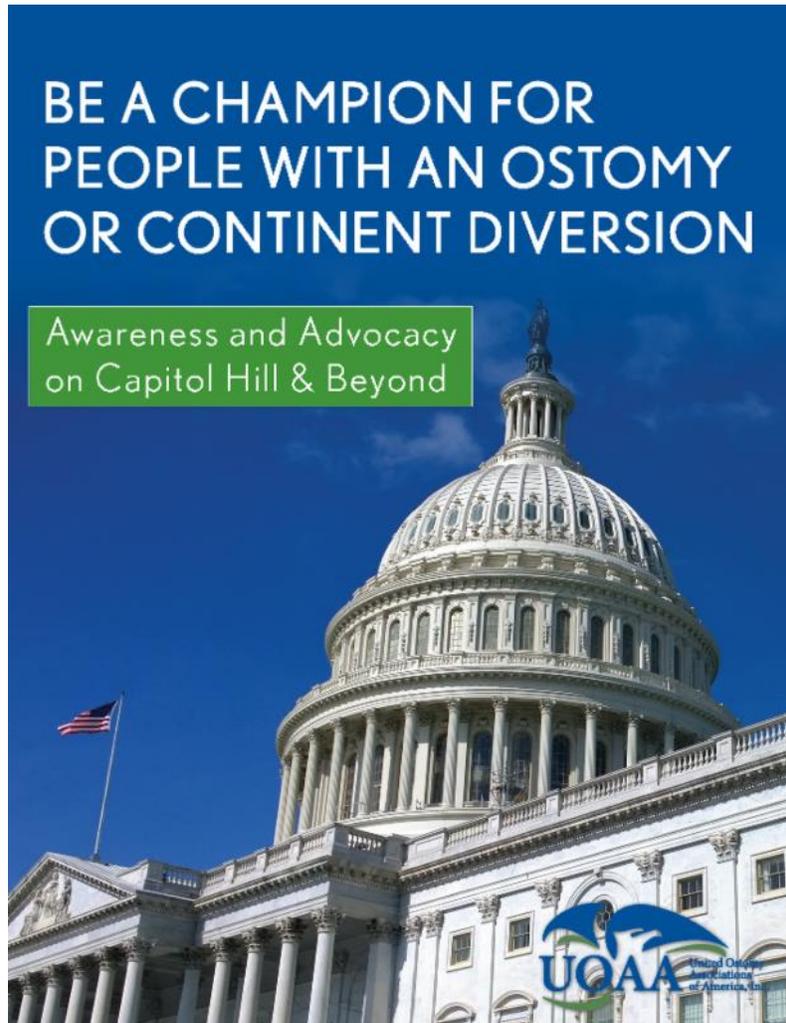
Grace Lee is our website assistant posting our events and newsletters on our OAMA website. www.ostomyminneapolis.org. Here you will find meeting events, the latest newsletters and more.

Grace has worked with our own Brenda Elsagher for more than 5 years and just last year began working with another speaker Renee Rongen. Her husband is retired from the railroading industry but during that career they lived in several states. She was born and raised in Rochester, New York, and then moved to Pocatello/Blackfoot, Idaho, Missoula, Montana, Sioux Falls, South Dakota, Burnsville, Minnesota and now lives in a little town of 1,500 people in Osburn, Idaho which is near Coeur d'Alene and 1.5 hours east of Spokane, Washington.

Grace likes to sing and has been singing in various venues for as long as she can remember. Knitting is her favorite hobby. Living in the beautiful mountains she enjoys walking and exploring God's creations. Grace is very active in their little church and in her community.

Thank you Grace for all you do!

Advocacy News



Happy New Year!

As one year draws to a close another year is upon us full of promise for a bright future. UOAA's Advocacy Committee draws inspiration each day from all of you to do more, and we are energized to continue our good works and tackle new goals.

If you are still contemplating a New Year's resolution to accomplish a personal goal or improve something in your life or for others, we encourage you to consider getting involved with UOAA's advocacy program. The most convincing advocate for people living with an ostomy or continent diversion is the individual who can speak from firsthand experience. This year why not be a champion for people with an ostomy or continent diversion?

Advocates are UOAA's greatest resource for making positive changes across the country. In an effort to support you and help you learn how and what it is to advocate for our community we have produced a toolkit titled: ["Be a Champion for People with an Ostomy or Continent Diversion: Awareness and Advocacy on Capitol Hill and Beyond"](#). From ways to raise ostomy awareness to tips for communicating with your elected officials, it contains all you need to be an ostomy champion. I hope it sparks an interest in advocacy and ignites a passion to improve the lives of all people living with an ostomy.

In addition, to keep you on target for completing this resolution this year please print our [2018 Advocacy calendar](#) for a simple way each month you can support advocacy.

Fire it up!

Jeanine Gleba AA Advocacy

A Thank You from Puerto Rico Ostomy Supply donations from the mainland a huge help to those affected by Hurricane.

On September 20th the island of Puerto Rico was hit by Hurricane Maria. It was the worst hurricane to hit PR and the US in recorded history.

Ruth Salinger of FOW-USA was the first person to contact me. Ken Aukett, whom I consider a mentor, also called. They were rightly concerned about Puerto Rico's need for ostomy supplies.

Ostomates in Puerto Rico would indeed need supplies, but the infrastructure was so damaged there was no way we could receive them. We all know ostomy supplies need to be treated with care. Yet, we had no power, communications that were sporadic, and a complete breakdown in postal service. We were in a bad way. I told them I would inform them when conditions improved enough for supplies to get through.

In discussions with the VP and Secretary of our association, we agreed it was best to postpone the shipments until we could receive assurance they would not be held up in transit. At the time, stories were circulating of packages being opened, of batteries and other vital supplies being pilfered. Even if we received the donations, we worried about how to store them and how they would be distributed. So much had been damaged it was like starting over.

We decided the safest place to send those supplies was my home address. I live in a condominium, and thank God we had a generator that supplied electricity and water, if only for limited hours. For security purposes, the elevators had been shut down. We kept looking for options, contacting other places for storage, but none had power. Every option we considered held another roadblock.

As a last resort we called an old school where we conducted meetings. This old school was given by the government for restoration to Casa Dominicana. They agreed to give us a room, but they had no water or power either!

My apartment would have to do. Time was running out. Ostomates were in desperate need.

As days passed, more communication towers came on-line. Power was returning to limited areas. My apartment got electricity! The time was ripe to request supplies. The first supplies we received were from FOW-USA. Since then we have been receiving supplies. My apartment looked like a warehouse, but I was grateful to have received so much. Just over a month later, I received a call from Casa Dominicana. They had electricity! It took us two days to transport the boxes.

Even today, we are receiving donations. We are truly grateful to have so many friends in the ostomy community in the USA.

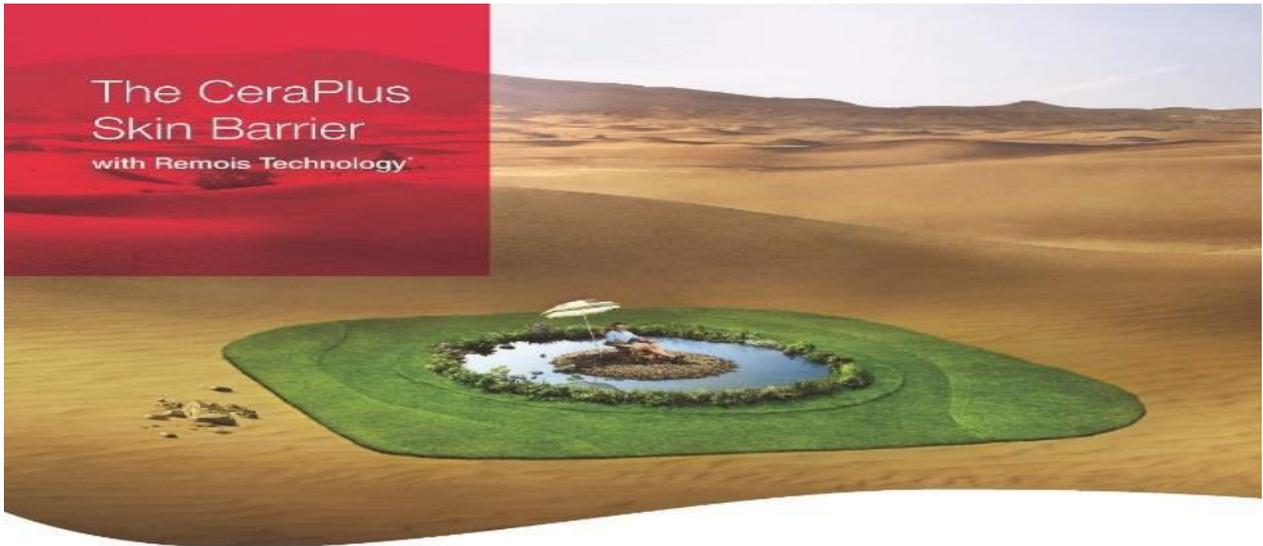
I would also like to point out that I receive many calls on a daily basis requesting help. Calls so desperate that I sometimes inform them to come directly to my apartment to pick up supplies.

It has been four months since we were hit by the hurricane and there is so much to do. People in many towns still don't have electricity and water. The island has been devastated. Bridges and roads are broken. But our people have faith that our beautiful island will recuperate and shine again.

By: Martha Velez De Nieves, President

Asociacion de Ostomizados de Puerto Rico, Inc.

FYI: Extension of Special Medicare Enrollment Period for Individuals Affected by Hurricanes in Puerto Rico and U.S. Virgin Islands and California Wildfires. [Click here](#) for more info.



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JULIE'S CORNER-

According to health professionals, dehydration can make winter bugs even worse

Nobody wants to feel poorly and dehydration can make you feel very dizzy or disorientated - coupled with all the nasty bugs going around it can really knock you for six! Keeping your fluids up also decreases the chance of getting a urinary tract infection (UTI) which can go unnoticed sometimes and then become harder to treat.

FOW Update

Make a resolution you can keep

Encourage your members to send their unused ostomy supplies to Friends of Ostomates Worldwide-USA at FOW-USA, 4018 Bishop Lane, Louisville, KY 40218-4539. They will help needy ostomates have a happier and healthier New Year. You can read their inspiring stories on our website www.fowusa.org. Thank you for your continued financial and product support. We appreciate it.

Ann Favreau, President Friends of Ostomates Worldwide-US

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[Six More Weeks of Winter? Protect Your Stoma While Dealing With Snow](#)

February 2012 UOAA post

While many parts of the central and eastern USA have seen near record high temperatures in the past couple of weeks coupled with a very mild weather pattern this winter over the majority of the country, the end of winter may not be closer than we think. Amidst mostly cloudy skies, and temperatures in the low 30s, the famous groundhog "Phil" saw his shadow in the little town of Punxsutawney, Pa last week signaling "six more weeks of winter". Whether or not you put stock into Phil's predictions, historically winter weather is often carried deep into March for most of the country. With these cold weather patterns, often we see unexpected snow falls as well.

For the ostomates who live in northern climates and are experiencing this less than mild winter weather, it is very important to use caution when fighting back the snow especially when shoveling. Due to the abdominal incisions, ostomates are at higher risk of strained abdominal muscle injuries and must also take appropriate steps to protect against injuries to the stoma.

If more winter and snow is indeed in our future according to Phil, please take the following precautions to mind while working through the piles of snow that may be heading our way this late winter season.

- **Physicians Advice:** First and foremost, if you are questioning whether you are fit to shovel snow please consult with your Medical Provider Team. Your Physician or Ostomy Nurse will be able to determine if you have weight limits or restrictions when it comes to pushing or lifting. Make sure that you discuss your plans with your Medical Provider Team before rushing out to overexert yourself.

Proper Support: Consider wearing an [abdominal binder](#) while shoveling snow. The primary purpose of the abdominal binder is to lend support to the abdomen after your ostomy surgery. It can also help the the ostomate handle everyday activities, such as coughing, sitting up, and walking during the early healing phases after your surgery. For these reasons, many ostomates will have an abdominal

binder from their surgery. Use it for extra support while you shovel snow and to help protect your stoma.

- **Dress Appropriately:** Layer your clothing to stay warm. If you are too warm and begin to sweat, remove a layer of clothing to prevent from sweating while in the cold air. While sweating is good for cooling you down in the summer, it is not so good for cooling down in the middle of winter. Wear boots that are warm, water-proof if possible, and most importantly ones that will prevent you from slipping.
- **Use Proper Technique:** Pushing a shovel full of snow is much easier on your back and abdomen than lifting and throwing a shovel full of snow. Start from one side and plow through the other, dumping the snow off the side of your driveway or walkway rather than trying to throw it aside. Hold the handle of the shovel off to the side of your body, opposite your stoma, as you push the shovel along. Holding the shovel to your side is safer in the case you hit an uneven part of the driveway or sidewalk as the handle will not drive into your abdomen or even worse your stoma. Don't hold your breath as you push or lift heavy shovels full of snow. Take a deep breath before you lift and exhale as you strain through the lift.
- **Stay Hydrated:** It is very important to stay hydrated before, during, and after your snow shoveling. Snow removal is a very strenuous exercise that you shouldn't go into lightly. Many people attempt to tackle their driveways and sidewalks unprepared and end up straining either their abdominal muscles or lower back muscles mostly due to overstrain and poor hydration.
- **Take Your Time:** The entire driveway doesn't necessarily need to be finished in the next 30 minutes. Take your time, rest between passes with the shovel. If you find yourself getting tired or winded, go inside and sit for a few minutes to rest before tackling another portion of the job.
- **Be Smart:** Sometimes you have to know your limits. If you are not physically fit enough to safely shovel snow, please look for other options. Hire that entrepreneurial kid in the neighborhood to shovel for you, call in favors from friends and neighbors, or guilt your kids or grandkids into coming to see you and while there, shovel the driveway for you. At the end of the day, a cleaned off driveway and sidewalk is not worth injuring yourself or having to face another surgery.

****Tips for Ostomates Going Through Difficult Times from "Weathering the Storm" by Carol Larson**

- **Focus on the present.** Let go of minor problems. Live as well as you can.
- **Be Kind to yourself.**
- Let the kindness of others help to buoy you up.
- **Enhance Your Life With Peace.**
- Faith, spirituality, meditation, deep breathing, and imagery are ways to get there.
- **Express your emotions.** Cultivate the ones that encourage you to heal.
- **Clearly communicate your symptoms to your nurses and doctors.**
- Do not assume that just because you are going through difficulties you are going to be that way forever. With the help of your WOCN nurses and doctors there will be better days ahead.
- **Track your progress in a journal.** Not only is this therapeutic, but you may be able to identify helpful, predictable patterns.
- **Do as much as you can to preserve your health.** Make sure you are getting enough nutrition in your diet. Dehydration can become a problem. Take seriously the suggestion that you should drink at least eight glasses of water a day.
- **Don't forget these 3 R's:** REST especially right after each treatment. RELAX by doing the things you most enjoy. REACH OUT and stay involved with other people. Accept and appreciate their help
- *******Someday, you can pass on what you have learned to someone else.**

UOAA Conferences & Events – Upcoming

Note: This page contains information on future UOAA events. Go to WWW.ostomy.org For information about previous UOAA Conferences, see our page of [Archived Info from Past Events](#).

Also note: The events listed on this page consist of UOAA National and Regional Conferences, or other events promoted by the UOAA national organization. For local events sponsored by local support groups, see the [Support Group Announcements](#) section of our discussion board.

March 3, 2018 • Phoenix Ostomy Education and Supplier Fair • Phoenix, AZ

Ostomates, healthcare providers, healthcare students and suppliers are WELCOME to participate in this amazing event – ALL in ONE location! See the [Event Flyer](#) for more information.

March 10, 2018 • Clearwater Ostomy Product/Health Fair • Clearwater, FL

This will be one of the largest ostomy product/health fairs with over 200 ostomates in attendance and over 25 exhibitors. See the [Event Flyer](#) for more information.

April 7, 2018 • Iowa Ostomy Education Day • Sioux City, IA

This 10th annual event is being held free of charge to offer ongoing support and education to people with ostomies and their caregivers/families. See the [Event Flyer](#) for more information.

May 4-6, 2018 • 2018 Regional Ostomy Conference • Mid-Atlantic Region

Regional Conference to be hosted by UOAA's Northern Virginia Affiliated Support Group. See the [Fourth Conference Flyer](#) for more information (updated Jan 10, 2018). Registration is open now on the [Northern Virginia Website](#). The links below point to registration materials on the Northern Virginia site. Note that the last day for hotel reservation with the special conference room rate is April 11, 2018.



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