

Ostomy Outlook



NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA

Volume XXV, Issue XIV, Sept/Oct 2011

NEXT MEETING

Fall is upon us

Date: Monday, September 19, 2011
Time: 6:30 PM
Place: United Methodist Church of Peace
 6345 Xerxes Avenue South
 Richfield, MN 55423
 612-866-0069

Program: **Ostomy and Services Fair**

Come learn about different products and services that are available. Brenda Elsagher will be speaking and signing her new book, too!



Date: Monday, October 17, 2011
Time: 6:30 – 8:30 PM
Place: United Methodist Church of Peace
Program: To be announced



Mailing Address:

**Ostomy Association of the Minneapolis Area
 PO Box 38543, Bloomington, MN 55438-5453**

The Ostomy Outlook is printed and circulated for people with colostomies, ileostomies, urostomies & alternative procedures, their families and other interested persons.

Consult your MEDICAL PROFESSIONAL before using any product or procedure published in this newsletter.

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Ostomy Association of the Minneapolis Area Web Site: www.mplsuoaa.org

United Ostomy Association of America Web Site: www.uoaa.org or www.ostomy.org

Marlee Kivens and Amy Finley Co-President's Message/s



My trip this year to the UOAA Conference held in Reno Nevada [Aug 7-11 2011](#):

Yeah no troubles w/ TSA!! Made it there with no issues. First session they had TSA there speaking to let us know what to expect and if we ever need help or have questions who to contact. (Let me tell you, when I thought I'd lost my driver's license the night before flying back, I was finding those names and numbers!) Thankfully I did find it and returned with no issues as well. The first night, Brenda MC'd the fashion show sponsored by C3 Life and Hollister. Some of us got VIP treatment and were sitting right next to the runway where all the action was. Everyone looked great and did a fantastic job.

One of the Keynote speakers was Rob Hill, who at the age of 23 climbed Mount Everest.

<http://nogutsknowglory.com/robs-story/> It was interesting to see what he has accomplished even with an ostomy.

Another Speaker was **Ágúst Kristján Steinarrsson**, who is from Iceland. He spoke about his treks over Iceland and other places around the world. He basically told his doctor when and what he was going to do. Let's just say his doctor wasn't too happy at first – he thought it was a little too soon after surgery. He loves what he does and was always smiling even at the edge of the cliff (one wrong step and look out below!), but he got the photo. The photos were amazing. They also have a promotional campaign going for swimming pools where people with stomas are welcome. The sign shows ostomates in swim suits and for some their appliances do show. Check out an older blog of his at <http://www.goingup.me/about-2/>.

I did attend some meetings on newsletters and websites, so hopefully I will be able to share this info with everyone and possible revamp our website with some free to low cost software and such that is available to nonprofits such as ours. I met a gentleman from the Philippines and the group and newsletter that he has started and how they don't talk about having an ostomy in public because they would be laughed at and put down. Hopefully it will change. If those who knew him only new the truth and how much better life can be - he was such an inspiration.

All in all I had a great time and even got to ride in an ambulance. One of my dear friends had a coughing attack and was having difficulty breathing. She is fine. We believe it was due to the dry air, higher altitude and smoke in the casino. It was a first for both of us...in an ambulance that is. Enjoy every day as it is a gift. Let others know they are not alone. As I keep adding friends from conferences and learning more about who they are, the more I learn about myself and what I may be able to do and accomplish. *Amy Finley*



Minneapolis members catch up w/ some former members

Brenda, Anita (now in AZ), Amy, Katy (in CO), Pat (local homecare)



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

What on earth is an Appliance Fair?

You say you're not in the market for a new dishwasher or washing machine. Well then, what does it have to do with the Ostomy Association? Well, let me tell you how...

Going to the Appliance Fair is so helpful no matter how long a person has had an ostomy. New products are coming out all the time and this is a great opportunity to see them first hand and talk to the representatives who are full of information and advice.

Even though having a stoma is a common denominator for all of us, each one of us has individual needs and challenges when it comes to our ostomies. That's why it is so helpful and informative to come to the Appliance Fair. The ostomy supply companies that are at the Fair are more than willing to hand out samples so a person can try different products to meet their needs.

It is especially helpful to new ostomates. Usually when we wake up from surgery we see a large transparent pouch. It's transparent so the medical staff can notice any changes in the stool, blood etc. But when we get home, on our own, we are faced with all sorts of pouches, wafers, adhesives, powders etc. Usually we just go with what the ostomy nurse suggests. But as we become more aware of our bodies and comfortable with our ostomies, we may want to try new products and "experiment".

That's why the Fair is a great event to come to. You'll see a variety of products and get samples so you can go home and experiment on your own. I remember having such difficulty in the beginning with leakage and being allergic to a specific wafer. After attending my first Appliance Fair and trying a variety of products I was able to find a product that I can wear for up to 9 days with no problems.

Each time you go, you'll discover new products that you had no idea had even been thought of much less invented. You'll also discover items you *wish* had been invented. There will be sprays to kill odors, undergarments to assist us with our pouches as well as make us feel just a little more 'normal' if not even downright sexy, also covers for pouches which help with that sweaty feeling in the summertime. And goodness knows what else has been invented in the two years since we had our last Appliance Fair.

No matter if you're a new ostomate or one that has had one for years, you are sure to learn something new at the Fair. So, what a great way to spend a Monday evening: Great people, good food, samples of products, an opportunity to talk to representatives, and as always a chance to get to socialize with fellow ostomates.

You'll be glad you came. Hope to see you there!

"And did we mention free samples?"

ADDITIONAL REASONS TO ATTEND THE APPLIANCE FAIR-SEPTEMBER 19

In our OAMA group, talking about colitis, IBD (Irritable Bowel Disease) or bowel surgery is sometimes dinner time conversation but with commercials and public awareness, it's moving into the lunch time slot. Even for us, though, there is still a lot of mystery out there and it can be hard to know where to get information you want. Here, at last, is an event with some answers. On **Monday, September 19th, from 6:30-8:30**, our Ostomy Association of the Minneapolis Area is having an Ostomy and Products Fair that is open to the public. There is no admittance fee and all are welcome. Well-known vendors will be displaying their product offerings and providing treats: Handi-Medical, FOW-USA, Phoenix Process Consultants, Convatec, Colon and Rectal Associates, Full Bag Alert, Coloplast, Bag-It, Hollister, and Minnesota Gastroenterology.

Maybe you are free from these problems, but have someone in your family or a friend who could use some support. Remember, it will be held at the **United Methodist Church of Peace, 6345 Xerxes Avenue South, Richfield, MN. 55423**. This is where we hold our meetings nine times a year.

Not only is this an event packed with information, but our home-grown comedienne Brenda Elsagher will be featured telling stories that are entertaining, stimulating, and at times, poignant. The first 200 people with ostomies will receive a complimentary copy of Brenda Elsagher's new book, *It's in the Bag and Under the Covers*, compliments of Hollister Incorporated. It is the first of its kind with powerful stories about sex, dating, intimacy and caregiving for people with ostomies contributed by people with ostomies or their loved ones. Brenda's book reminds us that in times of our greatest despair, laughter, love and caring can come through reaffirming our sexuality and feelings of worth.

This is Brenda's fourth book. Other books by Elsagher are *If the Battle is Over, Why Am I Still in Uniform?* *I'd Like to Buy a Bowel Please!* and *Bedpan Banter*. She is a national keynote speaker and comic. Brenda has a blog for C3life.com and has a column for the Secure Start Newsletter from Hollister, Incorporated that comes out quarterly. By the way, if you would like to receive the newsletter, enroll at www.Hollister.com or call 1-888-740-8999. If you would like to have her speak to your organization, please call her at 1-952-882-9882. Her web site is www.livingandlaughing.com.

Membership Memos:



Don't Forget!

Membership Dues are due for 2011, 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.



United Ostomy Associations of America, Inc.

www.ostomy.org ☎ 800-826-0826

Well, we're digging out from a fantastic 2011 Conference and I'll be sending more information about that when the dust settles.

I have two things that I'd like to bring your attention:

In the 2011 Conference Program Book, the address for FOW is **not** correct. The correct address is:

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

Secondly, we are gathering information for Conference 2015. Your input is of great value to us and we'd like you to broadcast this survey to your members. It can be printed out and mailed to the office: UOAA PO Box 512, Northfield, MN 55057 or filled out online. The deadline for mailing is 9/20 and the deadline for online submission is 9/25. Here is the link for the survey: <http://www.surveymonkey.com/s/P9RNYX6>

Thanks and have a great day,
Joan

Other websites of interest:

A fellow member launched a website promoting lifestyle topics for those with an ostomy. Please click on the link below to be directed to that site.

www.havebagwilltravel.net

Below is a link to a website that you will likely find helpful. It's for the IBD & Ostomy Awareness Ribbon. It's my understanding that they are getting some press, even from as far as Australia!

www.ibdandostomyawarenessribbon.bbnw.org

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**

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 Ostomy Association of the Minneapolis Area invites you to the

2011 Ostomy and Services Fair

This is a free event for people with ostomies and their friends and families. All are welcome!

When: Monday, September 19, 2011 **6:30-8:30 PM**

Where: United Methodist Church of Peace

6345 Xerxes Ave So, Richfield, MN 55423



7:30 PM "A Funny Thing Happened on the Way to My Crisis!" will be presented by national speaker, author, comic and colostomate, Brenda Elsagher. Come prepared to laugh!

Each person with an ostomy will receive one of Brenda's books compliments of Hollister Incorporated.

Door Prizes, Snacks and Beverages are compliments of our vendors and OAMA. Questions? Call Marlee (612)701-4805.

Quote of the Month:

Keep your fears to yourself, but share your courage with others. ~ Robert Louis Stevenson



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!

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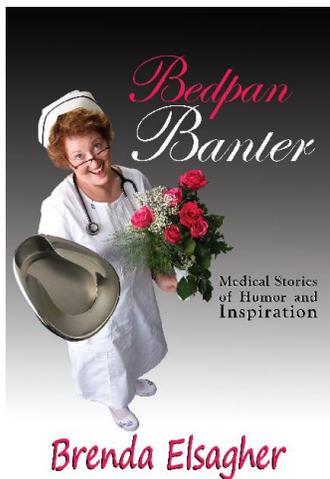
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With **Adapt** Accessories, your ostomy system truly fits into your life. **Adapt** Barrier Rings help prevent leakage by creating a secure fit. **Adapt** Lubricating Deodorant neutralizes odor and eases the emptying of your pouch. For a sample, call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

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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, 2011 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 Non-ostomate

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

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