

Ostomy Outlook



NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA

Volume XXVI, Issue II, April/May/June 2012

NEXT MEETING

| | | |
|-----------------|--|--|
| Date: | Monday, April 16, 2012 | |
| Time: | 6:30 PM | |
| Place: | United Methodist Church of Peace 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069 | |
| Program: | Jill Schreier, RD, LD, MS Registered Dietician from Handi Medical | |
| Date: | Monday, May 21, 2012 | |
| Time: | 6:30 PM | |
| Place: | United Methodist Church of Peace | |
| Program: | Rap session with Julie Powell | |
| Date: | Monday, June 18, 2012 | |
| Time: | 6:00 PM | |
| Place: | United Methodist Church of Peace | |
| Program: | Antless Picnic | |

| | | | |
|-------------------------------|--------------------|---------------|----------------------------|
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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

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**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.

**Frank Moriarty and Amy Finley
Co-President's Message(s)**



We had a great meeting last Monday, March 19th. We used our 6:30 to 7pm time frame to have great discussions amongst ourselves. Members got to know each other a little better and shared their concerns with one another. Hopefully we can continue to build on this and make that "open" 30 minutes even more helpful for all....that is why we started meeting a half hour early. Come early and join the conversation or just listen.

Our regular meeting at 7pm featured Dr. Judith Trudel, a colorectal surgeon. She devoted the entire evening's hour to taking questions from our group. She connected well with us and everyone seemed to enjoy her easy mannerisms. She put us all at ease and gave us good, complete answers. If you missed this meeting, we will have Dr. Trudel back next year for sure. Several members of the St Paul Ostomy Group came to our meeting because she has spoken at their meetings in the past...they called themselves "Trudel groupies."

To sum it up, our meeting Monday and our meetings in the past have all been excellent because we have a great group of people who really care for one another. We all get along so well. I enjoy my time at the meetings because of the people I interact with at all the meetings.
Frank Moriarty

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GETTING TO KNOW ME!

Anne Marie Kronick



I suppose in getting to know me you'd find out I was born in Scotland and lived in England and Canada before arriving here in the US. I already spoke English – but with a funny accent – so it was very easy for me to fit in. Since I married a native Minnesotan in 1966, this has been my home. And most of my British relatives will tell you that not only do I sound like a “Yank,” I sound like a Minnesotan. I have two fabulous children, a son, Alexander, and a daughter, Adrienne. I have two of the most beautiful grandchildren ever, Rex & Rory.

Both my husband and I work in the video, film, and communications business. For the past three years we've worked for ourselves under the name AMK Production Services, Inc. It was an easy name to come up with since he's Averill Mark and I'm Anne Marie.

Before my uterine cancer I worked as an associate producer, usually with my hubby. but also for other companies. I even worked on a TV show for TPT. But since radiation knocked out my intestines I was never able to do those long, long hours required and I moved into something I could do at home. So I transcribe interviews and other spoken material for film and video, especially documentaries. Basically, the printed version is used to search out pieces from the interviews that tell the story and use that in order to edit the film.

We live in a brownstone in downtown Minneapolis where I have a rooftop garden. I wouldn't have moved out of my house unless I had a space to garden since it's one of my true pleasures. I volunteer with the Park Nicollet Healthcare system as a member of their Patient & Family Council. This group adds patients' ideas and perspectives into a lot of decision making for Methodist Hospital and the clinics. I joined that while recuperating as it gave me a good place to turn my negative feelings about my medical situation into positive deeds. I also love being a part of our ostomy group. I've learned so much and laughed so much about our 'condition' that I don't know where I would be without all of you.

Anne Marie Kronick



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Three years ago, Carol Larson raised money for our OAMA group from the sales from her book, *Lifelines*. Besides her narrative, the book included articles from Brenda Elsagher, Darlene Hafner, Anita Summers, and Anne Marie Kronick

This year she has written a sequel to that book, *Weathering the Storm*. Carol has added new stories about people who have overcome "the storms" of their lives and reclaimed their lives. All authors have contributed commentaries on what they learned from their ordeals. Tributes to Brenda Elsagher, Sue Norby, and other individuals are at the back of the book. All resources have been updated, giving special recognition to UOAA and OAMA. During our May 21 meeting, Carol will offer her book that night at a reduced cost of \$10.00 per book. She will donate all proceeds to our OAMA group.

Contact Carol Larson for more information.

March 24, 2012

caroldavidlarson@aol.com

952-934-3804



Don't Forget!

Membership Dues are due for 2012, 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.

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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Wellness Education





GET YOUR REAR IN GEAR TWIN CITIES

Colon Cancer Coalition

5k Run/Walk for Colon Cancer Awareness

SAVE THE DATE!

SUNDAY MAY 20, 2012

SOUTHDALE CENTER EDINA, MINNESOTA

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On the Subject of Reducing Stress...
via Solano Ostomy News

- **DO** take one hour at a time and then advance to one day at a time.
- Do **NOT** worry about situations over which you have no control.
- **DO** enjoy each day from morning until evening.
- Do **NOT** expect to accomplish too many tasks each day – if you do nothing, that is also OK.
- Do **NOT** sit around and be a couch potato! Life is too short!
- **DO** take time each day for yourself, even if it's only 15 minutes each morning and each evening.
- Schedule one evening out of every other week with friends or relatives or just by yourself.
- Enjoy your own company.
- Most of all, **DO ROLL WITH THE FLOW** and you will get through the day.

GetYourRearInGear

Over 5,000 people are expected to attend the eighth annual Get Your Rear in Gear 5K Run/Walk at Southdale Center on Sunday, May 20. The day will include opportunities for celebration of the survivors and support for care givers and those who may have been left behind. Event begins at 8 a.m. with the timed 5K followed by Kid's Fun Run at 9 a.m. and the 5K Walk at 9:15 a.m. Money from previous Twin Cities Get Your Rear in Gear events has funded the **SAGE Scopes Screening Program**, a division of the Minnesota Department of Health, providing colon cancer screening and treatment services to Minnesotans who are under- or non-insured. . Information about volunteering, fundraising, sponsoring an event or forming a team is also posted on the website, www.GetYourRearinGear.com.

Other websites of interest:

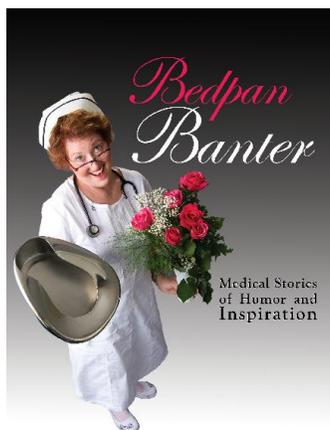
A fellow member launched a website promoting lifestyle topics for those with an ostomy. Please click on the link below to be directed to that site.

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



Brenda Elsagher

Pouch Problems

UOAA.org

Problems with your pouching systems generally split into two categories:

- **Problem:** Defective product - e.g., pinholes or tears in pouch material, broken tail clips, damaged flanges/wafers.
Solution: Contact either the manufacturer or the place of purchase. Request either a refund and/or a replacement product. Write down the lot numbers from the box and return it for new products.
- **Problem:** Product Incompatibility - e.g., an allergy to the tape or materials in the wafer or pouch, leakage due to the wafer not sticking or developing after weight change, etc.
Solution: Contact your ostomy nurse for trouble-shooting the exact cause, and for finding a better system. If you find you've recently purchased a large amount of a particular product that is no longer appropriate for you, contact the place of purchase for their policies on exchanges or credit. They often will also suggest alternative products to try on a no obligation basis.

Quote of the Month:

"In three words I can sum up everything I've learned about life: it goes on." Robert Frost

Ostomy Association Of The
Minneapolis Area
P O Box 385453
Bloomington, MN 55438-5453

If you **DO NOT** wish to
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please check here ____ and
return to the ←address at
left

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, 2012 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