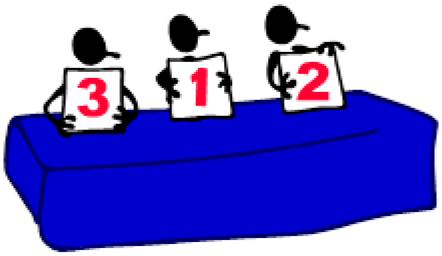
Ostomy Outlook

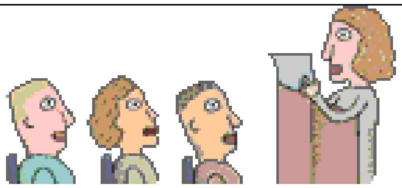
NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA
Volume XXVII, Issue II March/April 2013

NEXT MEETING

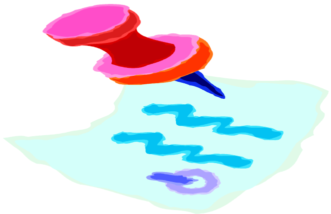
Date: **Monday, March 18, 2013**
Time: **6:30 PM**
Place: **United Methodist Church of Peace**
6345 Xerxes Avenue South
Richfield, MN 55423
612-866-0069
Program: "What About Me?" – Panel Discussion
Taking Care of Someone With an Ostomy



Date: **Monday, April 15, 2013**
Time: **6:30 PM**
Place: **United Methodist Church of Peace**
Program: Speaker Connie Parizek
"My Journey to My Ostomy"



Watch for the next newsletter in early May!



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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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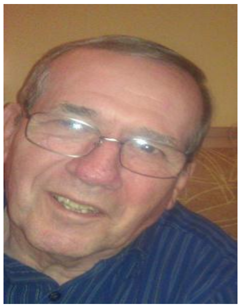
PO Box 38543, Bloomington, MN 55438-5453

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
President's Message



I hope everyone is staying warm and "enjoying" the snow! i want to apologize if anyone was inconvenienced when the January meeting was canceled .I reviewed the weather forecasts and the predicted wind chill of -30 degrees and made the decision to cancel our January meeting. The hard part was attempting to contact all of you with the message. Hopefully, we can develop a better Alert System. I will be working with all our board members to develop a more effective system for the future.

Everyone with email, please be sure your current email address has been given to Anne Marie Kronick. If you have no email, please be sure we have your current phone number. Anne Marie's email address is amkronick@comcast.net

It was nice to see everyone who attended our February meeting. We went over 60 days without meeting - too long a time. It was a small group, but we had an interesting meeting with Julie Powell answering our questions

Dues: Dues are $25 dollars paid annually, and anyone who may need a reduced rate or cannot pay the dues, please let a board member know. Our dues cover the year from **August 2012 to September 2013**. A quick review of our membership indicated that quite a number of our members have probably overlooked their payment. We would appreciate everyone making an effort to catch up soon.

Thank you!

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

We've covered a lot of subjects in Patient Power, some of them being patient advocacy, vacation/traveling issues, patient/family centered care and patient /doctor relationships. This article is about the importance of "giving away" some of our power to others in order to take care of ourselves. All of us in our support group have gone through numerous health issues - surgeries, cancer, multiple stomas, bowel obstructions, and way too many ER visits than we care to admit.

During our health journey, there comes a time when we need to let others lighten our load. For many of us it's difficult to say, "I need help." "I need a ride to chemo." "I need a meal." "I don't want to be alone." Often accepting the gifts offered to us by our loved ones and friends is difficult. We are embarrassed to admit our weakness or inability to accomplish even an everyday chore. However, there are times we need to be able to give some of our power to others to help us heal, not only physically but emotionally as well. When people want to help it makes them feel useful and it strengthens their commitment to us.

Our family and friends can't change our diagnosis, our ostomies, unexpected lab results or our frequent visits to the ER, but they can lift our spirits and give us some relief. People feel good when they feel they are needed. So during those difficult times, we need to open up our hearts and our minds and say to ourselves, "Yes, I need some help to get through this." A counselor once said in a support group," We can't help ourselves if our well is empty. It needs to be filled up by being kind to ourselves."

So when we are going through a crisis, we need to reach out and accept help from others. Let our family and friends "fill up our well." And when it's our turn to fill up someone else's well, we will be there to give the help and pay it forward. It will be a win-win for everyone.

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Quote of the month:

"Be careful about reading health books. You may die of a misprint."
— *Mark Twain*

JULIE'S CORNER

Question:

Can I ever take a bath or shower with an ostomy?

Answer:

Bathing is not so different than it was before the ostomy surgery. Bathing choice is a personal preference; just know no damage will occur to the stoma or pouching system. Below are a few bathing and showering tips.

-It is ok to shower with the pouching system off on the day the system is changed.
-Remember you have no voluntary control of the output so bathe when the stoma is less active. The stoma is usually less active in the morning before breakfast or a few hours after meals.
-Avoid washing the skin around the stoma with bath oils or soaps with moisturizers. These products will leave residue on the skin and interfere with adherence of the pouching system.
-Always have your pouching system ready to apply immediately after showering.
-If showering or bathing with the pouching system on, blow dry (on a cool setting) any cloth covering on the pouch or tape on the barrier.

Don't Forget!

Membership Dues are due for 2013, 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*.

GETTING TO KNOW ME!

Hello Minnesota! My name is Elizabeth (Beth) Larson, and I am a board-certified wound ostomy and continence nurse. I am a graduate of The University of Washington School of Nursing in Seattle and also the WOC program at Emory University in Atlanta.

I met Carol Larson when she was on vacation in Florida and needed some help. Even the most experienced ostomate, sometimes needs a tip or a trick, and that was the case with Carol, suffering from peristomal skin irritation. My advice for her is in an article featured below called "Crusting."

My journey caring for ostomy patients really started in 2003 when I moved to Florida and became a clinical manager for a large home health agency. I assumed (never assume!) that most nurses were comfortable with ostomy care, but I soon learned that I was very wrong. Often a nurse would refuse a patient with an ostomy stating lack of comfort or expertise with ostomy care. Eventually I became one of the only nurses even willing to see a patient with an ostomy and it was then that I decided to return to school to become board certified.

I believe I was called to nursing and that being able to care for patients is a blessing. I have worked in both acute care and home health settings and although I love the acute care setting, I left the hospital environment to return to home health because there was a huge need for ostomy care in my community.

My goal as an ostomy nurse is to gently guide my patients toward independence with the hope that life gets back to normal as quickly as possible. Although I am a “softie” and a very compassionate nurse, I am an even stronger patient advocate and so I gently push my patients from Day One because I want them to know that life goes on and the light at the end of the tunnel isn’t a train! It is important to offer reassurance, hope, and yes…even a sense of humor.

In response to the need for care in addition to being a regional clinical support nurse for a home health agency, I also opened my own private practice called Mobile WOC. <u>Mobile WOC was started to fill the gap that home health cannot fill</u>. I am able to provide education and support for patients and families who are coping with complex wounds and ostomies. In addition to in-person visits, I am able to offer tele-health consults. Patients are able to send me a picture of a stoma and I can make suggestions for pouching or for how to manage skin problems. Thank God for technology!

Although I am considered an expert in ostomy care, I disagree. The person living with the stoma is the expert. I have learned more from my patients than I could ever learn in a textbook, and I share those tips and tricks with other ostomates as well.

I am thankful to have met Carol and am delighted that she asked me to introduce myself to your group. If you are ever in FL or have any questions or concerns, I am more than willing to help. My email is bethlarson67@gmail and phone number is 239-265-3391. I respond to email very quickly and am always happy to hear from you.

Elizabeth Larson, RN, BSN, CWOCN

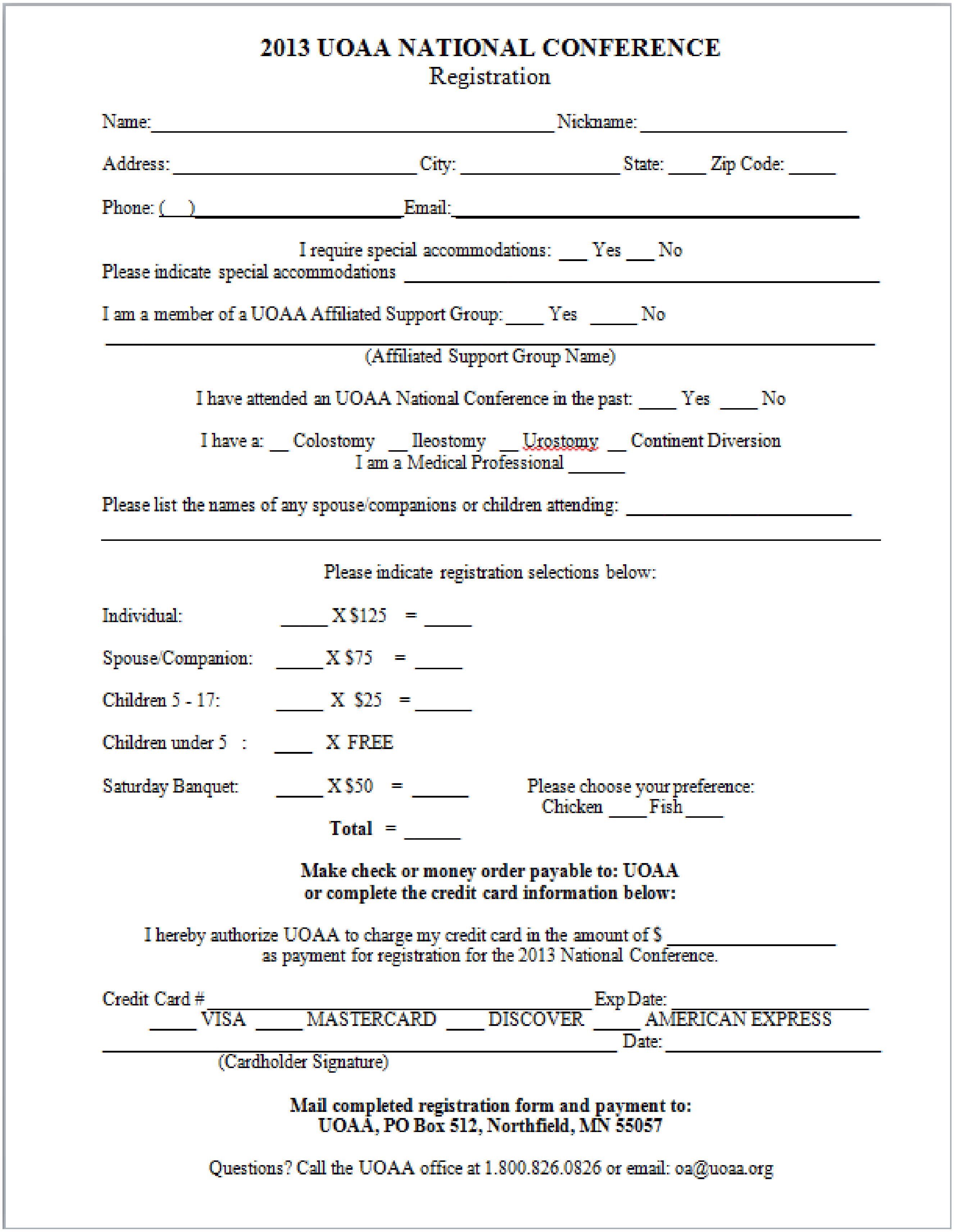
Seize the Opportunity to.... Live Life!

Join us for the 4th National UOAA Conference in Jacksonville FL on August 7 – 10, 2013.

Plan to arrive by Tuesday, August 6th. Registration begins at noon on Tuesday, August 6th and programming begins bright and early on Wednesday morning, August 7th and continues through Saturday the 10th.

Register on-line at **http://www.ostomy.org/conference_2013.shtml**
Individual Registration: $125 (does not include Sat. Banquet) Saturday Banquet: $50
Spouse/Companion: $75 Children 5 – 17: $25 Children Under 5: FREE

Reserve your room now by calling the Hyatt Regency at 1.888.421.1442 and mention the United Ostomy Associations of America for the conference rate of **$99/night + tax**



2013 UOAA NATIONAL CONFERENCE

Registration

Name:______________________________ Nickname: ____________________

Address: ____________________ City: ______________ State: ____ Zip Code: _____

Phone: (___)____________________ Email:______________________________

I require special accommodations: ___ Yes ___ No

Please indicate special accommodations ______________________________

I am a member of a UOAA Affiliated Support Group:____ Yes _____ No

____

(Affiliated Support Group Name)

I have attended an UOAA National Conference in the past: ____ Yes ____ No

I have a: __ Colostomy __ Ileostomy __ Urostomy __ Continent Diversion

I am a Medical Professional _____

Please list the names of any spouse/companions or children attending: ____________________

____

Please indicate registration selections below:

Individual: _____ X $125 = _____

Spouse/Companion: _____ X $75 = _____

Children 5 - 17: _____ X $25 = ______

Children under 5 : ____ X FREE

Saturday Banquet: _____ X $50 = ______

Please choose your preference:
Chicken ____ Fish ____

Total = ______

Make check or money order payable to: UOAA
or complete the credit card information below:

I hereby authorize UOAA to charge my credit card in the amount of $ ________________
as payment for registration for the 2013 National Conference.

Credit Card # ______________________________ Exp Date: ________________

_____ VISA _____ MASTERCARD ____ DISCOVER _____ AMERICAN EXPRESS

______________________________ Date: ________________

(Cardholder Signature)

Mail completed registration form and payment to:
UOAA, PO Box 512, Northfield, MN 55057

Questions? Call the UOAA office at 1.800.826.0826 or email: oa@uoaa.org

Press Release
February 5, 2013

Online Version of The Phoenix Magazine Now Available

Get Ostomy Answers Instantly!

The Phoenix magazine, America's leading ostomy publication, is now available to view online at www.phoenixuoaa.org. Those with a colostomy, ileostomy, urostomy or continent diversion can now get ostomy answers instantly with a Premier Online Version for $19.95 per year.

The online version of The Phoenix magazine is optimized for viewing on personal computers, tablets (iPad, Kindle, etc) and even smart phones such as the iPhone and Android operating system. Subscribers can search for keywords, download a pdf, make printouts and click on embedded links in articles and advertisements to find out more information.

The December 2012 issue is now available for online viewing and online subscribers will get access to the March 2013 issue ten days before the printed version mails.

For a free preview of the December issue, please visit: http://online.phoenixuoaa.org/issue/101868

The Phoenix Magazine is the official publication of the nonprofit United Ostomy Associations of America and published by Ian Settlemire. Each issue is 72-80 pages and is published each March, June, September and December. For more information, please visit: www.phoenixuoaa.org or email: publisher@phoenixuoaa.org.

GET YOUR REAR IN GEAR

5k Run/Walk for Colon Cancer Awareness

SUNDAY • APRIL 21, 2013
Southdale Center
Edina, Minnesota

5K Run/Walk & Kids' Fun Run

www.getyourrearingear.com

In Memory of Linda K. King Aukett
Born in Geneva NY on Dec 12th, 1943
Departed on Mar 1st, 2013
Resided in Collingswood, NJ

Having known Linda for many years, she will be missed by many. She has been an integral part of UOA, UOAA, Youth Rally, and IOA along with being an advocate for our rights as ostomates, working with the TSA (airlines) and working with governmental issues as well. Linda and her husband Ken set up the first 20/40 conference in Copenhagen, Denmark, and have strived to get the word out nationally and globally about Ostomates.

It is somewhat fitting that her passing was on March 1st which was Dress in Blue Day for Colon Cancer Awareness. The legacy she leaves behind will continue through all those she has touched along the way. Please keep advocating for yourself and for all those to follow as fellow ostomates. - Amy Finley, OAMA

<u>The information below I've obtained through Facebook and the internet</u>.

Linda Aukett, a beloved member and founder of UOAA (United Ostomy Association of America) passed away Friday March 1, 2013. She was such a driving force in both the UOAA and the Youth Rally that they would not have become what they did without her initiative to join with others and get them both going from what could have been the ashes. She will be missed by more people than we will ever know. Every camper as well as the parents whose hands she sometimes held to get their kid to camp. Every ostomate who got better coverage from their insurance due to the advocacy she pushed for. Every UOAA member who continues to benefit from the service and support it is able to offer ostomates, both new and old. She gives us all a great example to follow! And we will continue to do our best to carry on!

<u>A note from Paul Hastings (through Facebook)</u>:

Linda fought the bravest of fights... she conquered her first surgery after the removal of a brain tumor, but it was caught too late. What a devastating loss, but what a beautiful life lived, and an angel now watching out for each and every one of the millions of people she loved and cared for: her beloved Ken, her beloved sister, the memory of the mom she loved so much, her kids and grandkids, her UOAA family and her Rally family. What a very sad day for all of us. Please remember to shower Ken with love and support...we must help him deal with the loss of the love of his life. I love you, Linda and Ken.
--- Paul

To send a message to Ken, please send to: Ken Aukett, 424 Bradford Ave, Westmont, NJ 08108

***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.bbnow.org

CRUSTING

When peristomal skin irritation or breakdown occurs, and it will at one time or another, try this easy crusting technique. Crusting technique is done with just two ingredients: Stomahesive Powder and No-Sting Skin Prep such as Cavilon No-Sting. The steps are as follows:

CRUSTING TECHNIQUE

Cleanse the peristomal skin and dry it thoroughly.

Sprinkle Stomahesive Powder over the areas of skin breakdown (Stomahesive Powder will not hurt the stoma). Brush any excess powder away.

Dab all of the Stomahesive Powder with skin prep. You gently dab directly over the powder as if you are sponge painting. It does not remove the powder; it actually seals it into the skin.

Let the skin dry (takes a few seconds).

Repeat: Stomahesive Powder and Skin Prep 3-4x and let dry between. You will feel a crust on the skin and may notice that all discomfort is gone.

Apply pouch as usual.

Added note:
You can use any ostomy powder to crust, not just Stomahesive Powder.
Besides a skin prep, you can crust over the powder with Hollister Adhesive Spray (if skin is really weepy), or even water (if skin prep and adhesive spray not available).

Julie

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

ADDRESS SERVICE REQUESTED

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

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, 2013 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