
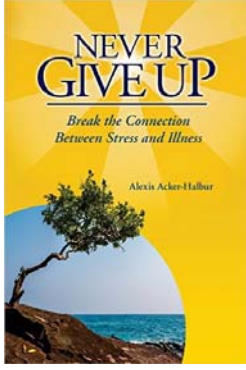


Ostomy Outlook



NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA	
Volume XXLXII, Issue XII 2015 September/October 2015	
Date:	Monday, September 21 2015
Time:	6:30 PM-Social hour
Place:	United Methodist Church of Peace 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069
Program:	7:00 P.M. Alex Acker-Halibur How to break the connection between stress and illness
	
Date:	Monday October 19, 2015
Time:	6:30 PM – Social Hour
Place:	United Methodist Church of Peace 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069
Program:	Medicare and insurance questions answered Matt Liljequist and Corey Halvorson: Handi Medical
	

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 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



Hi Everyone!
I hope your summer is going well and you are enjoying the great weather we are having.
At our August meeting our speaker, Ruth Bachman, did a great job. She emphasized to “go for it” and to minimize feeling sorry for yourself. That is very good advice for all ostomates. We not only had a good speaker in August, but we also had the best attendance of the year. We hope to continue to grow a little each month.
September we are having another great speaker, who wrote the book, “Never Give Up”—Alexis Acker-Halibur.
The National Convention in St. Louis is fast approaching. OAMA will be represented by Eileen Bohrer, Carol and David Larson, Bahgat and Brenda Elsagher. Congrats to all of them.
We are still looking for a President-Elect. If you are interested or know someone who might be interested, please let me know as soon as possible.
Take care and have fun.
Sincerely, Ed Scinto

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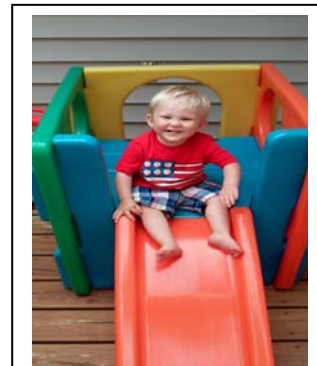


Just a few years ago, when we were in eighth grade, my girlfriends thought it would be a nice joke to tell Dave Larson that I liked him, and versa-versa. We were so thrilled someone “liked” us, he came over to my house that evening and my mom served us lemonade and popcorn. This picture was taken in 9th grade at a dance. We went on to become good friends ever since. Now we have the best of both worlds. Both of us attended the U of M and we were married in 1962. I taught school in Mpls, and Dave entered Law School. He went to work for Control Data in 1967. I stayed home to raise the kids.

My, how things change! 2013



2015



Brett is our 7th grandchild and is almost 17 months old.

Dave worked for Control Data over 25 years until the company “down-sized.” So, he made a career change and worked for MCIL (Minnesota Center for Independent Living) and later served as a Director for Senior Housing, Inc. I finished two Special Ed. Degrees and worked in St. Louis Park High School Alternative Program for teen-agers for 24 years...until in 1999, I was diagnosed with Stage III Colon Cancer and had to stop working because of severe after-effects of radiation, surgery, and chemotherapy. I was given a “life-line” (an ileostomy) by Dr. Nemer, which gave me a new lease on life. I even worked in a library for a few years! And joined our ostomy group.

Then, in 2006, another doctor perforated my bowel during an operation to remove a cyst. I almost died from sepsis, and was in a coma for 5 days, in the ICU for two weeks, and spent all summer in a rehab hospital. Dr. Nemer once again saved my life by giving me a new ileostomy and here I am again! I have written three books as a way of being an advocate and am now on the UOAA board for Affiliated Support Groups. In retirement, Dave went on to becoming a tour guide and usher for the Guthrie Theater. Are we lucky or what? Especially to have the support of all of you!

Written by Carol Larson Aug 18, 201



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



LIFE CHANGES.....WHETHER WE WANT IT TO OR NOT

I have a daughter Marie, my only child, who moved to California this week. It would be another change in my life; another adjustment, another transition. Life is forever changing and we learn to adapt as we go. She told me she was moving months ago, so I had plenty of time to plan and prepare for that day in August. As a mom, I was proud that she was an independent young adult that was willing to try new things and experience a taste of more freedom to be on her own.

I reminisced about her childhood, her high school and college years and the two years living on her own. I thought about when she made me root beer floats and scrambled eggs during those first days of having my ostomy. I told myself that I would slowly adjust to her absence.

It would be another grieving process for me. But at the same time I was so happy for her. She would make new friends, start new beginnings and experience new adventures with a person she loved.

As strange as it sounds, her move to California reminded me of when I got my ostomy. I had grieved about my loss back then too. A loss of more gut, a loss of a tummy with no appliance stuck to it, a loss of my two piece swimsuit, a loss of control and the list went on.

But there was also a sort of happiness about it. I was of course, happy to be alive. And I would eventually adjust to this "new normal" of mine. There were new people in my support group that would become my friends. There would be new adventures of writing articles for the newsletter or talking to nurses about patient care and advocacy. As strange as it sounds, I could now walk around the lake and poop at the same time. It was a new beginning as an ostomate. I grieved, I adjusted, I transitioned ...and I'm fine. I'm the same person I was before the ostomy, I just go to the bathroom a little differently now.

And so it will be with my daughter moving away. I will take time to grieve, to adjust and then accept her new life. I will share in her happiness, her trials and tribulations, her new beginnings and her new freedom. I'm still her Mom, just a little further away.

As with all of us, life changes....whether we want it to or not. After we had our ostomy surgery, we experienced loss, we grieved, and we adjusted. We now embrace the good times, support each other during the challenging times and eventually we moved on to a "new normal". We should congratulate ourselves and be proud of the new life we have.

So when I ponder about my daughter's move or the ostomy that has given me more freedom, I will think....life changes, whether we want it to or not.....and sometimes for the better.

Written by Darlene Hafner



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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.



From Margaret Goldberg: The Ostomy Bill of Rights
The ostomate shall:

1. Be given pre-op counseling
2. Have an appropriately positioned stoma site
3. Have a well-constructed stoma
4. Have skilled postoperative nursing care
5. Have emotional support
6. Have individual instruction
7. Be informed on the availability of supplies
8. Be provided with information on community resources
9. Have post-hospital follow-up and life-long supervision
10. Benefit from team efforts of health care professionals
11. Be provided with information and counsel from the ostomy association and its members

Brenda Elsagher invites you to a release party for her latest book, Your Glasses Are On Top Of Your Head.
Doors open at 6:00pm for the book signing with Brenda and meet the other contributors too.
Then continue the celebration with:

Comics For A Cause

Partial Proceeds will benefit Ostomy Associations and Association of Applied and Therapeutic Humor (AATH) .

David Goldman

Rox Tarrant

Karen Pickering Cahow

Brenda Elsagher

Maxine Jeffris

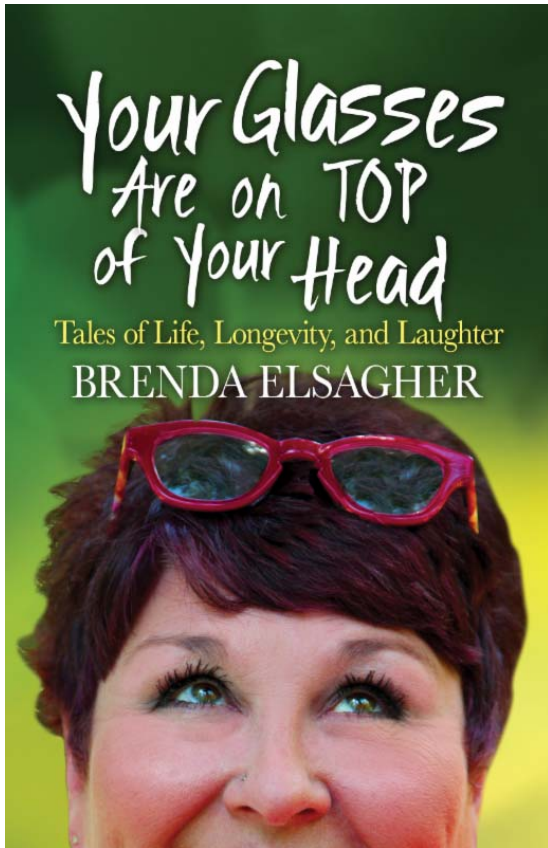
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Friday, October 2, 2015 at 8:00pm
Knights of Columbus Hall
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Advance tickets are encouraged and discounted www.livingandlaughing.com \$20.
Pick up at the hall on arrival. Ticket prices at the door: \$30

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Reservations required for Eating in the formal dining room beginning at 5 PM call 952-888-1492.
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www.livingandlaughing.com or email: brenda@livingandlaughing.com



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(952) 882-9882
brenda@livingandlaughing.com

Grace Lee, Operations Manager
(952) 807-2426
grace@livingandlaughing.com

Brenda's

New Book Your Glasses Are on Top of Your Head arrives September 15th!



We're recognized leaders in colon and rectal surgery

Our Vision

Colon and Rectal Surgery Associates is an innovative leader in colon and rectal surgery grounded in our belief that continued research, training and technology keep us on the forefront of our specialty and best serving our patients. We strive to have a collaborative, cooperative culture where excellence and innovation are valued. We care for every patient as we would care for our family members and ourselves.

Our Mission

Colon and Rectal Surgery Associates is an independent practice committed to:

- Providing the best care for the individual
- Training residents and future leaders in colon and rectal surgery
- Improving outcomes through education, research and meaningful collaborations

<http://www.colonrectal.org>

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

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ADDRESS SERVICE REQUESTED

To:

Please enroll me as a new member of the Ostomy Association of the Minneapolis Area

If you haven't enrolled, 2015 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: _____

Street: _____

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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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