

# Ostomy Outlook



## NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA

Volume XXLXII, Issue X 2015 May/June

<b>Date:</b>	<b>Monday, May 18, 2015</b>	
<b>Time:</b>	<b>6:30 PM-Social hour</b>	
<b>Place:</b>	<b>United Methodist Church of Peace</b> 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069	
<b>Program:</b>	<b>7:30</b> <b>“Rap” with Julie Powell WOCN</b> <b>Bring your cares, concerns, and joys to our meeting!</b>	
<b>Date:</b>	<b>Monday June 15, 2015</b>	
<b>Time:</b>	<b>6:00 PM Complimentary Dinner</b>	
<b>Place:</b>	<b>United Methodist Church of Peace</b> 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069	
<b>Program:</b>	<b>Antless Picnic! Fried chicken, potato salad and picnic foods. Bring 2-3 jokes to start off summer with a smile!</b>	

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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](http://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.

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### *The President's Corner*



Hi everyone,  
 The OAMA is up and running after a two-month winter break. Our membership has been steady with a few new members attending now and then.  
 I'm looking forward to our May meeting which will feature our award-winning Ostomy nurse, Julie Powell. Julie always does a great job in her presentations, along with answering any questions the group might have.  
 I invite you to come and join us on May 18 at 6:30 p.m. Our meetings are held at the United Methodist Church of Peace, 6345 Xerxes Ave. So., Richfield.  
 I also want to remind you that with our new meeting schedule, we will be meeting throughout the summer.  
 Our annual antless picnic is June 15 and open to anyone and everyone who wants to attend. Dinner is free!  
 I encourage you to come and participate in our meetings. We are low key, have very interesting and informative topics, and we have fun.  
 Take care and good health to you always, Ed Scinto

**LIVE**  
with less limits

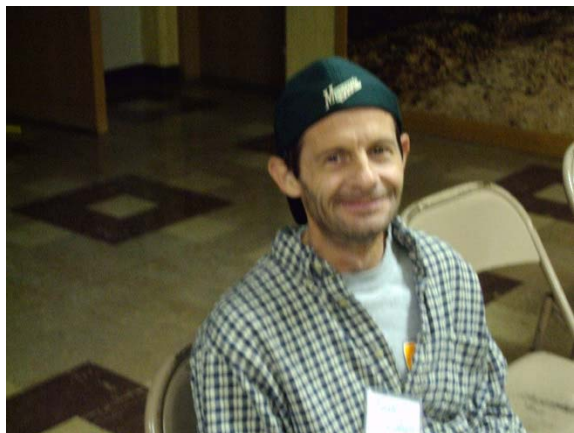
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# *GETTING TO KNOW ME!*

## *Josh Cohen*



I grew up in the small town of Buffalo, MN. Mom (Kay) and Dad (Victor) were married for 25 years before they separated. I have an older sister (Bobbi) and a younger brother (Adam). I think I had a pretty normal childhood. We took family road trips about once a year, to places like Winnipeg, Montreal, California, New Orleans and Nebraska to name a few. But what I probably remember most about my childhood was TV. I was definitely a TV junkie. I guess I was lucky that I had just enough smarts that I didn't really have any homework until the last year of high school.

I went to the U of M for 3 years. Money started running tight and I didn't want to take out any school loans at that time. I joined a Jewish fraternity on campus and yes my grades did suffer but I had an awesome time. Ron, a cousin of mine called and asked if I wanted to move out to Vegas. Being 23, Vegas sounded really good to me. I packed my bags and took off as fast as I could. I learned the basics and a few other table games at the Golden Gate for the next couple of months until one night a shift boss from another casino offered me an audition to his better paying casino and I couldn't resist. I spent the next 6-7 years at the Gold Coast Hotel and Casino. I made some of my closest friendships at that place. Then I worked in a resort in about a little over a year. When the management decided to have random drug tests. Well, sad to say I didn't pass mine, but I have to say that even though I don't drink, and nowadays I don't smoke, I do see the benefits of marijuana on many chronic diseases and for lessening the effects of chemo. After my failed drug test I decided to finish my schooling at UNLV. Mom always told me I was a great listener and I was fighting an undiagnosed depression, so why not take some psychology classes? From a transferred GPA of 2.1(U of M) I made the Dean's List at UNLV every semester for 2 1/2 years, I raised my GPA to a finished 3.4. I decided to give myself a graduation present of driving through 6 national parks before I came back home to MN. I moved back in with mom in Mpls. A steady paycheck with little debt made me stay at a car rental position for 10 years. Didn't quite make it to grad school. Wanting to earn a bigger paycheck I headed back to Vegas to find my dealing hands again. I started dealing craps (dice) but my health to a real bad turn for the worse.

Looking back, my entire life I have always been sick to some degree. When I was a child I had digestive issues of diarrhea and constipation. During high school I had my first surgery and was diagnosed with Crohn's. My days at the U of M were on and off with surgeries. When I was in Vegas, the whole time I did not feel completely healthy. Anal fistulas started appearing and I just let them burst by themselves. This continued for years where it finally came to a head in the second stint in Vegas. I was down to 90lbs when I returned back home in '13. Once mom got me to Abbott Northwestern where they did another lower GI exam, a surgeon asked me how's my sphincter muscles? I couldn't squeeze them at all. The exam showed up to a dozen fistulas leading through my rectum. We had to get rid of it. I guess I was in the operating room for 7 hours while they cleaned me out and gave me a colostomy. And since then I've had to go back in for an abscess draining. It took a surgeon 7 hours to pull apart my intestine and only leave me with a little over 2 feet of healthy intestine.

So I've been through a lot but I'm still here, wanting to see what the next day holds for me.

OAMA: My mom pushed me to visit our support group, to get her off my case I said yes. I felt really comfortable the first night and been coming ever since.



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](mailto:dmhafner@yahoo.com) or [amkronick@comcast.net](mailto:amkronick@comcast.net)**

### WHATS MAKES A GOOD MEDICAL TEAM?

I'm sure all of us have been on some sort of a team, whether it was when we were young or as adults.

We envision teams as cooperative, supportive, caring and all working towards a common goal. As hospitals and clinics work on improving the patient and family experience, we are beginning to expect more during our clinical visits and hospitalizations.

We want to be an active member of a good medical care team.

SO..... WHAT MAKES UP A GOOD MEDICAL CARE TEAM?

Everyone may have a different answer as to what the most important quality should be. After questioning a few friends and from our own experiences, here are some of the crucial qualities:

#### A GOOD MEDICAL CARE TEAM.....

1) Communicates to all members of the team and can be verbal, nonverbal or written. The patient should know who the "quarterback" is. Who's relaying information to who, who's disseminating the information, who's calling the shots regarding tests and procedures. This is important when there are many members on the team and one person should be the main communicator. Personal communication is a big plus. Both of us actually have had physicians call us at home in the evening to ask how we were doing.

One family stated they felt reassured when a medical team member came to the waiting room every two hours to communicate progress and updates during an 8 hour surgery. Communication also comes in non-verbal and written form. Good written communication should show up in clinical notes, as well as lab, procedural and surgical reports. All of these reports should be readily assessable to the patient. Important nonverbal communication should include good eye contact and listening body language. What should be avoided is crossed arms, eye rolls and glances at the clock.

2) Is supportive of the patient and family's concerns, comments and decisions. Not only is the team supportive physically but also emotionally.

3) Actively listens to concerns and questions. A good team member listens and is engaged. Is he or she really listening or just going through the motions? Both writers had physicians not listen to them resulting in life changing unplanned events. During hospitalizations, it makes a difference if a physician sits on the bed and is truly engaged and the patient doesn't feel like it is a rushed interaction whereas hovering over the bed appears to be less engaging.

4) Participates in shared decision making, Patients and families want to be actively involved in their care. We want to be given information and make a well informed decision after discussing pros, cons, side effects, adverse reactions and anticipated results.

5) Values you as a team member. A good care team member values a person who has questions, comments, opinions and knowledge of their health issues.

6) Shares in a trusted relationship. We need to trust our team and they need to trust us. Trust that we will take our meds, follow through on post-op issues and preventative care. We need to trust them to order the right tests and procedures, to pursue the right diagnosis and to perform the surgery the best way possible.

7) Believes that we know our bodies the best. Some time in our lives all of us have said, "I can't put my finger on it, but I just feel something isn't right." It's that fabulous physician that looks at you and says, "Don't worry, we'll figure this out together, AS A TEAM!"

Side note: At the time of this writing, my friend and co-writer Anne Marie, ended up in the ER at the U of M with a broken leg. She said her medical team has been very good, especially in listening, problem solving and shared decision making. Everyone worked together, from the physical therapists brainstorming how to relieve pressure on her leg, to the physicians who sat in the chair by her bed listening attentively to her questions. It's actions like these that created and provided Anne Marie with a positive patient experience. "GO TEAM!"

### INSPIRATIONAL WORDS

Definition of a Successful Life:  
To laugh often and much;  
To win the respect of intelligent people  
and the affection of children;  
to earn the appreciation of honest critics  
and endure the betrayal of false friends;  
to appreciate beauty, to find the best in others;  
to leave the world a bit better;  
whether by a healthy child, a garden path  
or a redeemed social condition;  
to know even one life has breathed easier  
because you have lived.

Ralph Waldo Emerson

*From Well Said, Well Spoken* by Robert D. Ramsey



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## JULIE'S CORNER

### WHEN TO CALL THE DOCTOR OR OSTOMY NURSE

*The Right Connection*, Ostomy Assn. of San Diego  
UOAA Update May 2015

- If cramps last more than two or three hours.
- If you get a deep cut in the stoma.
- Excessive bleeding from the stoma opening or a moderate amount in the pouch after several emptyings.
- Bleeding at the juncture of the skin and stoma.
- Severe skin irritation or deep ulcers.
- Unusual change in size or appearance of stoma.
- Severe watery discharge lasting more than five or six hours.
- Strong odor lasting more than a week.
- Any other usual occurrence regarding the stoma.

You can find a Wound Ostomy Continence Nurse at the following web address:

[http://www.wocn.org/?page=Nurse\\_Referral](http://www.wocn.org/?page=Nurse_Referral)

Fill in the sections that ask for "Zip Code" and "Zip Code Within" ONLY.



GET YOUR  
REAR  
IN GEAR



### 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.

## CAMPING

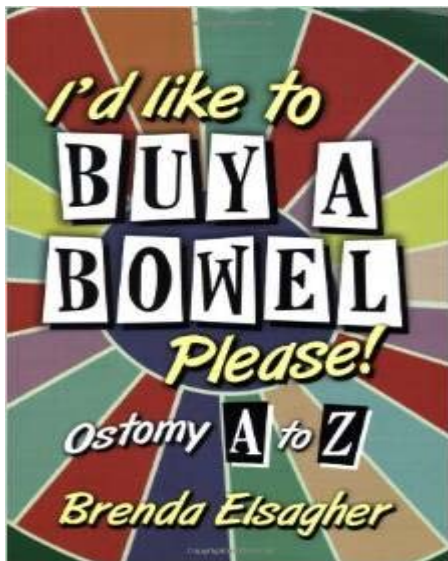
*I'd Like to Buy A Bowel Please!* By Brenda Elsagher Reprinted with permission  
UOAA Update May 2015

Back in the days when patients were in the hospital for longer stays, ten days to two weeks was normal for a colectomy/colostomy. You really got a chance to get to know your patients and see their progression of dealing with their medical issues. A forty-four-year-old patient and mother of four had a diagnosis of cancer and her prognosis was not good. Initially, like most, she really had trouble with the whole cancer deal, but unlike many, she was very open about her feelings.

We were in the hospital room bathroom during the irrigation procedure one morning when she asked, "Will I be able to continue camping with my family?" I assured her with some planning and adaptation, she should be able to join her family and resume their good times together. I'll never forget her light-hearted response when she looked up and said, "In other words, have bag will travel!" I just about lost it. It marked the beginning of a new outlook for her. She was over the hump with self-care after that.

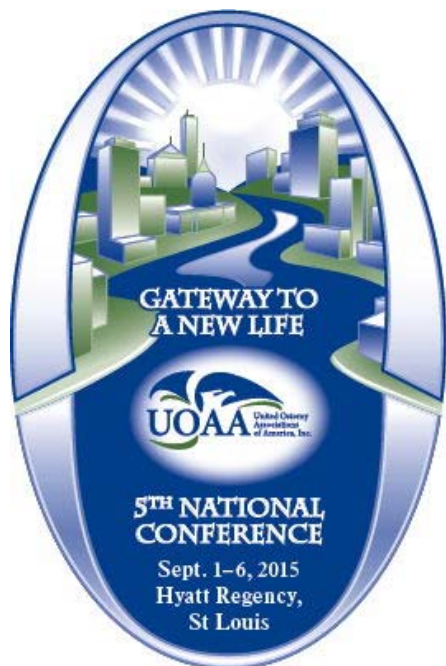
The next day I slipped into her room to find her sleeping; at least I thought she was asleep. Before I could turn to leave, she opened her eyes, smiled mischievously, and reported, "I have already been up, completed my irrigation and bag change, and am done for the day." It never ceases to amaze me how the human spirit rises to meet the challenges of life.

Brenda's book, *I'd like to Buy a Bowel, Please!* is available through Amazon.



Have you checked our website?  
[ostomyminneapolis.org](http://ostomyminneapolis.org) More book suggestions! Chances are, if you are a member, your picture will be there! Or contact [caroldavidlarson@aol.com](mailto:caroldavidlarson@aol.com)





# Celebrate!

*UOAA's 10th Anniversary at*

## Our National Conference

*September 1-6, 2015*

*in St. Louis, Missouri*

**Your “Gateway to A New Life”**

*Traditionally, September is St. Louis' best weather month and we will be there to celebrate our new lives! St. Louis is a major U.S. port on the Mississippi River with lots of history right in the downtown area, the location of our conference hotel, the [Hyatt Regency St. Louis at The Arch](#).*

**Conference programming will begin on the morning of Wednesday, September 2<sup>nd</sup> and end the evening of Saturday, September 5<sup>th</sup>.**

[Online Conference Registration](#)

[Online Hotel Registration](#)

### *Highlights of Sessions and Speakers*

**ASG Leadership Academy** ... the 5 most critical problems facing ASGs, as determined by a survey of ASG leaders, will be addressed in this inaugural 7 hour session. Attendees will be recognized with a certificate of course completion.

**1<sup>st</sup> Timers Orientation and Reception** sponsored by **Coloplast** ... for those attending their 1<sup>st</sup> UOAA National Conference this session will explain the Conference's "What, Where, When and How." At the reception meet other "1<sup>st</sup> Timers" and the UOAA Board members in a social setting.

**1<sup>st</sup> Night Ceremonies** with featured speaker **Joanna Burgess** ... a heart warming speaker whose ostomy journey of 45 years began when she was just three years old suffering from a rare type of bladder cancer and given only a 10% chance of survival. Joanna underwent many surgeries and medical challenges and will never regain full motion in her legs, but has a passion, and as a WOC Nurse, the ability to give back and be a source of strength for many people needing hope and guidance.

**Ice Cream Social** sponsored by **Hollister Incorporated** ... socialize while you enjoy an ice cream sundae with all of your favorite toppings being served by the UOAA National Leaders. A surprise entertainment event will round out this special evening.

**Stoma Clinic** ... a free opportunity for those who would like to meet one on one with a WOC Nurse, have their ostomy examined and have guidance regarding their pouching system and skin care issues ... appointment times can be obtained when registering on-site.

**Young Adults Workshops** ... educational programming will be presented to meet the needs of ostomates in the 20 to 30 age range.

**Coloplast Medical Chair** with featured speaker **Dr. Katherine Jeter** ... a most engaging, energetic, world renowned educator, will discuss what you as an ostomy patient should expect from a WOC Nurse and how to make the most of your visit with a WOC Nurse. Dr. Jeter is also into physical fitness and will share some of her insights about the 3,100 mile charity-benefiting cross-country bike ride she made at age 73.

**Exhibition Hall** ... a "kick the tires" opportunity to meet with representatives from our major ostomy pouching system manufacturers, suppliers and retailers, specialty manufacturers, related non-profit associations and many others. They will be on hand to talk about their services, answer your questions, demonstrate their latest products and, of course, provide samples.

**Educational Workshops** including "Basic Ileostomy," "Colostomy," "Urostomy" and "Continent Diversion;" "Intimacy and Dating;" "Ask the Doctors" and "Ask the WOC Nurses;" "Social Media Update;" "Advocacy Update" and "Medicare and Private Insurance Reimbursement Issues;" Spouses Meetings and Caretakers Boot-camp; "Basic Ostomy Nutrition" and "Nutrition and Short Bowel Syndrome;" "Anxiety and Other Ostomy Related Psychological Issues."

**Visitor Training, "Train the Trainers"** ... a workshop for ASG representatives to learn how to conduct a Visitor Training Session in their local ASG.

**Closing Ceremonies** with featured speaker **Bo Parish** ... a dynamic ostomate with a compelling story to tell. Bo was diagnosed with Crohn's Disease when 12 years old and for the next 13 years fought the disease and resisted surgery. After ostomy surgery he was determined to overcome his weakness and is now a triathlete completing his first triathlon 5 months after his surgery.

**"Till We Meet Again" Festivities** sponsored by **ConvaTec** featuring a dessert bar, vocalist **Tom Kelly** and dancing.

### ***Conference Registration***

Please [click here for online conference registration](#). Or, if you prefer to mail a hard-copy registration form, you may [download a registration form here](#).

### ***Hotel Registration***

Please [click here for online hotel registration](#) using our Hyatt "Passkey" link to get our discounted conference rate at the Hyatt Regency St. Louis at The Arch. You can also reserve a room by calling Hyatt at 888-421-1442.



**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>

**Getting ready for our antless picnic in June? We need 3 -4 good jokes from everybody.**

***Make a date to come here May 18. Star WOCN Julie Powell will have a RAP***



***ENJOY SPRING!!!!!!!!!!***



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Wellness Education



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**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

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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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