

Ostomy Outlook



NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA

Volume XXLXVI, Issue I

December/2016 January 2017

Date:	Monday, December 19, 2016
Time:	6:30 PM-8:00 PM
Place:	United Methodist Church of Peace 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069
Program:	We will be entertained by Dean Johnson, a superb entertainer, and ukulele player. Dean has appeared throughout the USA and Canada, on TV shows with the Smothers Brothers and Louie Anderson. Holiday party!
Date:	Monday, January 16, 2017
Time:	6:30 PM – 8:00 PM
Place:	United Methodist Church of Peace 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069
Program:	<ul style="list-style-type: none"> Austin Hummel, group member and Black Belt Haidong Gumdo – 3rd Degree - Nov 12, 2016 Master will be speaking on the importance of staying with your goals and not getting discouraged.



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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!

October 17th we had another great speaker: Dr. Ann Lowry. She is a highly respected colorectal surgeon among her colleagues and patients. During our meeting she talked about the present state of ostomy surgery and what the future will be. She answered our many questions during & after the meeting. Thank you Dr. Lowry

On November 6th, we had our semi-annual Board meeting at the Timber Lodge Steakhouse. I will remain next year's president, Frank Moriarty has agreed to be Vice President. Marilyn Carlson will be secretary, and Anne Kronick will be Hospitality chairperson. Brenda Elsagher will continue to be Treasurer and Membership chair. Dar Hafner will remain in charge of patient advocacy. Nancy Hagfors and Carol Larson (also ASG representative) will be co-editors of the newsletter. Nancy Hagfors will be our new Social Media contact! Yay Nancy!

*****Please let us know if you would be interested in being on a future board.

Meetings will continue in Jan. & Feb. We have a phone # to call to check if we're going to meet when the weather is bad. 952-882-0154.

*****Dues of \$25.00 for the year of 2017 will be collected in March.

Our Holiday party will be on Dec. 19th.

We are very fortunate to have Dean Johnson at our December 19th holiday meeting. He has a Masters Degree in Theater Arts, is a certified auctioneer, plays the ukulele, and will entertain at our meeting. He has appeared in theaters, comedy clubs, banquet halls and special events all over the USA, Canada and the Cayman Islands.

Dean has served as both guest and host on numerous radio and TV programs and has appeared with fun personalities like the Smother's Brothers and Louie Anderson. According to Minneapolis Star tribune, critic, Colin Covert writes, "Johnson mixes homespun observations with some sly satire worthy of Steven Wright. If you need to hire someone fun for an upcoming meeting or event you can contact him at DeanoJohnso@netzero.com. 612-729-3095

So bring some of those Holiday cookies you baked to share and join us for a meeting of support and fun!



Thank You!

In honor of our dear friend Bob Edelson, \$100.00 has been donated to our OAMA (Ostomy Association of the Minneapolis Area) organization.

Bob passed away Nov. 1, 2016. He is survived by wife Fran, sons, grandchildren, and a brother.

He epitomized respect for all people, loyalty, and generosity. He was a dedicated PHD chemist, had a passion for teaching, and beloved member of this chapter. He will be missed.

Thanks for your extra donations:

Marilyn Carlson, Gladys Ryleland, our sponsors:
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Patient Power by Darlene Hafner



THE GIFT OF GIVING BACK

With the Holidays approaching, most of us associate the season with the act of giving. Initially, a person might usually think about gift giving, giving food or Holiday cookies. But there are other ways of giving that we aren't able to touch or eat.

There is the gift of TIME. When time is shared with others, memories are created and cherished. How many times have we've said to ourselves or have heard others say, " Remember when we spent the time doing....." " Remember when we were together and we....."

Certain memories are etched in our minds and we are so grateful for them.

Another thing we can give is ADVICE. We try to advise our family members, friends or acquaintances on just about anything. It can be anything from financial issues, parenting, friendships, school issues or even what dress to wear to a special event.

Our ostomy support group is the best ever! I feel each member one time or other has given time and advice to other ostomates. It could be on a variety of issues such as appliances, leaks, travel, what foods to eat or what food to avoid, new products or wear time.

I remember when a man who was going to have surgery called me. He was nervous and anxious about the surgery and was going to have both a urostomy and a colostomy. Understandably, he asked if he could talk to a man who perhaps had gone through the same surgery.

There was a new member in the group who had just recently had the same surgeries done. Even though he had only come to the meetings a few times he seemed to be adjusting well. I called him and asked if he would be willing to talk to the man that called me. He didn't even hesitate. What a gift he gave him. Reassurance, support, advice, guidance and a listening ear. It doesn't get much better than that.

So as the Holiday season nears, remember how important it is to give back. As ostomates, we are willing to help others who share the same concerns as we have. We have all been in a position where we needed support, guidance or advice. Someone reached out to us when we needed it, so we need to reach out to others when they need us. We need to pay it forward and give the most important gift of all. The gift of giving back and taking the time to help others when they need it.

That's the best gift of all, to give back, and it doesn't cost a penny.

Dar

Getting to Know Me Better! -H. Austin Hummel



Hello Friends,

I am H. Austin Hummel, Ileostomate anniversary April 28, 1994, Born Nov 2, 1942, Graduated from High school in 1960. Got married in 1961, enlisted in the Air Force in 1961, discharged in 1965. Started with IBM in Maryland 1965, switched to Control Data in 1967. Moved to Bloomington, MN in November 1976. I got My Bachelor of Science in 1984, My Masters in 1986, Retired in 2001.

During my 1st marriage, my wife had 5 children, one was still born, another child died when he was 17.5 years old, the other three have given me 16 grandchildren, and some of those have produced 5 great grandchildren. Sandy, my first wife died from Parkinson's Super nuclear Palsy (PSP) on Dec 23, 2009. I found a wonderful woman to become my 2nd wife on June 15, 2013 and she came into the marriage with 2 children and 2 more grandchildren. I feel very blessed.

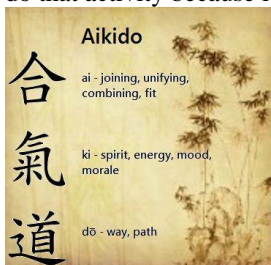
I have been involved in Martial Arts since June 9 1974, I started in Maryland and continue to this day.

- 1st Degree Black Belt Tae Kwon Do - June 12, 1981
- 2nd Degree - Nov 11, 1985
- 3rd - March 11, 1989
- 4th Degree - July 11, 1992
- 5th Degree - Feb 15, 1995
- Blue Belt Aikido
- 1st Degree Black Belt Haidong Gumdo – Oct 23, 2011
- 2nd Degree – Oct 26, 2014
- 3rd Degree - Nov 12, 2016 .

I have found out that all it takes to overcome any difficulty is to “**DO**”, not just “**try**.” This is called a **positive Attitude**. All those advancements took longer than normal healthy people. Most people move from level to level in 18 months. I took about 4 years between levels. I had many health problems such as diabetes, ulcerative colitis, and bad knees. I have lost 3 toes due to diabetes, I have both knees replaced (total replacement) during

this time. (Note: My Haidong Gumdo Instructor has had both hips replaced) and I have an Ileostomy.

I have developed attitude that I can do anything I set as a goal, it just takes longer for me than for a normal healthy person. I am a Father, Husband, Engineer, Software Engineer, Martial Artist, care giver, cook, and painter (walls) not pictures; although my Grandmother taught me to paint pictures, cleaner, gardener, Instructor, etc. All these are not instinctive but learned activities. How often do people start an activity without knowing how to do that activity or believing that they cannot do that activity because it is beyond their capability? If one keeps trying, one will have success.



Get Ostomy Answers!

The Phoenix magazine provides answers to the many challenges of living with an ostomy. From skin care to nutrition to intimacy, in-depth articles are written by medical professionals, ostomy experts and experienced ostomates. Subscriptions directly fund the services of the United Ostomy Associations of America.

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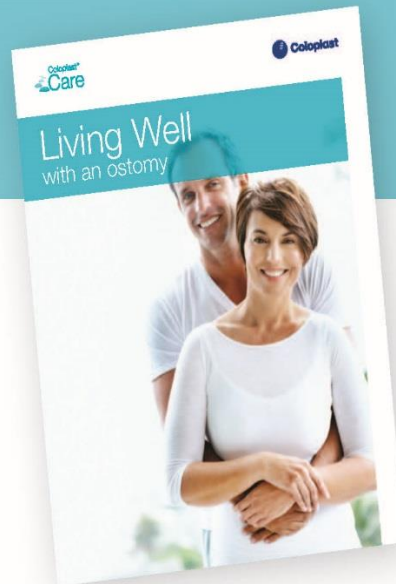
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JULIE'S CORNER- **When to Contact an Ostomy Nurse**

Living with an ostomy can be a bit challenging at times. One of the most important things to remember is that everyone's ostomy is different. The following are reasons to contact an Ostomy Nurse for advice.

- A change in size or appearance of the stoma.
- Skin problems around the stoma including a rash, open sores, redness or weeping.
- Ongoing leakage of the pouching system.
- Weight gain or loss that may cause difficulty with the pouching system.
- A cut in the stoma.
- Difficulty in getting an appliance to secure to the skin around the stoma.
- General questions regarding ostomy care and management. Issues may revolve around diet, bathing, activity, odor, diet and travel.
- Contemplating a change in pouching system.

From Julie Powell WOCN *Remember to bring all extra supplies to our meeting.



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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>

Save the Date!

Join us in California!



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Bright Future"*

National Ostomy Conference

**August *22-26, 2017
Hotel Irvine
Irvine, California**

- Education Sessions**
- Stoma Clinic**
- Ostomy Product Exhibit Hall**
- Special Events**

Reservations and Conf. Registration open in 2017!
Updates at www.ostomy.org
*Programming begins on August 23rd

United Ostomy Associations of America
Call us at 800.826.0826
or email: oa@ostomy.org



Conference Planning Underway

The UOAA National Conference Planning Committee met this month at the location of our next conference, set for 2017 in Irvine, California. Our 6th National Conference will be held at the [Hotel Irvine](#) August 22-26, 2017 with programming set to begin on August 23rd.

Committee leaders have been hard at work planning a schedule that builds on the success of the educational programming and fellowship of previous gatherings.

"As the speaker coordinator, I am excited about the great medical professionals from California who have agreed to present at this conference," says Mille Parker. She adds, "We have some great motivational speakers lined up and some returning favorites! As the sessions get finalized we will be highlighting them for you."



The committee includes local Orange County, California volunteers who will be working to staff the stoma clinic with dedicated nurses, build local enthusiasm, and help with the program organization. The ASG leadership academy and the exhibit hall will be there along with new educational sessions and special events. The committee also met with hotel representatives and are excited by the potential of the event space and the beautiful grounds and amenities of the hotel. It's not too early to save the date or start saving to attend what we think will be the event of the year for the ostomy community.

Ostomy Association Of The
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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, 2016 Annual dues are \$25 and are due following your submittal of this form. Membership in the Ostomy Association of the Minneapolis Area includes 12 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: _____
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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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