



Ostomy Outlook



NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA

Volume **XXLXIV**, Issue **I**

August/September 2016

Date:	Monday, August 15, 2016	
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. Brenda Elsagher, author and comedian, will be talking about "gratefulness." This will be a meeting of celebration, being grateful for the lives we have now.	
Date:	Monday, September 19, 2016	
Time:	6:30 PM – Social Hour	
Place:	United Methodist Church of Peace 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069	
Program:	Anne Carlson – "Giving Back" Anne brings more than twenty years of experience in fundraising, event planning, volunteer management, and business development to the Colon Cancer Coalition. As the Executive Director of the Colon Cancer Coalition, she is working towards positively impacting every individual she encounters. A two-time cancer survivor herself, Anne is driven and motivated to succeed in every aspect of life.	

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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

Many people have questions and worries about traveling. I would like to talk about traveling with an ostomy.

My wife and I have traveled cross country across America from 3 days to as many as 10 days. Most of the time, we have traveled to Europe on tours. We have also gone to Normandy, France by ourselves. One suggestion I would make from all the trips we have taken is to be prepared. Have enough supplies for your journey. If you go for 3 days, take 5 days of supplies. When traveling in the U.S., know where to get more supplies on your trip. Most of all, do the same thing you do at home: chew and don't eat what's not good for you. I have never had a problem flying.

From Rich Trainer., Co-President



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How to Have Fun And Be Fit

July 18, 2016, we had a special treat: Eileen Bohrer, an NETA (National Exercise Trainers Association) and Silver Sneakers Certified Fitness Instructor, led us in exercises safe for ostomates. Our WOCN, Julie Powell, was there to back her up on safety issues. Eileen had us moving to a four-count beat: sliding, swaying, and moving our fingers in time to music. What fun! We hope she will come back later this year for another session.

Eileen was recently spotlighted in the Phoenix Summer/June issue, 2016 (pp. 52-53) written by Charles Redner, as being one of three outstanding support group leaders. At present, besides being an ASG, she will continue her current status of program chair and assume the position of being this year's president. She credits her success to being taught by early mentors such as Connie Parizek, a superb administrator, Gloria Bjorkman who oversees their all-important Visitor's program, and Patti Herubin who edits their bi-monthly newsletter.

The article acknowledges while these people have inspired her, "it is Eileen who has provided the passion and commitment she evidences to this day."

As a member of the St. Paul Ostomy Association Board, she says their typical meeting "conducts its business affairs at the beginning, has a keynote speaker, and ends up having a 'rap' break-out session where members discuss issues related to each type of ostomy."

As program chair, she has been responsible for providing interesting and relevant speakers, such as a TSA spokesperson who talked about special problems ostomates might face in air travel.

Eileen believes that Health Fairs are important, such as the one scheduled for April at the Minneapolis Convention Center in April, 2017. Up to 7,000 visitors are anticipated and the St. Paul Ostomy will have three volunteers working the booth and handing out literature for the UOAA.

She sees that a problem for many groups is "finding new volunteers." She has this advice for herself and other leaders, "If we don't have people ready to take over, then we've failed them."

The article's author commends this statement as being one "spoken as a true leader. Solve the problem and don't look for excuses."

Article paraphrased with permission from Phoenix Summer/June issue, 2016 (pp. 52-53) written by Charles Redner, Introduction by Ed Pfueller, UOAA.

Getting to Know Me Better!-Brenda Elsagher

Written by Carol Larson

When I first met Brenda, I attended my first meeting of the Minneapolis Ostomy Chapter of our organization in 2001. I met Karen Tourdot, the president elect, Mike Carlson and his sister Marilyn, and Austin Hummel. What a great group. Then I met Brenda Elsagher. She was giving a talk and I remember thinking, “Who is this woman?” She could be outrageous while making everyone feel better about their situation, funny when talking about a serious matter, teasing while being compassionate, and a teacher of some extraordinarily complex subjects. Our friendship grew and pretty soon I discovered how persuasive she could be: she talked me into taking on my first presidency of our Minneapolis group. Later, we did a duet, “How to Have Fun At Meetings” for the National Conference of the UOAA (United Ostomy Association of America) in New Orleans, 2009 and a repeat performance in Jacksonville, Florida 2013.

She has won many awards such as the ACME Comedy Club’s “Twin Cities Funniest Person Award,” American Cancer Society’s Golden “Mic” Award, Get your Rear in Gear’s “Advocacy to Action Award,” and became the President of the National Speakers Association. Brenda has written five books: *If the Battle is Over, Why Am I Still in Uniform? I’d Like to Buy a Bowel Please! Bedpan Banter, It’s in the Bag and Under the Covers*, and recently *“Your Glasses Are on Top of Your Head”* (mentioned below).

Comedian Louie Anderson has commented, “Brenda’s not only a great comic, but a keen observer of humanity.” Brenda is not only a delightful writer and speaker, but a loving, caring person, and someone I know I will always call my friend. Her website is www.LivingAndLaughing.com.



Burnsville resident is 2016 Midwest Book Award winner

Burnsville resident, comedian and author Brenda Elsagher has hit a home run with her latest book. “Your Glasses Are on Top of Your Head,” which showcases the humor associated with aging, has won the health category of the Midwest Book Awards.

Winners were announced at Friday, May 13, in an event at Luther Seminary in St. Paul.

The Midwest Book Awards are sponsored by The Midwest Independent Publishing Association. This year’s awards attracted 198 titles in 30 categories. The books were copyrighted in 2015 and entered by publishers from MIPA’s 12-state Midwestern region (Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin).

Reprinted from The Burnsville Sailor, May 18, 2016



The author and her family are pictured, from left: Jehan Elsagher, Brenda Elsagher, John Elsagher, Sarah Elsagher and Rox Tarrant. (Not pictured: Brenda’s husband Bahgat Elsagher.)



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.



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GET YOUR REAR IN GEAR

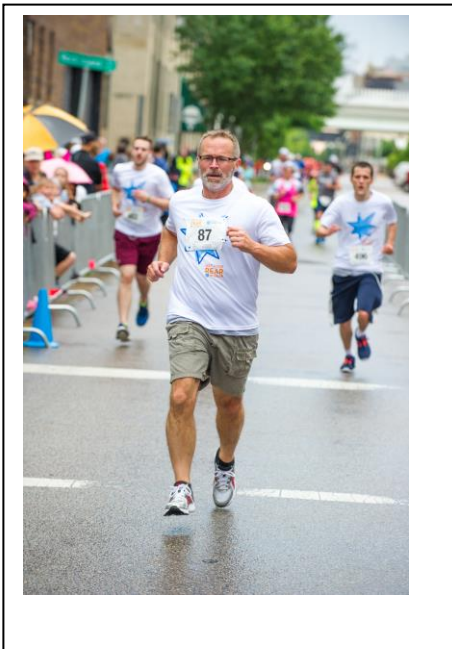


TOUR DE TUSH™



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.

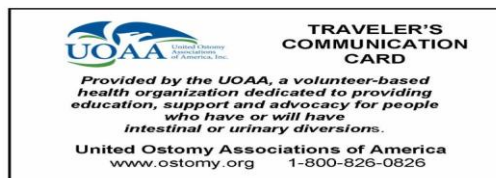


We invite you to GET YOUR REAR IN GEAR. Volunteer to drive someone you know to their colonoscopy. Know your body and take notes when something isn't right. Raise the red flag with your doctor when there is a problem and engage them to find the answers. Talk to your family about their medical history, not just for cancer, but also other gastrointestinal issues. Make a gift to the Colon Cancer Coalition to help us spread our message.

Julie's Corner

Featured Resource

Planning air travel soon? Be prepared and have some piece of mind. Download our free travel communication card. For ostomy travel tips and information on the TSA visit: www.ostomy.org



[Download the Card](#)

Get Your Rear in Gear® and Tour de Tush™ – Twin Cities Sunday, August 14, 2016 5k run/walk, 8 mile bike ride, and 25 mile bike ride. Same location. Same time.

Register for Get Your Rear in Gear and Tour de Tush – Twin Cities, a 5K Run/Walk, Kids' Fun Run and Bike Ride to help raise funds for colon cancer awareness efforts in the Twin Cities-area. Money raised will stay in our community to encourage screening and education for the nation's No. 2 cancer killer. With your help, we can positively increase screening rates for this highly preventable cancer.

Staring Lake Park 14800 Pioneer Trail Eden Prairie, MN 55347

Fees

Fees are the same for all 4 participation types; 5K Run/Walk and 8 Bike Ride and 25 mile Bike Ride.

Through August 8, 2016:

Adult: \$35

- Youth (12 and under): \$15
- Kids Fun Run (10 and under): \$15

After August 8 until Event Day:

- Adult: \$40
- Youth (12 and under): \$20
- Kids Fun Run (10 and under) \$20

Shirts are not guaranteed for those registered after July 20.

Please note: fees are non-refundable and race bibs are non-transferable

BECOME A VOLUNTEER!

Event Schedule

Times subject to change

- Registration: 7 a.m.
- Survivor Photo: 7:50 a.m.
- Opening Ceremony and Team Awards: 8 a.m.
- Kids Fun Run: 8:30 a.m
- 5K Timed Run and 25 Mile Ride: 9 a.m.
- 5K Walk and 8 Mile Ride: 9:05 a.m.
- Running Finishers Awards and Entertainment: 9:45 a.m

New this year: live entertainment and food trucks! We'll have food trucks serving both breakfast and lunch; fresh pressed juice, wood fired pizza, and frozen yogurt. Don't forget to bring your wall

Save the Date!



Join us in California!

*"Journey To A
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 return 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.



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>

2016 Election Results

Congratulations to all of the new and returning members of the Management Board of Directors (MBoD)

Please join us in welcoming new directors Joanna Burgess-Stocks and Molly McPeck.

Molly is a registered nurse from St. Livonia, Michigan and Joanna is a CWOCN from Apex, North Carolina. Cheryl Ory of Mt. Carmel Tennessee is continuing to serve as our 2nd Vice President and Al Nua, who is soon moving to Mississippi from Southern California, returns as a director.

Thanks to all the candidates, the voting ASGs, and UOAA's Nominations and Election Committee. The winners begin their terms this January.



Ostomy Association Of The
Minneapolis Area
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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

Name: _____

Street: _____

City: _____ State: _____ ZIP: _____ Phone: () _____

As a tax exempt Organization, all contributions and dues are tax deductible



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

