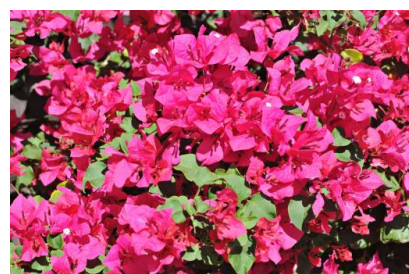


# Ostomy Outlook



<b>NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA</b>	
<b>Volume III Issue XIII</b>	
<b>May/June 2020</b>	
<b>Date:</b>	<b>Monday, May 18, 2020</b>
<b>Time:</b>	<b>No meeting at the church. We will try to Zoom. See Page 2.</b>
<b>Program:</b>	<b>WOCN Julie Powell will lead us in a discussion on an Ostomy issues. Send your questions for this meeting to Julie Powell (email address below).</b>
<b>Date:</b>	<b>Monday, June 15, 2020</b>
<b>Program:</b>	<b>Speaker: Kat Panos, an Account Manger with Byram Healthcare, has enjoyed working with medical teams across Minnesota to easily assist patients in receiving ostomy supplies, education and support at home. ***** To be determined if this will be zoom or at the church. 6345 Xerxes Ave. So. 612-866-0069</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.

\*\*\*\*\***Because of social distancing, we cannot meet at the church May 18. At our last board meeting we decided to try to “Zoom.”**

It would probably be good to put down that you need to download Zoom to participate in the monthly meeting. And if you normally do not get the newsletter emailed to you, please send your email address to Brenda so she can extend the invitation. Once you have downloaded Zoom, an invitation will be sent to you to join the meeting at a certain time and date which will be our regular meeting time for now. Then when you see the invitation, keep that handy so you can just click on the blue hyperlink and that will take you right into the meeting at the proper time. I suggest you practice ahead of time with family members or friends. It isn't that difficult and it's a new way of thinking for us. We are up for the challenge and hope you are too!  
brenda elsagher of OAMA is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://us02web.zoom.us/j/84321896221?pwd=OU9CSEpFWmRsWlI1MDIhdXJGOEdYZz09>

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- Puns for Fun:1. The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye-doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. No matter how much you push the envelope, it'll still be stationery.

## **New Business:**

Thank you all for returning your membership dues, it is much appreciated!  
United Way generous donor designated funds has given our group \$452.92.  
Extra donations much appreciated!

Edward S.

Thomas D.

Donald H.

Rich T.

Patricia C. for those with ostomies.

Cyrus H. for 29 stoma year anniversary. Congrats!

David D for 31 stoma years anniversary! Way to go!

Our bills are paid, and we are doing great thanks to your generous donations and membership dues.

Brenda Elsagher, treasurer

Brenda@Livingand laughing. com

So far, the National Conference has not been cancelled. We will try to keep you Updated as soon as possible.

## **UOAA'S 8TH NATIONAL CONFERENCE** August 5, 2021 - August 7, 2021

---

Royal Sonesta Houston Galleria, 2222 West Loop South

Houston, TX 77027 United States+ [Google Map](#)

Are you ready to put on your cowboy hat and boots and head to Houston, Texas!

Mark your calendar to attend UOAA's 8th National Conference at the Royal Sonesta Houston Galleria in August of 2021. The Conference will run for three full days beginning on Thursday morning, August 5th, finishing up on Saturday evening, August 7th. New and updated educational sessions will be offered throughout the conference for both new and experienced ostomates. There will also be multiple general sessions...

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The advertisement features a woman, Allison Rosen, smiling and leaning against a blue and white striped surfboard on a sandy beach. In the background, there are waves and a cliffside with houses. The text is overlaid on the image in various colors and fonts.



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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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\*Based on cover price of \$9.95. \$39.95 for Canadian one-year subscription. U.S. funds only. \*\*Your contact information will be disclosed to third party companies to fulfill the request. Published March, June, September and December. If you are not satisfied for any reason, we will gladly refund the unused portion of your subscription.

DISASTER PREPARATION, OSTOMY NEWS

# CORONAVIRUS EFFECTS ON THE OSTOMY COMMUNITY

The ostomy community is understandably very concerned about how the COVID-19 outbreak is affecting their daily lives, health, support networks, and access to ostomy supplies.

In this time of great uncertainty, UOAA recommends all individuals consult with their own primary care physicians with questions concerning their risk factor or if they exhibit any symptoms. Please follow the [Center for Disease Control](#) (CDC) website for actual up to date information. We recognize that many people living with an ostomy or continent diversion are older people and those with chronic disease and are therefore at higher risk of developing serious illness. Please also see [CDC guidelines for people at risk](#).

UOAA is also hearing from many [Affiliated Support Groups](#) who have prudently decided to cancel their upcoming meetings. Members should expect that their meetings will be canceled for the foreseeable future. Affiliated Support Groups are each independently run and members should [contact their local leaders](#) if they have any questions about their meetings. [Community guidelines](#) are also available from the CDC to assist leaders in deciding steps they should take to address public health concerns.

UOAA reached out to the major ostomy manufacturers to see if the outbreak is currently impacting their production or supply chain. As of March 4, 2020 none of the manufacturers reported any issues in their operations as a result of the COVID-19 outbreak. Read our previous [blog post](#) for statements from individual manufacturers on this topic. Check with your distributor to see if there are any shipping delays due to increased demand of all goods at this time.

If you develop a fever, cough and have difficulty breathing always contact your healthcare provider. They will determine if you are a candidate for a COVID-19 test. Medicare and private insurance should [cover a test to see if you have coronavirus](#) if requested from a physician. Additionally, Medicare is offering [telemedicine options](#) so people can stay home as much as possible during this crisis. Contact your private insurer to discover any additional benefits they may be offering at this time. For [frequently asked questions](#) and facts about this virus follow updates from the [CDC](#) on the latest COVID-19 guidelines.

## 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 me, Darlene Hafner. You can reach me by emailing [dmhafner@yahoo.com](mailto:dmhafner@yahoo.com).



## BRENDA'S LETTER WORTH REPEATING

PO Box 385453  
Bloomington, MN 55438-5453

info line: 952-882-0154

4-4-2020

Dear Members and Corporate friends of OAMA,

Isolation. The Corona Virus has forced many to work from or isolate in our homes if we are not essential workers right now. Kids are actually wishing they were in school! I never thought I would miss the nightly discussions of politics but these days, it is challenging to hear about the overwhelming health crisis that has become a pandemic in the world. It is our new reality. I miss my grandchildren and kids. It helps to facetime with them and my friends. Tragically, we have lost a friend already to the Covid 19. It hurts because loved ones can't be together at the end and we can't comfort the loved one of the person that died because we must all quarantine to help one another. It's a tough time in our country and we will get through it. We are resilient people.

Many of us remember what it was like when we first were diagnosed with a bowel disease or cancer and found out we would be living with an ostomy or some other diversion the rest of our lives. I felt isolated. I had never known anyone that had an ostomy. As a 39 year-old dealing with colorectal cancer, I felt freaky, scared, and uncertain of my future. I especially felt isolated like many of you have mentioned.

Then we found a support group for people with ostomies and we no longer felt alone. Here was our tribe, people that understood our fears, and with shared wisdom, gave us courage to handle these new challenges. Many people with bowel diseases suffered greatly for years; and yet, once they had surgery, they were able to get their life back. They felt hope and passed it on to me. I hadn't suffered for a long time; I had taken my bowels for granted. I had empathy for their stories and felt glad to know them and grateful they came to the support group that helped me to learn to deal with what came to be my life-saving surgery, and definitely life-enhancing for others.

**Like with the virus, we moped at first. Then we hoped for the best. And now we cope.**

We are resilient people with ostomies. We have to get back to the business of living, even if it means we are cooped up in our homes for a while. Unfortunately we had to cancel our support groups for March and April and I missed hearing the stories of our members. Support groups connect us, teach us, but mostly give us hope.

**We will be support for one another in our country, in the world, in our communities and in our homes.** Many of us will feel the pain of the effects of the virus, and we will turn to one another. We are so grateful for all the first responders, healthcare professionals, people that work at stores and medical suppliers., our military, and all the essential workers, too many to mention. Thank you for being a part of our ostomy community. Thanks for continuing to support us through your membership dues and your corporate sponsorships. We want to be there for you when you need us.



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## **Disclosure** written by Stephanie Brenner

Think back to when you first got your stoma. Do you remember how you explained it to others? When it comes to the level of disclosure, everyone is different with what is comfortable. Here's advice that I hope will help:

- When you're ready to share, start with people who care. Other ostomates and close family or friends can feel the safest.
- Rehearse your explanation before disclosing to acquaintances or coworkers. Have a way to deflect intrusive questions such as, "I don't really like talking too much about," or "Maybe I can explain more another time."
- Start by asking whomever you're telling if they've ever heard of an ostomy. If they're unfamiliar you may need to explain some basics first. However much you choose to disclose is completely up to you. However it happens, let that be okay knowing your confidence will grow with practice.

May/June 2020

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## **RE-ORDER CUSTOMERS**



My name is Kat Panos. I am an Account Manger with Byram Healthcare, serving both medical professionals and patients of the ostomy community. I have been with the company just under a year, and have enjoyed working with medical teams across Minnesota to easily assist patients in receiving ostomy supplies, education and support at home. I am here to help guide all involved through the initial insurance and ordering process – from there Byram Healthcare offers ongoing support through our Caring Touch at Home Program. Our primary goal is to ensure that people with ostomies resume a healthy, normal lifestyle. I look forward to meeting you all at your upcoming Thanks! Kat Panos  
Thanks! Kat Panos



From Elaine O'Rourke from UOAA website: [www.uoa.org](http://www.uoa.org):

With the increased and heightened attention on the coronavirus, it is naturally creating a lot of fear and anxiety. This fear not only affects the mind but also the body. Right now, you want to keep your immune system strong and focus on calming your mind and nervous system and of course use necessary precautions.

Proper Breathing, as well as other techniques, will help reduce cortisol levels (one of the stress hormones that can wreak havoc in your body) and helps promote the relaxation response in the body.

Deep focused breathing has so many benefits and there is a lot more science behind what the ancient yogi's already knew. As a long time yoga teacher, I know firsthand how amazing proper breathing is. I credit it for helping me recover from surgeries much faster and for regaining strength. [Wim Hof](#) (the Iceman) has been instrumental in recent years for promoting the benefits through his method. Many [scientific studies](#) have been done on him proving that you can control the autonomic nervous system and immune response.

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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, 2020 Annual dues are \$25 and are due in March following your submittal of this form. Membership in the Ostomy Association of the Minneapolis Area includes 10 informative meetings, subscription to the "Ostomy Outlook" newsletter and an "Antless picnic" in June.

OAMA  
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I have a: Colostomy  Ileostomy  Urostomy (ileal diversion)  Other  Non-ostomate

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***OSTOMY ANNIVERSARY***

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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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