



Ostomy Outlook



| NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA | |
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| Volume XXLXVI, Issue III | |
| April/May 2017 | |
| Date: | Monday, April 17, 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: | Pastor Mike Carlson- "Attitude and Gratitude!" |
|  | |
| Date: | Monday, May 15, 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: | Speakers: Joyce Thomas and Jen Freese, clinic liaisons within the Fairview Health System. They work directly with patients to help alleviate the burden of High medication costs. Their goal is to help make patients feel that they have a helping hand working for them helping navigate their insurance, coverage and costs. |
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|------------------------------|--------------------|--------------|--|
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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



**** Congratulations to Carole Ann Barron who has signed on to be our Program Chair for the upcoming year. If you have any suggestions for her, feel free to call her at 952-941-8884 or email her at barronski@aol.com.

Rich Trainer, President

Brenda Elsagher introduced our speakers:

Darcy Helder and Krista Harvego from Coloplast, Monday night, March 20th.

Using a Power Point program, Darcy demonstrated and discussed Coloplast's new Mio Convex products with three different levels of convexity. She also present the new or soon to launch, Brava Protective Seals. Krista reviewed the CARE program and how she works with new patients. We then broke into groups and shared individual problems. We also welcomed new members: Steve, Mike & Cheryl, Greg & Laurie, Tom & Mary, and Joel. Blessings to Ruth Siefert, still recovering from illness. Rich could not be there and our -president, Frank Moriarty was recovering from surgery. Last week Brenda and Carol picked up Frank's wife Mary and she raced Frank down the hall at West Health Center, with Carol acting as referee. Frank is now recovering at home.



Brenda Elsagher, our treasurer, wants to thank all our members for getting in their dues so quickly. In one week after the membership dues letter went out, 45% of our members have responded and we thank you!

Even two corporate sponsors have renewed already and we are grateful to Handi-Medical supply and The Colon Cancer Coalition for being so prompt!

Additional donations received:

Marilyn Carlson in memory of her mother, Ruth Carlson

Michael Carlson in memory of his mother, Ruth Carlson

EA Sween & Co. and Marilyn Carlson for matching donations

Dave Dovenberg, Ed Scinto and Don Heinrich We thank you for the security it gives us to keep reaching out to help others. So glad to have you with us!

In addition, Brenda Elsagher has written this note of appreciation:

Recently we were honored to receive a generous donation to OAMA from the Hawkins' two daughters, Penny and Peggy, in honor of their mother, Claribel Hawkins. When she was 86 years old, along with her daughters, she took an adventurous trip to Minnesota. There she sat next to me at the fundraiser/book signing and autographed our individual stories written for my third book, *Bedpan Banter*. I invited all the authors of the stories from that book to attend "Comics for A Cause" and had a little pre-show party to visit with them. The next day I met Claribel and her daughters for lunch and had a wonderful visit. They had enjoyed the Mall of America and Minnesota. Years later, when I realized I was giving a talk in Louisiana only 4 hours from where she lived, Bahgat and I decided to take a trip to the Delta region of Isola, Mississippi to visit them all. We had a blast getting to know them and the area and the people there were fantastic. They introduced us to friends of theirs; one that had a hobby farm and a pet donkey that she let walk right into her home. You don't forget things like that. We had lovely meals together and Bahgat and I even cooked an Egyptian meal for them while we visited. We saw BB King's museum and made some precious memories, but also lovely friends. I was so glad that Claribel was feeling okay while we were there; she had only recently gotten out of the hospital. And sorry to report that she has now joined her beloved husband, Martin in the hereafter, but her precious memories will live in my heart forever. In her honor, the family sent a \$1,000 check and we shared half of it with the national United Ostomy Associations of America. Here is another reason why having an ostomy has been a blessing, the people I've met, the places I've been. I thought I would share her story from *Bedpan Banter*.



A Tribute to Claribel Hawkins.

A Good Life

By Claribel Hawkins

In 1954, I became very sick and was in and out of the hospital for two years before I was diagnosed with ulcerative colitis. The doctors tried all sorts of medications, hoping they would prevent surgery. The colitis was caused by a microscopic organism and one medication I used was arsenic. I would mix a small amount with water and drink it half-way through my meals. Several times a small amount dropped on the porcelain sink and it turned the spot snow white; it was very strong.

With my illness accelerating, I weighed only eighty-six pounds at age thirty-three and I was scared; surgery was the only answer. The doctors took my entire colon, and I stayed in the hospital for eleven days with surgery costs of almost \$300.00. This was a lot of money for my husband Martin, and me. Our neighbors took up a collection and brought it to the hospital in a brown paper bag. On the outside of the bag was a list of the people that had given and the amount; some gave ten cents, others fifty cents, and several gave a dollar. People gave what they could, and their love for us was worth millions.

With my first surgery, there were problems with my ileostomy and the stoma [the end of the intestine that protrudes through the abdomen to discharge bodily waste] stuck out about three inches, requiring a skin graft from my leg to graft onto the stoma. The first appliance I used by Hollister had a white pad I put on around the stoma, then a bag that was attached with belts. To empty the bag, I had to take the appliance completely off each time. It didn't fit snugly like the one I use today. I have had several reconstructive surgeries and now the stoma is much smaller and the appliances much better. I was fortunate to have been married to Martin for sixty-one years before he died in 2002. I am eighty-five years old and have lived with an ileostomy for fifty-two years. I am thankful I am still active and able to care for myself. I have been blessed by God.

***Although Claribel Hawkins is no longer with us, her memory lives vibrantly in my mind and heart.



GETTING TO KNOW YOU:

Bahgat Elsagher by Carol Larson

Bahgat and Brenda Elsagher at the 2013 UOAA Conference with Dr. Judith Trudell

Years ago, at our first UOAA national conference, my husband Dave met Bahgat Elsagher and asked him, "What do you do?" In his own modest way, Bahgat told Dave he was a cab driver. While that was true, Bahgat did drive a cab when he first came to this country 34 years ago. However, when we attended a session he presented, we realized how highly educated and professional he was.

If that last name sounds familiar it is because he is the husband of board member, and colostomate, Brenda Elsagher. Bahgat and Brenda have been married for 28 years. They are experiencing life a little differently these days as Bahgat has just retired as a Senior Manager from Seagate Technology in Bloomington. He surprised himself with a long career in the computer field because when Brenda met him he was on the path to finish his PH D. in Hydro-geochemistry at the University Of Minnesota.

They met on a blind date and Brenda thought from the beginning you can never have too many friends from different religions and cultures, but never dreamed of marrying him. It would be many months later when her roommate informed her that yes, in fact they were dating. Brenda was in denial. Raised in a Catholic family in Richfield, Minnesota, she married a man who was raised Muslim, from Cairo, Egypt. They raised their children as Muslics! They always faced east when they said the rosary.

You can really get to know what a good guy Bahgat is if you read Brenda's first book, *If the Battle Is Over, Why Am I Still in Uniform?* Married only 6 years when Brenda was diagnosed with colorectal cancer and with two children under 6, there were a lot of demands on Bahgat. He was a supportive spouse and father and although there were tough times, they got through it all together.

The four of us became close friends. We've discovered not only are they delightful companions, but always sensitive to our needs. Last year, when a friend and I were stranded for about 10 days in a vacation home we rented in Arizona, Brenda and Bahgat came down and turned our experience into a great time. Bahgat literally fixed everything that was not working in the house, and yes, he drove us everywhere, even to the Grand Canyon.

These days, Bahgat is enjoying traveling with Brenda as she is a national keynote speaker speaking across the country and Canada about the importance of Humor and Healing. Bahgat gives her much material with his own unique style of humor. He loves to torture Brenda when she asks every day, "So what are you doing today Bahgat?" He loves answering, "Nothing, I'm retired." Well, he might be retired, but he still keeps busy with friends and family and enjoys Facebook and traveling. He also has become a part-time driver as a job and has driven friends and family when they have called him (612-328-0645). My family has the highest praise for his services. Bahgat has been very involved with UOAA at the National conferences where he has been a leader and presenter for spouses of people with ostomies. He will give us some tips in future newsletters on ways we can help our loved ones from the caregivers' perspective while taking care of ourselves too. Stay tuned....

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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Some of our members have asked us for more information on hernias, best exercises for ostomates, best diets, etc.

We try to provide as much information as we can at meetings, but also, consider subscribing to The Phoenix magazine for more answers!

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*Based on cover price of \$9.95. \$19.95 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.

Please contact your legislators to further educate them about the unique needs of people with chronic conditions and ensure they support critical patient protections.

We are Stronger and Louder Together! Our community cannot afford to be left behind. Please call your lawmakers today or personalize our VoterVoice email message.

[Click here now to TAKE ACTION!](#)

Please educate legislators about your condition and your unique ostomy healthcare needs to ensure they have the knowledge necessary to advance acceptable proposals. Further, please reiterate the importance of the basic patient protections. **Tell your lawmakers how the ACA affects you directly and why you need these protections.**

Even if you have already contacted your lawmakers, it is important to follow up. You should expect that the office will respond to you about your specific concerns. This month, House of Representatives committees will begin consideration of the Affordable Care Act repeal and replace legislation. Our messages are reaching Members of Congress and their staff, and they are making an impact on the committee debates. Numerous proposals are taking shape; however, the serious proposals currently before Congress still fall short of addressing the needs of patients with chronic and complex medical conditions including persons living with an ostomy or continent diversion. Although the authors of the legislation promise coverage for those with pre-existing conditions, current proposals have a "Continuous Coverage" provision which would require an individual with a pre-existing condition to have continuous insurance coverage for 18-24 months before that person's condition could be covered. This requirement could spell health and/or financial disaster for many patients who cannot afford to pay for their medical treatments without the help of insurance. For them going without treatment is not an option.

The next few weeks are critical, and although this is likely to be a long debate, how things unfold during the next few weeks will shape the content of the debate. UOAA President Susan Burns and I were at the Capitol on March 5th, visiting with legislators and their staffs. To share your concerns and experiences, please e-mail us at advocacy@ostomy.org. As always, we will continue to keep you up to date on this issue. Thank you for getting involved, and for making your voice heard!



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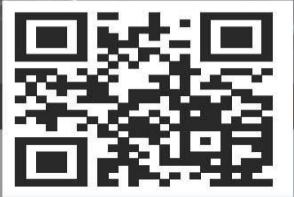


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Our Vision

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>

JULIE'S CORNER-

TSA's Pat-Down Policy in the Spotlight

UOAA Advocates For Concerns of Ostomy Community

The Transportation Security Administration (TSA) has recently announced a pat-down policy that has concerned some people living with an ostomy. Those selected for the additional screening will experience a universal procedure for pat-downs. Remember that you can request a private screening (along with a travel companion) and a chair at any point in the process. Early communication in the screening process that you have an ostomy remains key to the experience you may have during this security procedure. Be sure to plan for extra time at the screening in case you are selected.

See our [information online](#) for a travel communication card and the latest travel tips from the TSA. Board member George Salamy is our TSA liaison and is in frequent communication with them about your concerns. They have been very responsive to the voices in our community and strive to enhance agent training where needed when incidents arise.

Share Your Concerns: info@ostomy.org.



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.

Get Running. Get Walking. Get Biking.

Save the Date!

Join us in California!



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National Ostomy Conference

**August *22-26, 2017
Hotel Irvine
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- Ostomy Product Exhibit Hall
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Reservations and Conf. Registration open in 2017!

Updates at www.ostomy.org
*Programming begins on August 23rd

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Ostomy Association Of The
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To:

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

If you haven't enrolled or renewed your membership, 2017 Annual dues are \$25 are due ASAP 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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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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