

# Ostomy Outlook

LETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA	
Volume XXLXVI, Issue IX	
April/May 2018	
<b>Date:</b>	<b>Monday, April 16 2018</b>
<b>Time:</b>	<b>6:30 PM-8:00 PM</b>
<b>Place:</b>	<b>United Methodist Church of Peace</b> 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069
<b>Program:</b>	Our speaker for April is Ann Lowry. Dr. Lowry has had an amazing career in the field of the Colon, A graduate of Radcliffe, Tufts, New England Medical Center and then received her training in the area of colon and rectal surgery at the University of Minnesota and stayed in the field for 30 years. She will be speaking at the meeting and asking for questions. Here's your chance to get informed on what kind of ostomy you have and what else you need to know about it.
<b>Date:</b>	<b>Monday, May 21, 2018</b>
<b>Time:</b>	<b>6:30 PM – 8:00 PM</b>
<b>Place:</b>	Our speaker for May is Bob Bartlett: Bob has been a therapist since 1999 working with families, couples and individuals. He will present: Resiliency: Moving through Grief into Coping and Beyond. Bob will speak and take questions and join us for the support part of our meeting. You don't want to miss this great speaker!
<b>Program:</b>	



- |                   |                   |              |  |
|-------------------|-------------------|--------------|--|
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| Patient Advocate: | Dar Hafner        | 952-835-4599 | <a href="mailto:dmhafner@yahoo.com">dmhafner@yahoo.com</a>                               |
| Program:          | Carole Ann Barron | 952-941-8884 | <a href="mailto:barronski@aol.com">barronski@aol.com</a>                                 |
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| Social Media:     | Nancy Hagfors     | 952-237-6465 | <a href="mailto:pitplayer@q.com">pitplayer@q.com</a>                                     |

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.

# The President's Corner

\*\*\*\*If you would like to suggest a future program, please contact:  
Carol Barron [barronski@aol.com](mailto:barronski@aol.com)  
\*\*\*\*If you have weather questions, please call 952-882-0154



## PRESIDENT'S LETTER:

Welcome to all. We were finally able to meet in March. Sorry for not having meetings in January and February due to the weather. We didn't want any trouble with people getting to the meeting and returning home. If you are ever in doubt if the meeting is canceled, please call 952-882-0154 or look on the website at [ostomyminneaoolis.org](http://ostomyminneaoolis.org) to find out. We had a good turn out for the March meeting. The subject of the meeting was a caregivers talk.

We had three excellent caregivers of people with ostomies and they each presented something a little bit different. **Bahgat Elsagher** talked about taking care of yourself so you could help your partner, perhaps knowing what supplies they used and to be aware of ways in which you could help them. **Dave Larson** talked about advocating for patients and helping them to advocate for themselves and where you can find information resources for additional help. And **Laurie Shields** talked about the emotional road of being a spouse with needs that are challenging and trying to enjoy each day. Her story was touching and so reflective of what many of us face in the world of ostomies and trying to have the best life possible. We were privileged to hear their viewpoints and it led to a rich discussion. Thank you all!

## New Business:

Thank you for all of you who have responded to our annual membership drive. It is so appreciated to be able to look ahead and know that we can provide for future meetings and manage our bills. Our board is looking out for our best interest in the future. In 2019 we have the national convention in Philadelphia and we are usually able to help our members pay for their registration if they can attend. so start saving your dimes now for the next conference held in August 2019. More details on that later.

TREASURER'S REPORT from Brenda Elsagher

### Treasurer's Report and Membership, Brenda Elsagher

Thanks to the many members that join on line and at meetings. We appreciate seeing you and hearing from you! Currently we have 103 Members and we have 118 WOCN nurses on our email list. If you know of a nurse that needs our newsletter, please let me know.

Thank you for the help from our sponsors and members:

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Minnesota Gastroenterology

No one is ever turned away for not having the financial means to support our \$25 membership yearly. Just come to our meetings and be a part of us. You are always welcome!

Our website is getting more attention all the time. If you have suggestions about our newsletter and website, please feel free to send them to Carol Larson or myself.

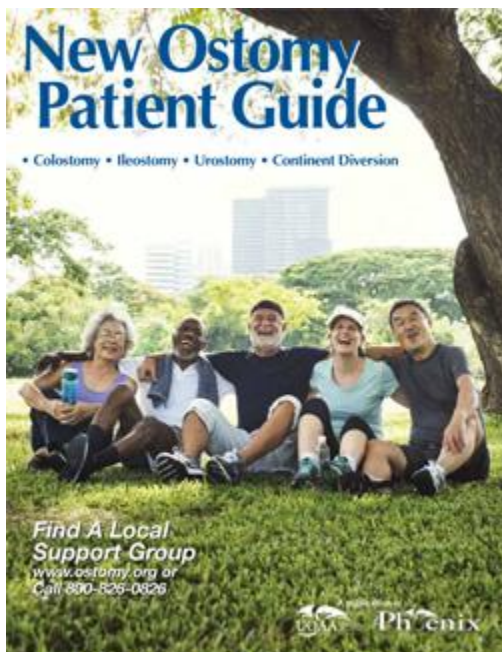
# Free New Ostomy Patient Guide

The Phoenix Magazine New Ostomy Patient Guide is an essential source of information that answers the most basic questions patients have after surgery. Over 100,000 copies have helped new ostomates learn how to successfully live with an ostomy. The 88-page full-color guide covers the main types of osmotic (Colostomy, Ileostomy, Urostomy) as well as continent diversions (J-Pouch, Indiana pouch, Koch Pouch, BCIR and the like).

Articles address common concerns and challenges those face after surgery including what type of pouching system to use, clothing, how to change an ostomy pouch, diet and nutrition and much more. Please see below for more information.

**The New Ostomy Patient Guide is FREE with a paid subscription to The Phoenix magazine.**

Find your ostomy answer today!



## 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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**Ruth A. Siefert** Ruth died in February and was a part of our board for many years and often donated the extra supplies we received to Friends of Ostomates WorldWide. (FOW) May you rest in peace Ruth.

**Obit:** Siefert, Ruth A. age 81, of Shakopee, formerly of Deer River and South Minneapolis. Survived by husband, Robert; daughters, Susan (Rick) Rame, and Julie Siefert; grandchildren, Sam and Jenna Rame; siblings, Joyce (Duane) Faulkner, Betty Fernholz, and David (Aloris)

**Welcome to our newest sponsor:**

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## **JULIE'S CORNER- FOW Update**

### Make a resolution you can keep

Encourage your members to send their unused ostomy supplies to Friends of Ostomates Worldwide-USA at FOW-USA, 4018 Bishop Lane, Louisville, KY 40218-4539. They will help needy ostomates have a happier and healthier New Year. You can read their inspiring stories on our website [www.fowusa.org](http://www.fowusa.org). Thank you for your continued financial and product support. We appreciate it.

*Ann Favreau*, President Friends of Ostomates Worldwide-USA



## GETTING TO KNOW BRENDA ELASAGHER BETTER!

From Carol Larson and Darlene Hafner:



Brenda Elsasgher is applying to the United Ostomy MBOD (Mangement Board of Director's) United Ostomy Associate Candidate for Second Vice-President.

We know her as a great friend, a leader and supporter of our organization, and a powerful and engaging speaker, who has blended humor with inspiration.

We're hoping our organization (OAMA) can get behind her and support her.

Darlene Hafner and I found out some other facts about Brenda you might find interesting. (Written below.)

When she was 21, Brenda bought her first hair salon and became a successful small business owner for 29 years employing over 100 people. There she learned marketing, accounting, human resources and janitorial skills.

After experiencing colorectal cancer at age 39, she became a performing comedian and within one year, she won the title: "Twin Cities Funniest Person" by ACME **Comedy Club**.

At age 42 she began college and wrote her first book, *If the Battle is Over, Why am I Still in Uniform?* She got an "A."

She became too busy with comedy and writing to complete her business degree. She wrote her second book, *I'd Like to Buy a Bowel Please!* The stories collected in that book were from people with ostomies all over the United States and Canada. This is where Brenda began to learn about the various ostomies and continent diversions. Then she wrote her third book, *Bedpan Banter*. This book brought stories of humor and inspiration that took place in a medical setting. Soon she was requested to write a book about sex and intimacy. That became, *It's in the Bag and Under the Covers*. In this book, she interviewed people from around the world. Her last book, *Your Glasses are On Top of Your Head*, won the 2015 Minnesota Independent Publishing Award for Health and Humor.

**The Position Brenda is applying for recommends these top skills:**

Personal Presentation	(making presentations and facilitating groups)
Meeting Management	(planning and conducting meetings)
Communication	(creative writing and computer skills)
Organizational	(committee involvement, leadership, planning)

Her accomplishments in these areas, speak for themselves:

- **Member: National Speakers Association, National and Minnesota chapter** for the last 12 years. Brenda is a present Officer and also has been their: **Director, President elect, President, and Past President**. She was awarded the Presidential Award for Outstanding Service and also has been a teacher in the Speaker's Academy for 4 years.
- **Member: Association of Applied and Therapeutic Humor, (AATH)** graduate of the three year program of the Humor academy as a Certified Humor Professional. (CHP)
- **Conference Chair 2016.** Coordinated 25 committees, planned the **Annual National Conference** with 58 speakers over a three day period. CEU Accredited. 275 people in attendance. Phoenix Arizona.
- **Fight Colorectal Cancer Coalition: Advocate** Participated 2 times in **Call on Congress** where the group was trained to meet with congress and urge them to fight for a bill to be passed that would allow all people regardless of income to be able to have a full colonoscopy. She was also the emcee of the event.
- **Volunteer 2011-2018,** Brenda was asked to be in 2 different **Public Service commercials** urging people to get their colonoscopies. One still runs 8 times a day on 2 channels for the month of March.
- **Volunteer patient advocate for the American College of Surgeon's Oncology Group (ACOSOG):** Brenda assisted in reviewing various research grant proposals giving a patient's perspective.
- **Get Your Rear in Gear:** Held in Minnesota. Biked and walked in 2 5K's, rode her bike in the Tour d'Tush. Brenda was awarded the Advocacy in Action Award for fundraising and awareness.
- Brenda has also volunteered to support numerous social service organizations. One in particular says it all about her devotion to the causes she has supported:
- **St. Stephens' Shelter:** For 3 years she slept every Sunday at the homeless shelter helping the needy for 3 years; distributing bedding, making breakfast, and cutting hair.

Brenda has been married to Bahgat Elsagher for 30 years, raising their two outstanding children, Hannah and John are now both college graduates. Recently she and Bahgat became grandparents.

\*\*\*\*\*Brenda wants to thank you for the opportunity to complete the MBOD form provided for her.

She recently wrote,

“ I realize I’ve been very busy and I appreciate thinking about the opportunities I’ve had because of the examples my parents instilled on volunteerism in their children. And looking over this application, I realize what an opportunity that living with an ostomy has given me. I always say that having an ostomy has been life saving for me and even life enhancing. The people I’ve met, the personal conversations I’ve had, not to mention some pretty amazing experiences have enriched my life. I will always appreciate the medical professionals that helped me and especially the love, acceptance and answers I got attending my first support meeting at OAMA. I am still there to give that same support to others. I am grateful.” She adds:

“My strength is that I am flexible, open, willing to learn, assertive, funny, welcoming and compassionate. My weakness is that I am flexible, assertive, funny and lose patience with ignorance, especially my own.”

**Brenda wrote some closing comments to all of us:**

If I am elected to the board, I hope to bring enthusiasm, new ideas, cooperation, a willingness to get projects done. I hope to try new things out of my comfort zone, to build a relationship with groups across the USA in a connected manner to the UOAA. If ultimately I become the president, I would want to represent the USA in an encouraging and hopeful role that will build continued stability for UOAA, like the immediate board has done. This will include urging the ASG’s to get more involved and attend the biannual conference, and I’d expect fundraising as well. I want to continue to promote living with an ostomy or continent diversion with acceptance, gratefulness and encouragement. This has been my life mission already for over 20 years. And how to extend that good will globally if there are opportunities for that. I would want to build relationships with all the sponsors or potential sponsors in a way that shows no favoritism and impartial appreciation for their support. I would hope to present myself in a professional, yet approachable manner. In the course of doing all those things, I would like to do it in a way volunteers won’t get burned out, will be enthusiastic and wanting to support UOAA not only financially but with pride and help. It would be great to foster a succession of people who want to serve. I know these are lofty goals and ideals, because even a small fish like me in a big pond wants to swim. There will be a huge learning curve and I hope I can learn quickly from the current leadership and the best of their past. Thank you.





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**Youth Rally – *There is a Camp for That!*** Youth Rally is a 5-night camp for youth who have had, or who may one day face, ostomy surgery. This year’s Youth Rally will be held at a college campus in Boulder, Colorado from July 16 – 21, 2018. Staffed by volunteer counselors who live with similar diagnoses of the bladder and/or bowel systems, Youth Rally provides a safe and welcoming environment for kids to learn from each other, instill confidence in one another, and perhaps most importantly, realize that they are not alone. For more information, or to download a camper or volunteer application visit [www.youthrally.org](http://www.youthrally.org)

# APPLICATIONS

NOW AVAILABLE: Applications for the 2018 Youth Rally

**WHEN?** July 16th-21st (all volunteers will need to arrive on the 14th for on-site orientation).

**WHERE?** University of Colorado at Boulder, CO. **WHAT DOES IT COST?** See the bottom of this page. **IS SPONSORSHIP AVAILABLE?** Yes, travel and registration sponsorship is available for all

Campers – there is a full page within the application Health Profile dedicated to your individual sponsorship needs. Youth Rally encourages ALL participants to fund-raise for themselves (or others).

[FirstGiving](#) is a great way to do just that! **ADDITIONAL DETAILS** Will be provided upon approval of your completed application. **MINIMUM AGE TO APPLY?** All Campers should be age 11 at the time of camp. Likewise, there is a minimum age of 19 to be considered as one of our adult volunteers.



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If you haven't enrolled, 2017 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 12 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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I hereby grant permission to print my name in the Chapter Newsletter.

Name \_\_\_\_\_ Years \_\_\_\_\_ Amount \$ \_\_\_\_\_

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