

Ostomy Outlook

NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA	
Volume XXLXVI, Issue V	
August/September 2017	
Date:	Monday, August 21, 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:	"My Journey"-Rich Trainer
Date:	Monday, September 18, 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:	WOCN nurse Julie Powell-Types of Ostomies



- | | | | |
|------------------------------|--------------------|--------------|--|
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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](#) once again 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

PRESIDENT'S LETTER:

The meeting on July 17th. was very good. Austin Hummel, group member and Black Belt Haidong Gumdo – 3rd Degree – Master, did a talk about what you can do anything if you put your mind to it, saying that you have to prepare for things that might come up and not get discouraged. He has found out that all it takes to overcome any difficulty is to “**DO**”, not just “**try**.” This is called a **positive Attitude**. He showed some karate moves.

I took a train to oregon to see a brother. Also my brother from Pennsylvania, met me at St. Paul, and came on the same train to ride with me. We had a good time and had a lot of time to talk. We had another trip home from Oregon to go over everything we did on the out West. I was able to hike. Hope to see all you at the next meeting & we can talk about my trip. Rich

CORRECTION: John Kolkind's "Getting To Know Me" article had some mistakes. This is the latest and greatest version:



John Kolkind was born in Davenport, North Dakota but grew up in Fargo, North Dakota. Later, he moved to Minneapolis until 1954 and then in 1969, graduated from Jefferson High School in Bloomington.

As John told us, Cars have been an obsession with him. “I guess you would call them my main hobby from high school on. In the last 30 years, I have been working with John Deere and I now am retired. I belong to two car clubs. I presently am living with my significant other, Jill. We both have two grown-up daughters.

I could say now that I've been lucky and am lucky to be alive.

My experience with my ileostomy has been one of challenges. In the first place, I was misdiagnosed when I was having trouble and going into emergency rooms. My problem that sent me to the hospital was ulcerative colitis, which could've been solved if they had discovered that was the cause. I grew weaker and weaker, and then after 5 days in intensive care, given 17 pints of blood, I was given an ileostomy. I owe my life to Dr. Buie.

I have had my ileostomy for 37 years.

Since then, wanting to help others, from 1981-1988 I have been a trained visitor and made many post-surgical visits.

I keep coming back to our Ostomy group to keep informed about what is going on with other people to exchange practical information with them. I find it very helpful. *Editor's note: Welcome back, John!*

New Business:

TREASURER’S REPORT from Brenda Elsagher

Hi friends,

Here is my report as Treasurer and Membership chair:

Thank you to our newest sponsor, Minnesota Gastroenterology. We appreciate your support. Many of our members have said they use MNGI and always appreciate their experiences.

It is the time of the bi-yearly national convention for UOAA. Typically our membership gets a chance to have their registration paid for if they plan on attendance. The only requirement is that you have been a member for over a year. Please let Brenda Elsagher at 952-882-0154, (our OAMA phone number) if you plan on attending the conference in Irvine, CA and can't be at the August meeting on August 21 to receive a check to cover that expense. Typically those members report back on the conference in the fall.

Members have been great on getting their 2017 year dues in and there are still a few stragglers out there. Please also call our number if you would like to be removed from the list or if you are unable to pay the member dues. We don't turn anyone away for lack of funds.

Our rent is paid until next July, we are getting more members online and that is saving printing costs and we have minimal work done on our website. I thank everyone for the financial support so that we can keep reaching out to others and each one at the meeting. Happy summer. Brenda Elsagher, treasurer.

JULIE'S CORNER-UOAA's travel communication cards

~ ~ GOTTA GO NOW ~ ~
RESTROOM ACCESS

The cardholder contains body waste in an OSTOMY POUCH (stool/urine) and/or carries pouches and related supplies and/or a catheter to manage personal hygiene. S/he needs access to the restroom now in order to empty the pouch — this is critical for the cardholder's well-being and for public sanitation.

This is designed to show in the event it is needed **while in flight** and the pilot has chosen to limit restroom access—or when passengers are supposed to be belted in during turbulence. You might wish to show it to a flight attendant during boarding and/or getting settled, so he or she will be mindful of your situation. Before laminating, you may wish to rotate the bottom half so all text is in one direction when it is folded/un



TRAVELER'S COMMUNICATION CARD

Provided by the UOAA, a volunteer-based health organization dedicated to providing education, support and advocacy for people who have or will have intestinal or urinary diversions.

United Ostomy Associations of America
 www.ostomy.org 1-800-826-0826

NOTES: You may always have a travel companion with you during a private screening. – TSA officers should NOT ask you to show your pouch—you may be asked to rub over your pouch outside your clothing so they can test your hand to rule out explosive residue.

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 us, Darlene Hafner and Anne Marie Kronick." You can reach us by emailing dmhafner@yahoo.com or amkronick@comcast.net



Our faith, our friends, and our families have sustained us. We may still have health problems and disappointments, but now we know we are not alone. We have found ways to give back and to help others; to stand up for ourselves, and loved ones. Although we've suffered losses somewhere in our journey, we've learned that self-loathing and bitterness for our fate aren't good partners in building a better life.

Rational concern can help you take useful steps to improve your health but unbridled worry is one of the most useless emotions we can court in our lives. It makes it harder for us to function at our best. Tackle the statement "what if..." and bench it to the sidelines.

The best advice I was ever given to avoid worry was from my cousin, Meghan Freeman, a psychotherapist and shaman healer. She kept advising me to "Stick with the present. Don't go into the future." Worry produces unnecessary stress and works against your body's efforts to help you heal. Worry is the antithesis of hope.

You can do to some things to make this period easier on yourself and your family. Self-talk and how you view the situation can help immeasurably. Keep in mind health-related problems are being overcome at astounding rates and the medical profession is better equipped to handle medical emergencies by using life-saving technologies than ever before. Almost every day in the news, you can find an article of some new discovery keeping people living longer and healthier than our predecessors. What looks bleak today may be manageable tomorrow. With new information and clinical trials, people are overcoming serious

illnesses and living longer. In many cases, diseases we once considered fatal are now being managed more like chronic illnesses.

We have learned that there are no guarantees to “being cured” but we can continue to heal the sadness and the grief we have experienced.

Healing – mentally physically and spiritually – is a life-long process.

Looking back on it now, I can honestly say I used a whole village to heal: my family, my friends, my neighbors, my doctors and nurses and my support groups. They were there to listen to my fears, give me comfort, involve me with their life, see to it that I got excellent medical care, take me to appointments, send me their prayers and good wishes, let me grieve and be crabby when I needed to do so, make me laugh, distract me, stick around when I needed company.

People have said to me, “How did you get through this ordeal so well?”

And I reply, “I had help”

***** This month’s article written by Carol Larson, from her book, *Weathering the Storm*.



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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.



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Enjoying The Summer With Your Ostomy <https://www.exmed.net/.../ostomyhelp/.../>

22. June 2012 [Colostomy](#), [Ileostomy](#), [Urostomy](#)

With the end of June hot on our heels, we start looking towards fireworks for the Fourth of July, mid-day swimming, BBQs with friends and family, and even more fun in the sun. Making sure we take a few precautions in mind, there is no reason not to enjoy these great outdoor activities this summer with your Ostomy.

Do not expect to have the same wear time on your pouches in the middle of summer as you normally do the rest of the year. Your flanges and barriers may melt faster in the heat than otherwise which requires that you change out your appliances more frequently. If you find that your wear times are greatly reduced beyond normal, then you might need to look into a different [skin barrier](#). With the heat comes skin irritation often times due to the plastic pouches trapping the moisture from our perspiration between the device and our skin. The constant rubbing against the skin leads to the minor redness and irritation. A pouch cover can greatly reduce the irritation as well as using [powders](#) to absorb perspiration and reduce friction on our skin.

If you are very active and do not feel comfortable with your two-piece system while enjoying your sports or hobbies, look for ways to secure your pouch to prevent it from popping off it's barrier at an inopportune moment. Solutions as simple as using 2"-3" tape to secure the pouch to your abdomen work great for keeping your pouch in place. If adhesive sensitivity concerns are present, using an abdominal binder to hold your pouch in place can give you peace of mind as well. If you are swimming, remember to use waterproof tapes such as [3M Blenderm](#) or [MegaZinc Pink](#) for extra security in the pool.

Another common problem for ostomates in the summer is the potential for developing a Monilia rash (yeast infection), characterized by a fine bumpy red rash usually along the edges of the redness. This red raised itchy rash, generally on the peristomal skin, is uncomfortable and often times prevents pouches and devices from adhering to the skin. Monilia rash must be treated with an [antifungal powder](#). The antifungal powder can be used with other barrier powders or alone. If the rash continues, contact your physician for more specific care.

As with any activities outdoors in the summer, making sure you are properly hydrated is key. Remember to drink plenty of fluids before, during, and after you spend time outdoors. The general guideline is "half of your body weight in ounces of water per day". For example, a 200lb person should drink at least 100 ounces of water, or 12.5 8oz glasses of water, per day. As an ostomate, you should likely drink one to two extra glasses of water in addition to that standard. Drinking water, non-caffeine herbal tea, and natural fruit juices all count towards your required amount of fluid intake for the day. I personally find the easiest way to track my water consumption is to take a large water bottle and note how many of these I have to drink rather than having to remember how many of the smaller 8oz glasses I have had all day.

So drink your water, prep your ostomy appliances, protect your skin with sunscreen, and enjoy the outdoor activities this summer!



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>

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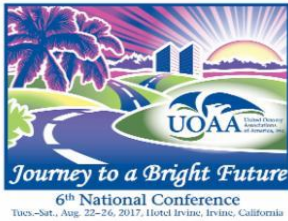
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Reservations and Conf. Registration open in 2017!

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



All Are Welcome. Share, Learn, Connect August 22-26 in Irvine, California.

Inspirational Talks, Stoma Clinic, Educational Workshops, Social Events, ASG Leadership Academy, Exhibit Hall and more!

Still Time Left to get Hotel Discount

Check Ostomy.org for the Latest Programming, Hotel and Schedule Information

6:45pm-7:45pm “Healing with Humor” Learn what a sense of humor can do for your health! *Salon DE* Brenda Elsagher, Author, Humorist

Brenda will talk about some of the latest research on why laughter can improve your health. It gives you endorphins which give you energy, helps with your memory, improves your circulation, and helps to lift your spirits. It’s hard to feel depressed when you are laughing.

Brenda is a 21 year ostomate, a member of our OAMA group, who became a comedian, author and national speaker after finding out she had colon cancer at age 39. She jokes, “After having my rectum removed, that must have made some new room for creativity!” You can see Brenda urging people to get their colonoscopies on commercials in March or check out her website at www.livingandlaughing.com

Ostomy Association Of The
Minneapolis Area
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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
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I have a: Colostomy Ileostomy Urostomy (ileal diversion) Other Non-ostomate

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