

Ostomy Outlook



LETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA	
Volume III, Issue XIII	
March/April 2019	
Date:	Monday, March 18, 2019
Time:	6:30 PM-8:00 PM
Place:	United Methodist Church of Peace 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069
Program:	Brenda Elsagher and Carol Larson will talk about traveling with an Ostomy (see next page)
Date:	Monday, April 15, 2019
Time:	6:30 PM-8:00 PM
Program:	Colorectal surgeon Ann Lowry will be honored for her latest award from and she will answer questions from our group.



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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.

****If you have weather questions, please call 952-882-0154

Our new website address is: [ostomyminneapolis](http://ostomyminneapolis.com)

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.

New Business



Our March speakers will be Carol Larson and Brenda Elsagher. Both have traveled globally and will focus on: Get out to see the World! Don't let your ostomy stop you! They will tell true stories and give practical advice. There will be laughter involved!

****If you would like to suggest a future program, please contact: Carole Barron barronski@aol.com**

Treasurer's Report and Membership, Brenda Elsagher

April will be here soon and that is when we have our membership letter with request for dues and contact our sponsors. We are compliant with the IRS as a charitable organization bringing in less than \$50,000 yearly (way less) and we have been self sustaining for years. Thanks to all of you. Many of our members also choose to pay electronically through our website these days. [Www. Ostomyminneapolis.org](http://www.Ostomyminneapolis.org). We request \$25 yearly and no one is refused for lack of funds. Thank you to our sponsors and those of you who donate extra or in honor or memory of others. Bless you!

Brenda Elsagher

****Joel Branes would like to thank all those (Plus Handi Medical) who contributed ostomy supplies to Puerto Rico and victims of last year's hurricane. Please bring your extra supplies to our meeting to be delivered to The Ostomy Association of Puerto Rico.

****Congratulations to Mary Moriarty for her anniversary of many years conquering her breast cancer.****Get Well wishes for Rich Trainer (Hospitalized for hydration), Dave Larson (Cardiac Arrest), and (Hip surgery) Marilyn Carlson.

**Thanks Again to our newest sponsors:
Minnesota Gastroenterology.
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Unexpected Challenges: The Ruts of Depression Written by Carol Larson

Living in Minnesota, we know about snowstorms and ice. Winter plays havoc wherever you need to go. You can keep driving only so long before the constant wear and tear on your outlook takes a considerable beating. (The same goes for depression and what it does to your immune system.)

Probably the cause of most of my down moods this winter was when I had to do the driving for us because of David's health problems. Then we both fell on ice going up some stairs. I started to imagine these were insurmountable limitations to my life caused by factors besides having an ostomy. I started to concentrate on what I would like to do if this had never happened to us. Most of those feelings were in my head and limiting only because I made them that way. When we were having our worse problems, a cloud of negativity clouded my life for a few days. Other emotions like self-pity, martyrdom, or resentment were there, too, when I least seemed to want them. When I found these feelings were mucking up the situation we were in, I worked on not letting them accumulate, so they wouldn't start to ruin the fact we were lucky it wasn't worse! My family, our friends, (thanks, Brenda) and our support group came to our rescue.

I find I still have a need to complain. Whenever this happens, stop whatever I'm doing and let myself feel anguish for as long as I need to do.

Then, I drive on. Careful not to slip. Looking ahead to warmer weather and better conditions.

GETTING TO KNOW- ANN C. LOWRY M.D.



Many of us know Ann Lowry as our personal physician and friend. She has certainly been a supporter of our group!

On Jan. 21, 2019, Dr. Chris Johnson, the Chair of the Twin Cities Medical Foundation Board, gave the 2018 Charles-Bolles-Rogers Award to Ann, who is a partner of Colon and Rectal Surgery Associates.

This award is given to a physician nominated by their colleagues has become the outstanding physician of the year.

Besides leadership roles, Ann was elected as the first female physician president of the American Society of Colon and Rectal Surgeons in 2005.

On April 15, we will honor Ann at our meeting. She also has agreed to help us with any questions we might ask at that meeting.

(Article was excerpted from the Jan. 31st 2019 Sun Sailor edition.)

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



Re: Americans with Disabilities Act Awareness Month: Traveling with Disabilities and Medical Conditions

WHAT TO KNOW

TSA Cares:

TSA Cares is a toll-free helpline (1-855-787-2227 or Federal Relay #711), available for passengers with disabilities and medical conditions to get the latest information on screening. You may call from 8 a.m. to 11 p.m. ET Monday through Friday, and 9 a.m. to 8 p.m. weekends and holidays.

If travelers with disabilities or medical conditions would like assistance at the checkpoint, TSA recommends that travelers call no less than 72 hours ahead of travel so that TSA Cares has the opportunity to coordinate checkpoint support. Checkpoint support may include coordination with a Passenger Support Specialist (PSS). Each airport has different resources; therefore, the level of assistance you receive at the checkpoint can vary. Some airports have an individual who will call you to gather additional information and arrange a meeting time and place. Other locations notify the checkpoint manager of your itinerary, but no pre-contact is made. If you arrive at the checkpoint and have any concerns before, during, or after the screening process, you should immediately request to speak with a Supervisory Transportation Security Officer (STSO) or a Passenger Support Specialist for assistance.

Learn more about screening procedures for travelers with disabilities and medical conditions at TSA.gov.

Passenger Support Specialists:

Travelers may request the assistance of a Passenger Support Specialist through TSA Cares, or at the airport.

The specialist is a specially trained staff member who provides travelers with disabilities and medical conditions on-the-spot assistance at security checkpoints. Learn more about passenger support specialists at TSA.goUOAA communicates directly with the Transportation Security Administration (TSA) in the interest of making travel easier for all those traveling with an ostomy. No person living with an ostomy should ever be discouraged from traveling, whether for work, to see family and friends, take a vacation, or on a journey around the world. With our tips and [latest guidance from the TSA](#), you'll be empowered with the knowledge to help make your next travel experience a positive one.

1. Be Prepared: Pack ostomy supplies in at least two places – carry-on and checked luggage. Take extra supplies in case you are stranded where supplies may not be available. For domestic flights, scissors are allowed in your carry-on luggage as long as the cutting edge is no longer than 4 inches (2.4 inches within Canada, check other foreign nation rules). Consider having pre-cut pouches for convenience and international travel. And of course empty your pouch before arriving for a trip. Be aware that the [3-1-1 Liquids Rule](#) (also see [TSA Video](#)) requires that items classified as liquid, gel, aerosol, cream or paste must be carried in containers no larger than 100 mL (3.4 ounces). If your medical condition requires larger quantities and must be carried on board the plane they are [allowable](#), but must be declared at the security checkpoint and require additional screening.

2. Request Passenger Support: Travelers with disabilities and those with medical conditions such as an ostomy who have concerns about airport screening should contact TSA Cares at least 72 hours before travel: toll-free at (855) 787-2227 (Federal Relay 711) or email TSA-ContactCenter@tsa.dhs.gov. TSA Cares agents provide callers with information about what to expect during screening so that travelers may better prepare. They can also provide a flight itinerary and will coordinate assistance available from a Passenger Support Specialist (PSS) and/or customer service manager at the airport. Airports differ on the level of assistance offered.

3. Get a Notification Card: Download our printable travel communication card. This is NOT a special security pass but it is a way to communicate discreetly to agents that you have an ostomy. You can also show a note from your physician explaining any of your medical conditions.

4. Consider TSA Pre-Check: You may find shorter lines and wait times by enrolling (for a fee) in TSA Pre✓®. Passengers still undergo screening at the checkpoint, but they do not need to remove shoes, laptops, 3-1-1 liquids, belts, or light jackets during the screening process at participating airports. TSA Officers may still swab your hands for explosives or do a pat-down.

5. Arrive Early: All travelers should arrive at least two hours early for domestic and three hours early for international flights. Allow plenty of time to empty your pouch if needed to help ease the security screening process.

6. Communicate at the Start: At the beginning of the screening process inform the TSA officer that you have an ostomy pouch attached to your body and where it is located. You may provide the officer with the TSA notification card or other medical documentation to describe your condition.

7. Understand Protocol: TSA agents are professionals tasked with keeping you and fellow passengers safe. Be cooperative and respectful and know that their requests and actions are usually standard procedures. You should expect to be screened without having to empty or expose the ostomy through the advanced imaging technology, metal detector, or a pat-down. If your ostomy pouch is subject to additional screening may be required to conduct a self pat-down of the ostomy pouch outside of your clothing, followed by a test of your hands for any trace of explosives.

8. Expect a Pat-Down: Additional screenings are not uncommon as the TSA heightens security. TSA has recently consolidated pat-down procedures into one standardized procedure. You may also undergo a standard pat-down of areas that will not include the ostomy pouch.

9. Know Your Rights: Remember that you can request a private screening (along with a travel companion) and a chair, at any point in the process. You can also always request to speak with a Supervisory TSA Officer about any concerns. You should not be asked to expose your ostomy or remove clothing in sensitive areas—this is not allowed. If an incident occurs, report it to the TSA and follow up with UOAA to ensure proper action is taken to resolve the issue after TSA reviews the security footage.

10. Spread the Word/Foreign Travel: Encourage other people you know with an ostomy to follow these guidelines and not let fear of the unknown or a prior negative experience discourage them from enjoying travel. People with an ostomy frequently fly all over the world without incident. **If traveling to a foreign country** it is a good idea to have critical ostomy information written in their language. One of the 70 member associations of the [International Ostomy Association \(IOA\)](#) may be of help with this translation, local security procedures, as well as with locating supplies while visiting their country.

Travelers eligible for TSA Pre✓® (PreCheck):

- Proceed to the **TSA Pre✓® (PreCheck)** line;
- Present your boarding pass and government-issued ID to
- the TSA travel document checker;
- The TSA travel document checker will scan your boarding
- pass barcode.

At the beginning of screening:

Travelers may use the [TSA Disability Notification Card](#) to communicate discreetly with TSA officers. However, showing this card, or other medical documentation, will not exempt a traveler from screening.

Inform the TSA officer if you:

- have a preferred mode of communication;
- need assistance throughout screening;
- have assistive devices that need to be screened;
- have difficulty walking or standing alone and need
- assistance;
- have difficulty raising your arms;

Travelers not eligible for TSA Pre✓® (PreCheck):

- Proceed to the standard screening line;
- Present your boarding pass and government-issued
- ID to the TSA travel document checker;
- The TSA travel document checker will scan your boarding
- pass barcode.

How do I get a TSA card?

How To Apply for TSA PreCheck

1. Complete the TSA PreCheck application, online or at an application center.
2. Schedule an appointment, online or by calling (855) 347-8371.
3. Visit an application center with the required documents and provide fingerprints, pay the \$85 application fee.



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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>

From Our UOAA President –Susan Burns

Friends are the family you choose is the old adage. When you were chosen to be among the millions of people around the world living with an ostomy, likely the last thing on your mind was the friendships you could make because of it, or the community you'd be welcomed into just by having a common surgery. Some people unfortunately go their entire lives without ever meeting another person with an ostomy. But those who seek out in-person peer support from the events and affiliated groups of United Ostomy Associations of America can be forever changed. UOAA's National Conference is unique in that it provides the perfect mix of a welcoming community, education, and social events to incubate some of the strongest friendship bonds many of us, myself included, have ever formed in our lives. And it is open to anyone who wants to attend.

Thank goodness for supportive nurses, friends, and family but there is nothing like talking to someone who truly gets the range of emotions, health challenges or simply humor that can come from living with an ostomy every day of your life.

We'll have in-depth discussions and lessons on all things ostomy but we'll also have plenty of fun, social events and downtime in one of our nation's most vibrant cities. Registration is now open for [UOAA's 7th National Conference](#) in Philadelphia August 6-10, 2019. We'll be there with open arms for you.

Wishing You a Happy New Year and deep gratitude to all who donated to our year-end campaign.

UOAA National Conference Registration Opens 1/1/19



- Top Medical Professionals
- Inspirational Stories
- Free Stoma Clinic Appointments with WOC Nurses
- Product Exhibit Hall with 25+ Vendors
- Social Events
- ASG Leader Networking
- Dedicated Sessions for Caregivers and Family
- Vacation Destination
- Medical Marijuana/Pain Management
- Sexuality

August 6-10, 2019
UOAA National Conference
Philadelphia, PA

Early Bird Pricing until 5/31/19



August 6-10, 2019 Philadelphia is home to UOAA's 7th National Conference. It's a not to be missed event for the ostomy community and your chance to connect and learn from medical experts and people living with an ostomy from all around the country. Gather at **Philadelphia 201 Hotel**, a great vacation destination right in the heart of this historic city (Special \$159 UOAA rate available). Please join us and prepare to make new life-long friends, to laugh, shed a tear, celebrate, and learn. You've earned it.

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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ADDRESS SERVICE REQUESTED

To:

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

If you haven't enrolled, 2019 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
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



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 \$ _____

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