

Ostomy Outlook



NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA	
Volume III Issue XII	
March/April 2020	
Date:	Monday, March 16, 2020
Time:	6:30 PM-8:00 PM
Place:	United Methodist Church of Peace 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069
Program:	Speaker: Kat Panos, an Account Manger with Byram Healthcare, Kat has enjoyed working with medical teams across Minnesota to easily assist patients in receiving ostomy supplies, education and support at home.
Date:	Monday, April 20, 2020
Time:	6:30 PM-8:00 PM
	WOCN Julie Powell will lead us in a discussion on an "Ostomy Update." Bring your questions to this meeting.



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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

PRESIDENT'S LETTER from Susan Burns UOAA President:

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...

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. Also, these people have donated extra funds for youth rally or OAMA Thank you for your generosity! Thank you to Don Johnson sent \$25 in honor of his almost 50 years with an ostomy.

Treats and water and water are donated for each meeting by attendees.

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

***If you have weather questions, please call 952-882-01

Treasurer's Report and Membership, Brenda Elsagher:

It's that time of year again when we send out letters to people to remind them to pay their yearly dues. We also acknowledge and celebrate the good things we've done this year with being advocates for people and nurses in need of further information. Our financial situation has been stable thanks to our members and sponsors and we are self-sustaining which is our goal. We really appreciate our members that have shared their stories this last year at our meetings and hope for more. It does so much good for our group; we learn we are not alone. Sometimes we get good ideas as well as learn more about ourselves in the ostomy community. As the treasurer, I want to thank the people who gave extra because of a stoma anniversary or just because... and there were many who remained anonymous. What you give does make a difference in keeping our membership thriving. Outreach is important as many of us recall those early days when we didn't have the support we may have needed. Thanks in all you give to the group, your presence at the meetings, your donations of supplies, your yearly dues, your treats you bring to the meetings and especially your good thoughts.

Spring will soon be here! Brenda Elsagher

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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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HELLO AGAIN! FROM BRENDA ELSAGHER



When I walked into my first Ostomy meeting of the Minneapolis group, I no longer felt “special” and that was a good thing! I had felt isolated in having an ostomy for months. No one really understood what I was going through. In those early days I had so many problems, skin issues with not being able to keep a pouch on, and then 4 life threatening surgeries over the next 2 years. I worried about not being able to lift my 3 and 5 year old children at home. Luckily, I had lots of help when I needed it. I felt surrounded in love by friends and family and they tried the best they could to understand what I was dealing with and then I walked into my first meeting, I knew I was with “My people.”

Mike Carlson and his sister Marilyn were constants, encouraging and hopeful. As were most everyone I met at the meeting. We didn’t dwell on our problems there; we looked for solutions in one another. We had great WOCN’s along the way that attended our meetings and that was very helpful. Finding the answers from one another was equally valued and besides we knew we were no longer alone. Here was a group of people I could eat with and not be afraid of talking about bowel issues while dining!

Our meetings changed over the years from having guest speakers that provided valuable information to mainly supporting one another through the journey. People come and go as they need it but a core group of people stick around and do the volunteer work to keep the meetings going and I appreciate that. I think my favorite meetings are when our attendees talk about their life with an ostomy. We get to know them a little bit more. I also enjoy seeing the spouses and family members that come. Even my husband comes everyone once in a while.

I never thought having colorectal cancer at the age of 39, would lead me to such unique experiences in my life and given me such great friends. Shortly before I was found to have cancer, I was at a comedy club with girlfriends and under the influence of a jumbo margarita; I declared that I would be a comedian by my 40th birthday. After cancer surgery, my friends and family reminded me of my goal and I started writing comedy and took a class and three days after my 40th, with a new colostomy, I performed on stage for 300 people. Frankly, I was glad it was over. It was hard for me to write my own jokes but then one of my friends from class urged me to try out for the Twin Cities funniest person contest. You could not have been paid to enter it, essentially, amateurs. I competed with 150 young, thin, hip punks and no one was more surprised than my husband and I when I won the competition and \$1000. I told him I’d split it with him so I gave him \$50! One thing led to another and soon I found myself in college at age 42 writing my first book, *If the Battle is Over, Why Am I Still in Uniform?* as a project. I got an A. I still haven’t finished college but my aunt is 88 and she is a sophomore, I guess I’m taking after her!

Soon after, a few places started asking me to speak, thought I was funny, kept passing my name on and about 6 years later I made a new business card. Brenda Elsagher, author, comedian and national speaker. I also attended a three year program through the Association of Applied and Therapeutic Humor and now I am a CHP, Certified Humor Professional. Brenda Elsagher

I have studied the research on humor and the positive effects on the body. I always tease people when I tell them having my rectum removed made more room for creativity! I am grateful for my life-saving and life enhancing surgery. I hope you are too. Having a positive outlook and looking for the funny in life really helps. If you want to order my books, you can look at them at www.livingandlaughing.com. Keep on laughing friends.



Remember, don't forget to laugh! These are brilliant!

Annual competition is held by the New York Times to see who can be the most creative lexophile.

This year's submissions were:

- England has no kidney bank, but it does have a Liverpool.
-
- Haunted French pancakes give me the crepes.
-
- This girl today said she recognized me from the Vegetarians Club, but I'd swear I've never met herbivore.
-
- I know a guy who's addicted to drinking brake fluid, but he says he can stop any time.
-
- The thief who stole my calendar got twelve months.
-
- When the smog lifts in Los Angeles UC.L.A.
-
- I recently got some batteries that were given out free of charge.
-
- A dentist and a manicurist married. They fought tooth and nail.
-
- A Will is really a dead giveaway.
-
- With her marriage, she got a new name and a dress.
-

- Police were summoned to a daycare center where a three-year-old was resisting a rest.
-
- Did you hear about the fellow whose entire left side was cut off? He's all right now.
-
- A bicycle can't stand alone; it's just two tired.
-
- When she saw her first strands of gray hair, she thought she'd dye.
-
- Acupuncture is a job well done. That's the point of it.
-
- I didn't like my beard at first. Then it grew on me.
-
- Did you hear about the crossed-eyed teacher who lost her job because she couldn't control her pupils?
-
- When you get a bladder infection, you know urine trouble.
-
- When chemists die, they barium.
-
- I stayed up all night to see where the sun went, and then it dawned on me.
-
- I'm reading a book about anti-gravity. I just can't put it down.



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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.



Hi everyone! Since our last newsletter, Carol Larson has been given advice to avoid red meat and try to eat gluten free meals. This has worked for her, to avoid bloating and diarrhea. This is other advice from UOAA:

Follow the advice of your surgeon, dietitian, and/or WOC nurse regarding any dietary restrictions right after surgery or on a long-term basis.

Start Small

Ease your way back to proper nutrition with small quantities of food. It is recommended to eat 3 or more times per day in smaller quantities and portions. Try to eat these meals at the same time each day to help regulate bowel movements. Eating more frequently and in smaller quantities will help aid your body's ability to process food and help with unnecessary gas. If you are having trouble, eating simple and bland soft foods will be easier to digest. Keep in mind that chewing your food well also adds to the ease of digestion – the more broken up it is, the easier it will be to process. Take your time with introducing high-fiber foods back into your diet as these will be harder to digest and can cause blockages. Ileostomates are often encouraged to avoid high-fiber foods to prevent risk of obstruction. If you are trying new foods, it is advised to try them slowly and one at a time. This will help you to have a better understanding of how your body works with the new foods and if any will cause excess gas, constipation, strange odors, or diarrhea. Keep a diary of how foods affect you.

Drink Lots of Liquids

It is important to drink lots of liquids with an ostomy. If you have an ileostomy, more [specific ileostomy dietary guidelines](#) will be helpful. Dehydration can happen as you lose more fluids daily after an ileostomy, due to the fluid not being reabsorbed into the large intestine. Make sure to hydrate even more on hot and humid days or if you are participating in active sports. (Sports drinks and other high electrolyte drinks can help with this.)

Coffee and tea are fine to drink, but water and juices are still better sources of liquid, so be careful not to use coffee or tea as a substitute for water.

Ostomy Problem Foods

Even though you can still enjoy most of the foods you loved before surgery, there are some foods to be aware of after your ostomy, specifically foods that are hard on digestion and can cause blockages. The following is a list of common foods that can cause problems, as they don't break down easily:

- Nuts
- Seeds
- Popcorn
- Dried fruit
- Mushrooms
- Raw-crunchy vegetables

Eat these foods in small quantities and be sure to chew them well. If you think you have a food blockage, you should call your doctor or ostomy nurse. Having an ostomy certainly doesn't mean you have to completely [change your diet](#). By steering clear of a short list of problem foods and making sure to stay hydrated, you can get back to enjoying the foods you love.

In honor of Kat Panos, our March speaker: Your choice for convenient and affordable healthcare supplies

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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 meeting! Thanks, Kat Panos



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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
PO Box 385453
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I have a: Colostomy Ileostomy Urostomy (ileal diversion) Other Non-ostomate

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