

# Ostomy Outlook



LETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA	
Volume II, Issue XII	
November/December 2018	
<b>Date:</b>	<b>Monday, November 19, 2018</b>
<b>Time:</b>	<b>6:30 PM-8:00 PM</b>
<b>Place:</b>	United Methodist Church of Peace 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069
<b>Program:</b>	Ralph Gotto will speak of his journey from Polio at age 10 to an aversion of Doctors for 62 Yrs until he ended up with DVT (Deep Vein Thrombosis), Colorectal Cancer and Knee Replacement. Ralph will be talking about his ostomy surgery 3 years ago & knee surgery a year later. He is a tennis player.
<b>Date:</b>	<b>Monday, December 17th, 2018</b>
<b>Time:</b>	<b>6:30 PM – 8:00 PM</b>
<b>Program:</b>	Holiday Party! Read President's Corner on Page 2.



- |                          |                          |                     |  |
|--------------------------|--------------------------|---------------------|--|
| <b>Presidents:</b>       | <b>Rich Trainer</b>      | <b>952-888-7315</b> | <a href="mailto:goldenstrainer@yahoo.com">goldenstrainer@yahoo.com</a>         |
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| <b>Treasurer and</b>     |                          |                     |  |
| <b>Membership:</b>       | <b>Brenda Elsagher</b>   | <b>952-882-9882</b> | <a href="mailto:brenda@livingandlaughing.com">brenda@livingandlaughing.com</a> |
| <b>Patient Advocate:</b> | <b>Dar Hafner</b>        | <b>952-835-4599</b> | <a href="mailto:dmhafner@yahoo.com">dmhafner@yahoo.com</a>                     |
| <b>Program:</b>          | <b>Carole Ann Barron</b> | <b>952-941-8884</b> | <a href="mailto:barronski@aol.com">barronski@aol.com</a>                       |
| <b>ASG rep/ Editor:</b>  | <b>Carol Larson</b>      | <b>952-934-3804</b> | <a href="mailto:caroldavidlarson@aol.com">caroldavidlarson@aol.com</a>         |
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**Mailing:** 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.

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

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



## New Business: An ambassador for our cause

Carol Logan gave an inspirational talk for us in October.

In 1979-1980 Carol was in an early colon cancer detection study at the University of Chicago Billings Hospital because she had had ulcerative colitis since the age of 15. She recalls that her father's reaction was to tell her "not to let this interfere with a having a full and productive life and to believe that she could do anything she set her mind to." Diagnosed with microscopic colon cancer in 1980 at age 37, she underwent a total proctocolectomy on September 9, 1980 and has had an ileostomy since then. She is immensely grateful to have lived the past 38 years without the painful and unpredictable symptoms of UC and to have been cured of cancer thanks to early detection.

Carol has become an "ambassador" for our cause. She has traveled around the world with an ileostomy, including living in England one year, and two trips to Kenya and two to France, never letting it prevent her from doing whatever she wanted to do. She married her husband Richard in 1968 and is immensely grateful for the support she was given by Richard and her family. Carol is also eternally grateful to her four doctors because of whose knowledge, caring and dedication she is still alive and well today. She made 16 trips to the former Soviet Union in her work as a Soviet Specialist and ended up meeting with Gorbachev in his private office in Moscow in the Kremlin. Barrie Dunsmore from ABC's "Good Morning America" was there. The meeting was shown on national TV at home and was on the front page of Pravda and Izvestia in the USSR. In all, since being cured of ulcerative colitis and colon cancer, her ileostomy has never been a problem.

\*\*If you would like to suggest a future program, please contact: Carole Barron [barronski@aol.com](mailto:barronski@aol.com)

Rich will bring Treats and water for the November Meeting.

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

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, Brenda Elsagher.

Thank you to Cy Hennek and Carol Abelson for recent donations they gave for OAMA.

\*\*\*\*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.

## **Don't miss our Holiday Celebration on Monday, December 17th!**

Wrap a couple of items that you really won't miss around the house and bring them for our dice "White Elephant" gift exchange. Bring a small appetizer for the gang and enjoy our pot luck!

### **Please notice: We will not be meeting in January or February this year.**

Any meeting: be sure and check the weather report if the weather looks bad. 952-882-0154

**We would like to hear from all of you what has helped you get through difficult moments and celebrations.**

## 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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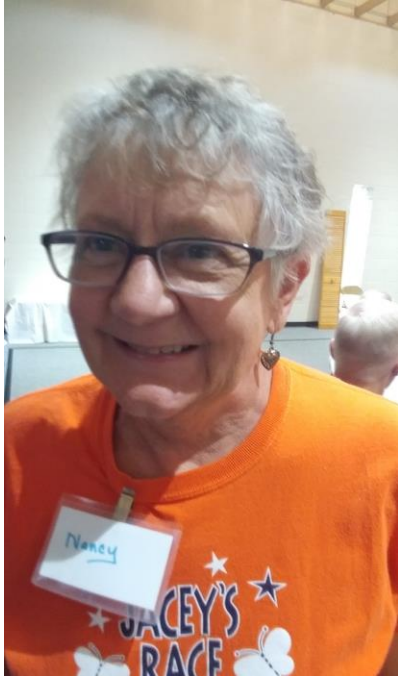
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# GETTING TO KNOW NANCY SIMPSON



## “Greetings”

*From Nancy Simpson, this Newsletter’s featured member.*

*You’d never guess that talking to Nancy and her upbeat welcoming manner, all that she has endured since 3 years and 7 months ago in March of 2015. This just reminds us that crises can be overcome and life can go on.*

*In Nancy’s words...”*

“My journey began when I came back from a wonderful trip to Mesa, Arizona, I swam and was active every day. It had been a very relaxing vacation. When I arrived home, I noticed a lump in my breast. The test results showed I had breast cancer. I had a lumpectomy that required two surgeries.

“There were many doctor appointments, followed by chemo and radiation. I didn’t finish chemo because I became septic. I had emergency surgery and was given an ileostomy after chemo killed off most of my large colon. After that, I had more surgeries to follow and each time it was a huge adjustment for me to make my ileostomy work. During these three years I found this wonderful ostomy support group. I am so very thankful to you all for your knowledge and caring support.

“A year ago, in October, I had a take-down. I no longer have an ileostomy. I have 15 centimeters of my colon left. I am thankful to God, my family, and my friends here at our Ostomy group. I am working on my “new normal.” I just had my one-year checkup this month and all seems to be going well. I was able to join a biking group for Seniors this summer. Going to Lanesboro and biking for a couple of days. Great group! So much fun! I have a new job and that is to be active each and every day. I go to the YMCA and take classes dealing with water, yoga, and biking. I will get back to swimming, which I taught over at the YMCA for over 30 years. They give great support. I now volunteer each week. If anyone is interested in attending a class at the Y, just let me know. You can come as my guest. I will continue with our ostomy group, You have helped me so much on my journey and I want to give you my support.

“With gratitude and high regard, Peace.” written by Nancy Simpson

## 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](mailto:dmhafner@yahoo.com) or [amkronick@comcast.net](mailto:amkronick@comcast.net)



### AN ADVOCATE IS AN ADVOCATE IS AN ADVOCATE

The definition of an “advocate” is a person who publicly supports or recommends a particular cause or policy. Who speaks or writes in support of defense of a person, who pleads for or in behalf of another. Synonyms can be champion, supporter, backer, promoter, spokesperson, fighter, crusader, booster, proponent and campaigner. It is someone who advises, urging, upholds, lobbies for, endorses and fights for a person or a cause.

Now just pause for a minute and ask yourself, “Have I ever been one of the above?” “Have I ever felt so strongly about something or someone or an issue that I was willing to go the extra mile to support that person or that particular issue?”

I had my ostomy surgery 15 years ago. It was an emergency situation and I had no preparation or ostomy education nor did I the opportunity to attend a support group prior to my surgery. So when I came out of the hospital I was totally unprepared. I felt isolated, depressed, overwhelmed, confused, frustrated and very, very alone. There were skin issues, leaking episodes, too many choices of supplies and too many supplies to use.

I didn't know anyone else who had an ostomy. I had heard of the ostomy support group, but when I can home from the hospital at 79 pounds I was too sick to even get out of bed let alone go to a support group.

My very first “advocate” wasn't another ostomate or a stoma nurse or a health care provider. It was my husband and my daughter who was 12 at the time. They were my initial support system, my “fighters”, my “supporters”. I had no appetite for days and my daughter Marie made the first meal that tasted good, “scrambled cheesy eggs” as we called them in our home. My husband drove me to Doctor appointments, helped change the sheets when my appliance leaked and most of all when I would cry he would tell me “Dar, you're the same person inside.”

After several months, I finally mustered up the courage and the strength to attend the support group I had heard about. The members were inviting, kind and helpful. They taught me about supplies, gave me advice, and showed me I wasn't alone is all this. Not only did the members become my advocates they became my friends.

We are all advocates. We don't have to have diplomas, degrees, certificates or years of experience. What we do have is compassion, empathy and wisdom.

Have you ever done any of the following?

Gave someone your phone number and said “Call me if you need to talk”?

Shared the name of the supply company you use?

Visited someone who is in the hospital that just had ostomy surgery?

Called someone to give encouragement and support?

Suggested a new ostomy product to someone?



Gave someone a sample of one of your own supplies to try?  
Sat next to someone at the meeting and listened to their frustrations or concerns?  
Did you ever just nod in silent agreement when someone confided in you about an ostomy issue?

The list could go on and on but you get the idea. We are all supporters, crusaders, fighters, and spokespeople for our group. And I'm pretty sure we all are fortunate to have our own advocates at home, whether it's our family or friends who will stand up for us, who will support us through our tough times and celebrate our good times.

We are lucky to have our support group members who are all advocates that will help us through thick and thin. They are the "go to" people that we know will understand and befriend us and help us along the way whether we've had our ostomy for 15 years like I have or someone who is brand new. And that's pretty awesome!

Dar



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**Allison Rosen**  
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Diagnosed age 32  
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## ***October E-News***



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### ***From Our President***

Veterans day is in a few weeks and I was pleased to see two UOAA advocates and retired vets who are continuing to serve by giving back to the ostomy community. Be inspired by their featured story this month.

Also, we know navigating health insurance coverage is no easy feat when you have an ostomy. That's why we have helped this month by providing some of the information you need to make informed choices. And if you don't have any insurance, we outline what you need to know about the upcoming Marketplace Open Enrollment.

Our digital sponsors have again shared relevant educational ostomy tips and resources that are worth your time to read.

And lastly thanks to all those who helped make World Ostomy Day and our Run for Resilience Ostomy 5ks a great success. We witnessed first hand how speaking out can empower lives.

Sincere thanks,

*Susan Burns*

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By Jeanine Gleba, UOAA Advocacy Manager and Sue Mueller, CWOCN: Since January 2018 UOAA has received over 280 calls from people with insurance questions and/or issues. Fall season is upon us and this is the time for Open Enrollment for most employers and their health insurance plans as well as plans for Medicare and the Health Insurance Marketplace. In Part 5 of the Expect More – Take Control of your Health Care series, we tackle the sticky subject of health insurance and the importance of knowing what you're getting in your policy and ensuring that it meets your health care needs.

## **Marketplace Open Enrollment**

Hard economic times can lead to making many difficult decisions and financial sacrifices. No matter how tough things can get one thing that should remain in your budget is health insurance. For those without health insurance here are the **Top 5 Things to Know about Open Enrollment on the Marketplace:**

**When: November 1, 2018 - December 15, 2018** (some states may extend their deadlines, but in order to have coverage that begins January 1, **you must enroll by December 15**)

**Where: HealthCare.Gov** Always start with HealthCare.Gov. If your state uses their own website, HealthCare.Gov will guide you there. HealthCare.Gov or your state-based marketplace can only sell ACA plans, so you can rest easy knowing you're getting a comprehensive plan that will be there for you when you need it.

**What: Comprehensive coverage at an affordable price.** HealthCare.Gov plans must include key benefits like mental health care, maternity care, prescription drug coverage and hospitalization services. In addition to good coverage, most marketplace shoppers will qualify for a discount based on their income. Last year, more than 8 in 10 shoppers could get a plan for less than \$100/month.

**Why: Peace of mind. Financial security. Access to comprehensive care.** There are so many reasons to sign up for affordable, comprehensive coverage. Note: All of the consumer protections created by the ACA are still intact, and all plans sold by HealthCare.Gov must provide comprehensive coverage, and cannot charge a consumer more because of their health status or medical history. Plans outside the ACA marketplace such as short-term plans don't have to offer the same protections, so always make sure to use HealthCare.Gov when enrolling in coverage.

**How: Enroll online, over the phone, or in-person.** Log on to the official ACA marketplace at HealthCare.Gov, or CuidadodeSalud.Gov, call the marketplace call center at 1-800-318-2596, or make an appointment for in-person through the Get Covered Connector.

**#GetCovered** to gain peace of mind knowing you're protected should the unexpected happen. Encourage your family and friends too!

## *Featured Resource*

### *Ostomy Insurance Reimbursement Webinar*

In this educational webinar, you'll learn more about how Medicare and other insurance plans cover ostomy product supplies. UOAA has partnered with Hollister Inc. to provide this webinar.



ASG Support Groups have been so generous in their support of Friends of Ostomates Worldwide-USA. We recently recognized the Ostomy Support Group of DuPage County, IL, for their \$1,000 donation. They were a shipment sponsor of ostomy supplies to Zimbabwe. Ever wonder where the products you send go? On our website [www.fowusa.org](http://www.fowusa.org) we now have a SpokesPouch icon on the bottom of our home page who announces each month where in the world we are shipping products. Your ongoing financial and product support means that we can fulfill the requests of individuals and groups. The heartfelt email letters that we get from recipients

makes us rthat our humanitarian efforts are priceless to those whose lives are enhanced with ostomy products. I appreciate all that you are doing to help us fulfill this mission.

Sincerely, Ann Favreau, President, Friends of Ostomates Worldwide-US

## Support Group Information at Your Finger Tips

[Support Group Finder](#)

[Start/Affiliate Your Group](#)

[ASG Resources](#)

Emotional support and ostomy education are critical components of life after surgery. UOAA's website is the hub for those who want to connect to our 300 Affiliated Support Groups (ASGs) around the country.

## Community Events



## UOAA National Conference Registration Opens 1/1/19



Top Medical Professionals  
Inspirational Stories  
Free Stoma Clinic Appointments with WOC Nurses  
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Social Events  
ASG Leader Networking  
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Sexuality

**August 6-10, 2019**  
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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, 2018 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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**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.

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

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