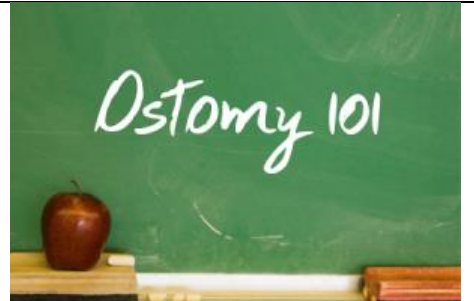


# Ostomy Outlook

NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA	
Volume XXLXVI, Issue VI	
October, November 2017	
<b>Date:</b>	<b>Monday, October 16, 2017</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>	WOCN nurse Julie Powell-Types of Ostomies
<b>Date:</b>	<b>Monday, November 20, 2017</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>	“Rap” with all members. Share your favorite ostomy story or information with us!



- |                              |                    |              |  |
|------------------------------|--------------------|--------------|--|
| Presidents:                  | Rich Trainer       | 952-888-7315 | <a href="mailto:goldenstrainer@yahoo.com">goldenstrainer@yahoo.com</a>                   |
| And Hospitality:             | Frank Moriarty     | 763-557-5712 | <a href="mailto:moriartyf@earthink.net">moriartyf@earthink.net</a>                       |
| Secretary:                   | Marilyn Carlson    | 952-941-9148 | <a href="mailto:mcarlson@thunderlake@usfamily.net">mcarlson@thunderlake@usfamily.net</a> |
| Treasurer and<br>Membership: | Brenda Elsagher    | 952-882-9882 | <a href="mailto:brenda@livingandlaughing.com">brenda@livingandlaughing.com</a>           |
| Hospitality:                 | Anne-Marie Kronick | 612-920-6662 |  |
| 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>                                 |
| ASG rep/ Editors:            | Carol Larson       | 952-934-3804 | <a href="mailto:caroldavidlarson@aol.com">caroldavidlarson@aol.com</a>                   |
| 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



\*\*\*\*[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](mailto:barronski@aol.com). Rich Trainer, President

## PRESIDENT'S LETTER:

We had a very good meeting on August 21. Our president, Rich Trainer, gave a very inspiring talk about his personal journey in life. While Rich touched on many personal difficulties he has encountered along the way, he spent a good part of his time telling us about his dealings with his Ostomy over the years. He was very frank and open about how he has had problems in the past and how he dealt with them. He mentioned how supportive his wife was over the years.

Rich's talk to our group is an example of the members of our group telling their stories at our meetings. We are attempting to encourage all of us to perhaps be part of a future meeting and tell our stories and share our victories as well as our setbacks. We will all be richer for it. Contact any board member if you would be open to doing part of a future meeting. See you all soon.

The September meeting was a "Rap." This is the kind of meeting where we share our stories and our newest experiences. Carol Larson shared what she learned about international travel and security. Eileen Bohrer gave a moving talk about her and her recent health and hospital adversities and husband's cancer diagnosis. She stated how much she needed to be with her support groups (ours and her St. Paul group.) She especially felt thankful for her husband's understanding of this need, and Austin's inspirational words.

Rich thanked the group for our support during the funeral of his sister. Julie Powell added much information to the questions that were asked during this session.

Please note: our November meeting will be another Rap.

## New Business:

TREASURER'S REPORT from Brenda Elsagher

Thanks to our members and sponsors! Treasurer details from Brenda

Our checkbook is in good standing. Our rent is paid through June of 2018. Expenses were minimal and nothing out of the ordinary since our last newsletter and we currently have \$4,201.18 in our checkbook. This maintains our website presence, newsletters and occasional expenses for meetings along with the antless picnic. As my folks used to say, "Live within your means and all will be okay." OAMA is living just fine.

Currently we have 90 members with 20% unpaid for 2017. We will probably get their attention on the next mailing in March. (I only send out follow up letters to sponsors). We currently email our newsletter to 114 WOCn's and 59 of our members. The rest of our members get their newsletters through the mail. That goes out every newsletter time and many times as reminders of upcoming meetings thanks to Carol Larson.

---

---

## [Report from: Journey to a Bright Future Conference held in San Diego, August 22-16, 2017](#)

Conference notes from Brenda Elsagher

Thanks for paying for my registration to the UOAA National conference held in San Diego this year. Every little bit helps since we were there 5 nights, and airfare and food expenses can add up quickly. This is the first year Minnesota was not represented with at least four people. Luckily, I had Bahgat to keep me company and this year a special bonus of having my aunt and uncle with me for a few days. My uncle received a life-saving permanent colostomy last year and this was a great conference for him to attend. I have attend at least 10 of these over the years and I always learn more. I'll admit I have the most fun getting reacquainted with people I've met previously and seeing some of the leaders of the groups I've spoken at around the country and Canada.

Our favorite Dr. Judith Trudel of our sponsor, Minnesota Colon and Rectal Surgeons, was present again giving great education and yours truly presented as well. I heard good things so I must have done okay. The leadership worked hard to make this conference great and it was well received. The Theme was **Journey to a Bright Future!** I loved hearing the main speakers and Pam Wall was my favorite. She gave a talk on sailing around the world with her husband and 2 small children. Several years into it, she was diagnosed with a bowel disease and ended up with a permanent ostomy. It was an adjustment for her, but eventually the family got back on their world trip again and life with an ileostomy became her new normal. You

can find more of her story by going to <http://www.pamwall.com>. She's an amazing woman that I am now happy to call a friend. I'll be seeing her and her 30 foot vessel in December when I visit Florida.

There were so many topics to choose from, the sessions were from morning until night and even an excursion was available if you wanted to get out for a dinner cruise, which we were lucky enough to get in on. One of the most popular things offered at the national conferences is a stoma clinic where people make appointments to check in with a WOCN to get other ideas for caring for their ostomies. And these lovely nurses willingly give their time and talents.

Many speakers covered the differences between ostomies, ideas for exercise and nutrition, pregnancy, information on J-pouches, Robotic surgery and so much more. Many doctors and nurses presented and a few patients told their amazing stories of triumph over their challenges. I even got to experience the cooking show where we learned to make the ingredients for what makes a good barrier for a pouch, complete with chef's hats. There were sessions for caregivers, for younger people, education about how drugs affect ostomies and helpful psychology tips. We laughed and learned a lot. The next conference is in 2019 in Philadelphia. I plan on going. Who's coming with me?



**CATCHING A WAVE\***

**Get Educated.  
Get Screened.**

**Allison Rosen**  
Stage II  
Diagnosed age 32  
**Ostomate**

**\*Don't miss it because of colon cancer.**

**ColonCancerCoalition.org**



## 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**



### A WAKE UP CALL

As much as I hate to admit it, summer has come to an end and Fall is here. During the summer months, I have gotten into the routine of wearing shorts, a cotton T-shirt and my flip flops. The sound of flip, flip, flip on the pavement is the true sound of a Minnesota summer.

Summer is being comfortable, relaxed, carefree and a laid back kind of feeling. Can a person ever become too laid back? Too comfortable?

Well, for me, I did become a little too laid back, a little too comfortable, a little too unprepared. I learned that first hand when I met a girlfriend for coffee. I was going to meet her, then head to the cemetery to visit the family plot which was nearby. I changed my appliance that morning so I was feeling confident and all set to go.

It was a beautiful day and we were sitting outside. The coffee was robust and the scone I anticipated was exactly what I wanted. But as we were talking, I could feel my pouch doing something funky. I could feel something oozing from underneath the wafer, and I knew it wasn't just gas. Noooooooo not here, in the middle of an outdoor cafe. At first I thought, "I can handle this. It's just a little leak." I remember thinking, I just changed my appliance. What was going wrong? I knew I had a new pouch, wafer and all I needed in the car. If I had to, I could clean up in the car then still go to the cemetery as I had planned. Well I was wrong, so very wrong! I certainly don't need to go into details, but it was beyond a "little leak."

Yup, it was a game changer. Instead of finishing my coffee and scone, I would be going home for a complete change of clothes, doing a load of wash that I hadn't anticipated, and not going to the cemetery. All I could think of was, "Thank goodness I had my own car, thank goodness my car was only a few steps away, thank goodness I had a towel and a bottle of water in my car so I could at least clean up a little before I drove home. Surprisingly I didn't even cry this time.

When I got home I tried to figure out what happened. When I put on a new appliance, I usually do a few seconds of a hairdryer to make the seal adhere better. I was in a rush that morning and I might have turned the dryer more on the pouch rather than the wafer and the extra heat slightly sealed the pouch sides together. When I took off the pouch the sides were as if they were fused together, so the output couldn't drain into the pouch, hence it ended up oozing underneath the wafer. It's just my theory but who knows what really happened.

I just kept thinking, "Dar, you've become too overly confident in your appliance, too comfortable, too laid back and unprepared for an accident." What would I have done if I hadn't driven my own car, if I was walking around the lake, if I was at a friend's house with no supplies?! It was a wake up call for me to ALWAYS carry my supplies with me, no matter what. No matter how confident I was feeling.

(Patient Power continued)

So in closing, yes, my summer was busy with volunteering at a variety of organizations but also laid back, relaxed and carefree,

BUT, as I sat in my car with a leaking ostomy pouch I couldn't help but think of the my old Girl Scout motto "Be prepared." I obviously was not! After googling the Girl Scout handbook, written in 1947, in part, it stated "A Girl Scout must know how to do the job well, even in an emergency." I guess I wasn't prepared but I still like to think I handled my emergency with a tad of grace and dignity.

I learned my lesson and I hope others learn from my unpreparedness.

That handbook that was written exactly 70 years ago still holds true today in any circumstance.

"Be prepared." Written by Dar Hafner

# LIVE with less limits

HANDI MEDICAL SUPPLY  
Minnesota's resource for  
medical equipment and supplies

24-HOUR EMERGENCY SERVICE | INSURANCE ACCEPTED



SHOP ONLINE:  
[www.handimedical.com](http://www.handimedical.com)  
651-644-9770 • 800-514-9979  
Visit our showroom at 2505 University Ave., St. Paul



*Getting to Know Me!—Lois Fink, author of “Courage Takes Guts-Lessons Learned from a Lost Colon*

Book review by Cliff Kalibjian



“If you or someone you love is facing an ostomy or is having trouble coping after surgery, you owe it to yourself to pick up a copy of *Courage Take Guts*...It will be difficult to put down thanks to a warm, engaging writing style that is coupled with flawless editing. The author, Lois Fink, is a Chron’s patient turned ostomate, author, inspirational speaker and patient advocate.

Her story begins as a teenager struggling with the progressive onset of undiagnosed Crohn’s symptoms, delayed puberty and a 1960’s medical system that (didn’t) listen to her or take her condition seriously.

After years of suffering, she asked her father, “Why me?” and he replied, “Perhaps later in life you will know what to say to help them.”

Throughout the early chapters, Lois takes her readers on an emotional journey to which many people with inflammatory bowel disease (IBD) can relate. She talks about how “the bathroom became both my refuge and my prison.”

Lois also explains how she finally decided to have ostomy surgery despite her many fears of “having a bag.” After writing down everything she hated about having Chron’s. \$14.95 paperback and \$3.99 for the Kindle version at [www.amazon.com](http://www.amazon.com), Lois came to a startling realization; I could no longer deny how narrow and restricted my life had become. I changed my life to accommodate a disease. I was now ready to go forward with the ostomy surgery and live my life instead of being a passive observer.”

...Lois describes how she became inspired to become a patient advocate for those with IBD and ostomies, playing an instrumental role for ensuring passages of a bathroom access bill in the State of Washington, speaking to nursing and medical students on the needs of IBD and ostomy patients, and of course, writing, *Courage Takes Guts*.

Perhaps one of the most important learnings she discusses is the importance of viewing major life events as a way to learn about oneself. When doing so, Lois explains that “our perceptions shift that can lead to growth and gratitude.”

...All and all, *Courage Takes guts* is an excellent book....While reading it, you will laugh, you might even cry, but most of all you will certainly come away feeling inspired, understood and deeply moved.

\$14.95 paperback, \$3.99 for the Kindle version at [www.amazon.com](http://www.amazon.com).

Article written by Cliff Kahlbjahn

And edited by Carol Larson from “The Phoenix” Magazine, 2017

Photo courtesy of Gail Ann Photograph



**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>

**JULIE'S CORNER-**

**Why You Should Get a Flu Shot?**

by The Visiting Nurse Association, Evansville IN; via Metro Maryland; and Contra Costa (CA) *Contra Costomy News*

What do a sore throat, fever, chills, headache, cough, and muscle aches have in common? They are all signs of influenza. If you have ever experienced the “flu” once is enough for lifetime, and obtaining a flu shot is an obvious choice. For those who have managed to avoid contracting the flu, subjecting one’s self to an injection may seem unnecessary. If you are considering “skipping” your flu shot this year, please read the information below before you make that decision. It could save your life.

Influenza, more commonly known as the “flu” results in approximately 36,000 deaths each year, making it the sixth leading cause of death in the U.S. Additionally, nearly 114,000 Americans are hospitalized each year as a result of the flu. A flu shot is recommended every year because the influenza viruses change often and the vaccine is updated every year. A flu immunization should be obtained during the months of October or November; this will allow the body ample time to develop the necessary immunity before the most widespread outbreaks occur in December and continuing into March. It takes one to two weeks for the body to develop antibodies to protect against the flu. This protection lasts through the high risk months of the flu season and then gradually fades. Don't become one of the 90 million individuals who contract the flu this year.

Get your flu shot and have a healthy winter.



**Believe it or not, the skin around your stoma can be as healthy as the skin on the rest of your body.**

The CeraPlus™ skin barrier with Remois technology\*, our newest skin barrier, is infused with ceramide to help keep moisture in and protect against dryness. Available on Premier™ one-piece and New Image™ two-piece pouching systems.

**Does your skin deserve better? Learn more about how the CeraPlus skin barrier supports healthy skin from the start.**

**Hollister Ostomy. Details Matter.™**



© 2016 Hollister Incorporated.



\*Remois is a technology of Alcare Co., Ltd.



## Ostomy Diet Tips for Special Events and the Holiday Season

It's easy to forget about our dietary needs and restrictions when surrounded by laughter, family and friends, the excitement of new people or seasonal holiday cheer. Here are some ostomy diet tips to help keep your ostomy-friendly diet on track during the holiday season or when attending special events. **Stick to foods you know you tolerate well.** This is especially important if you're away from home and your doctor. If you don't want to miss out, make sure you only have a couple of bites of the new food, and follow it up with a glass of water. **Chew well.** Chewing aids in digestion by assisting in the mechanical and chemical breakdown of food. It's especially important for people who are missing part of their GI tract. **Be prepared.** If you suspect you'll be eating foods that you know can cause some ostomy related issues, be prepared by bringing products with you that can treat issues caused by certain foods. If you are expecting to eat sugary deserts, drink alcohol or ingest other foods and beverages that are known to thin output or cause diarrhea, ask your doctor about taking something like Imodium or Metamucil. **Stay hydrated.** Hydration is important for people with any type of ostomy. It's easy to forget to drink enough fluids when distracted by everything happening during an event or around the holidays. The UOAA (United Ostomy Association of America) suggests drinking 8 – 10 servings of 8oz of fluids every day. They also suggest drinking liquids with electrolytes, like sports drinks, to restore electrolyte balance. Written by Laura Cox-Ostomy specialist "Shield Heath Care

**Welcome to our newest sponsor:  
Minnesota Gastroenterology.**

**612-871-1145**

**[www.mngastro.com](http://www.mngastro.com)**

**We appreciate your support!**



MINNESOTA  
GASTROENTEROLOGY, P.A.

---

*Premier Gastroenterology Care*

Ostomy Association Of The  
Minneapolis Area  
P O Box 385453  
Bloomington, MN 55438-5453

If you **DO NOT** wish to  
receive this newsletter,  
please check here \_\_\_\_ and  
return to the ←address at  
left

**Non-Profit Org**  
**U.S. POSTAGE**  
**PAID**  
**Minneapolis, MN**  
**Permit No. 29482**

**ADDRESS SERVICE REQUESTED**

To:

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

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  
Bloomington, MN 55438-5453

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

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

As a tax exempt Organization, all contributions and dues are tax deductible

I hereby grant permission to print my name in the Chapter Newsletter.

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

*Send this form with your check, Payable to OAMA*

-----✂-----