

# Ostomy Outlook



LETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA	
Volume II, Issue XI	
September/October 2018	
<b>Date:</b>	<b>Monday, September 17, 2018</b>
<b>Time:</b>	<b>6:30 PM-8:00 PM</b>
<b>Place:</b>	<b>United Methodist Church of Peace 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069</b>
<b>Program:</b>	Collin Buechler will speak on internet safety & protecting our medical records.
<b>Date:</b>	<b>Monday, October 15, 2018</b>
<b>Time:</b>	<b>6:30 PM – 8:00 PM</b>
<b>Program:</b>	: Carol Z. Logan will speak on “38 Years Cured of Ulcerative Colitis and Cancer”- See Bio on Page 2



**Presidents:** Rich Trainer 952-888-7315  
**And Hospitality:** Frank Moriarty 763-557-5712  
**Secretary:** Marilyn Carlson 612-741-4312  
**Treasurer and Membership:** Brenda Elsagher 952-882-9882  
**Patient Advocate:** Dar Hafner 952-835-4599  
**Program:** Carole Ann Barron 952-941-8884  
**ASG rep/ Editor:** Carol Larson 952-934-3804  
**Social Media:** Nancy Hagfors 952-237-6465

[goldenstrainer@yahoo.com](mailto:goldenstrainer@yahoo.com)  
[moriartyf@earthlink.net](mailto:moriartyf@earthlink.net)  
[mcarlson@thunderlake@usfamily.net](mailto:mcarlson@thunderlake.usfamily.net)  
[brenda@livingandlaughing.com](mailto:brenda@livingandlaughing.com)  
[dmhafner@yahoo.com](mailto:dmhafner@yahoo.com)  
[barronski@aol.com](mailto:barronski@aol.com)  
[caroldavidlarson@aol.com](mailto:caroldavidlarson@aol.com)  
[pitplayer@q.com](mailto:pitplayer@q.com)

**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, heir 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

PRESIDENT'S LETTER: (programs in June, July, and August)

In spite of the hot and steamy weather, we had two good programs in June and July. In June, we had our "antless picnic" indoors with Fried Chicken, fruit, and potato salad. Everyone read their favorites jokes and we just had a party.

In July, we had a fabulous speaker, Jean Abbott who was misdiagnosed with Spastic Diplegia. After 33 years of countless doctors visits, and procedures, it was found instead that she had Dopa Responsive Dystonia. Once properly diagnosed, her life changed completely and she shared her amazing story with all of us. We were enraptured and sitting on the edge of our seats as she decribed her lift. It was truly inspirational.

In August, we had a "rap" session with sharing our concerns and some of our difficult times. We had 4 new members join in August and welcome any others who wish to come to our Meetings.

## New Business:

Special note: Carol Logan will be speaking to us in October.

In 1979-1980 Carol Logan 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. Diagnosed with microscopic colon cancer in 1980 in that study, 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.

She has traveled around the world with an ileostomy, including living in England one year, making 16 trips to the former Soviet Union in her work as a Soviet Specialist, two trips to Kenya and two to France, never letting it prevent her from doing whatever she wanted to do.

## Treats and water until November

Sept 17 treats: Char P

Water: Joel Branes

Oct 15 treats: Carol Larson

water Mark Levin

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

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

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

Thanks to those that sent in their dues this last month, it is much appreciated.

Also, thanks for the contribution from Marilyn Carlson in memory of Agnes Scrupp

And the extra donation from Carol Abelson for OAMA. . We are doing fine with our finances and will be discussing details at our next board meeting on September 5<sup>th</sup>.

and will have more information in a report from your treasurer in the next newsletter. Thanks

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.

## 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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## GETTING TO KNOW CHRIS BERGMAN



Good Day my name is Chris or if you're mad at me, Christopher David Bergman!!

When I was much younger, my dad wrote me a note to tell me to be a brain surgeon but because I'm a little dyslexic I thought it said "Drain surgeon" so I have been a plumber for over 30 Years. I'm not really dyslexic. I just think I'm funny.

I grew up as an Identical twin with 5 siblings on the south side ( of Minneapolis ) around 55th and Diamond Lake Road. When I was 11 years old, we moved to the country where I graduated from Prior lake High and went directly into the trades. I have 7 great kids. God has given me a redo and I have 6 Grand kids.

( Me with Grandkids )



In 1999, I started my own plumbing company that went well until the housing crash in 2009. After working in the North Dakota oil fields for a couple years, I landed on my feet at The University of Minnesota in the Facilities Management Department.

I enjoy my grandkids, fishing, boating, eating, cooking, doing the dishes, music, theater-both movie and theatrical, 4 wheels, fairs, long walks on the beach but not at night cuz I'm scared of Big Foot, I am a life-long Vikings fan ( although I'm not sure why.)

About 24 years ago I was diagnosed with Ulcerative Colitis, after trying meds for 2 years I decided to go ahead with a total colectomy with rectal removal. For 22 years things have gone swimmingly, except the 5 hernia surgeries but honestly that is far better than it was prior to the removal. I want to thank you for being involved in the Minneapolis Ostomy group and teaching me many things that have made my life so very much easier. Thanks, Chris



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## Ask Stephanie: How do I Deal with Ostomy Overwhelm?

By Stephanie Horgan, LCSW, ostomy connection.com

Excerpted from “the Pouch” Sept. 18

The experience of managing a new stoma or deal with ongoing skin problems can be a lot to handle. Add in the demands of everyday life—it can all feel completely overwhelming. Whatever the reason you’re feeling frazzled, there are ways to help. Here are eight tactics:

1. **Know how long things take**—I am notorious for assuming tasks take much less time. I’ve learned this simple rule: whatever time you think a task will take, double it. That way when your appliance change doesn’t go smoothly, you’ll feel less stress.
2. **Simplify your life**—Is your life too complicated? Take a good look at everything you do and ask yourself if there is an easier way to do it. Figure out your priorities, like having a system in place for organizing and ordering ostomy supplies.
3. **Get into daily habits**—Getting the most important things done in an orderly fashion is taking care of you. For instance, the first thing in the morning is hydrate. Next I might take vitamin supplements if I’m not eating properly. Then I prep for the day’s events by packing healthy snacks and my water bottle. If you’re not a morning person, pack things the night before.
4. **Allow for Murphy’s Law**—No week is complete without something going wrong. Allow time in your week for preparing an emergency ostomy kit and extra clothes and always carry it with you.
5. **Lean on others for support.** Don’t underestimate the power of peer support. When you ask for help in a considerate way (and understand they may have to turn you down), there’s no need to feel guilty about leaning on others.
6. **Be kind to yourself**—If you’re having ongoing ostomy related issues, this kind of overwhelm can lead to feelings of inadequacy and failure. This is not the time to beat yourself up. It’s extra important to pay attention to your mental radio and turn down the volume on your inner critic station. Practice self-compassion and remember all the things you’ve been through. Talk to yourself as if you were talking to a loved one or a best friend.
7. **Dump it all on paper**—When you’re fed up with your ostomy, sometimes take time to write down your frustrations. Profanity is definitely allowed if necessary.
8. **Connect with others who have been there**—There are many ostomates who have gone before you and many yet who may receive an ostomy. We can all learn from each other, so it doesn’t hurt to reach out to a UOAA support group or discussion board. Sometimes this kind of understanding can really help when you’re feeling overwhelmed.

### Mark Your Calendar for UOAA’s 2019 National Conference! “Celebrate Your Independence”

7<sup>th</sup> National Conference—August 6-10, 2019—Sheraton Philadelphia Downtown Hotel

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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, 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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