

# Ostomy Outlook



## NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA

Volume XXVI, Issue I, January/February 2012

### NEXT MEETING

*Fall is upon us*

**Date:** Monday, January 16, 2012  
**Time:** 6:30 PM  
**Place:** United Methodist Church of Peace  
 6345 Xerxes Avenue South  
 Richfield, MN 55423  
 612-866-0069  
**Program:** Warm-up and socializing



**Date:** Monday, February 20, 2012  
**Time:** 6:30 PM  
**Place:** United Methodist Church of Peace  
**Program:** To be announced



#### Mailing Address:

**Ostomy Association of the Minneapolis Area  
 PO Box 38543, Bloomington, MN 55438-5453**

The Ostomy Outlook is printed and circulated for people with colostomies, ileostomies, urostomies & alternative procedures, their families and other interested persons.

*Consult your MEDICAL PROFESSIONAL before using any product or procedure published in this newsletter.*

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Ostomy Association of the Minneapolis Area Web Site: [www.mplsuoaa.org](http://www.mplsuoaa.org)

United Ostomy Association of America Web Site: [www.uoaa.org](http://www.uoaa.org) or [www.ostomy.org](http://www.ostomy.org)

**Frank Moriarty and Amy Finley  
Co-President's Message/s**



We all feel bad that Marlee decided to step down. I hope I can fill her shoes as co-president for the remainder of the year. We have a great group of people who really care for each other and support each other at the monthly meetings. Hopefully we can expand on this spirit of support in the future and make the meetings more meaningful for all. I, with Amy, will attempt to bring us all closer in the future. Any and all suggestions from the members will be most welcomed.

Most of you already know a lot about me, but for the few who do not I will fill in a few facts about me and my life. I grew up in Chicago (some say I never grew up), went to De Paul University, and worked for JC Penney .My wife Mary and I had four children (one was a stillbirth) and we have been happily married 50 years this year – on 11/11/11! I am looking forward to working for all of you this year.

Frank M



ConvaTec is proud of our nearly 30-year heritage and our many contributions towards advancing the fields of modern wound and ostomy care. Today, we are equally energized and excited about our future as part of Nordic Capital and Avista Capital Partners. As we move forward, what remains unchanged is our passion for making a difference in people's lives.

## 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)

### TIPS FOR TRAVELING

Well, the Holidays are over, it's getting colder and some people are starting to think of visiting relatives or leaving Minnesota for a warmer climate for a while. Traveling can be stressful for any traveler, but for us, as ostomates, we need to plan our trips with careful consideration and think about the possible "what ifs". If we pack carefully and know the answers to some of those "what if" questions, our travel will be less stressful and we will be more apt to enjoy those vacations. So here answers to some of those questions we all think about.

- **WHAT IF...I am pulled aside for a body search?**

First of all, I arrive early enough, at least 20 to 30 minutes more than for the typical security reasons, but if you do have to go through a private search, it's going to take extra time. I got pulled over for the 1<sup>st</sup> time in 7 years this year. As I went through the scanner it looked like I had an "extra bag" (which I did!) Even though I told security I had an ostomy I still needed to be searched. It took extra time waiting for them to find a female officer to do the search, and then proceed with the pat down. Also, you can carry an Ostomy Card available from the UOAA. [www.uoaa.org](http://www.uoaa.org) or 1-800-826-0826. It explains very concisely about an ostomy, requests screening consideration and it does it in a very concise and polite way. *Note: Dar and Anne Marie will be presenting a travel tip program in February with more details and will have some printed cards especially for those of you without computer and Internet capabilities.*

- **WHAT IF...I'm questioned about all the medications and/or medical equipment I have with me?**

If you have to carry what you think may be considered an inordinate amount of medications ask your doctor for a letter explaining its necessity. For several years I had to travel with a cooler full of IV bags and additional medicines to be injected into them each night, hooked up to a port and pumped into me while I slept. It was quite a hassle but it wasn't going to stop me from traveling. My doctor gave me a letter and "Medical Supplies" stickers to put on the outside of my cooler. When I got to the search area I asked immediately if I could have my cooler searched by hand. I'd hand over the letter and the cooler and was treated kindly by most TSA agents.

- **WHAT IF...my pouch fills up with air due to the cabin pressure change on the plane?**

This doesn't happen to everyone with an ostomy, but it happens to me. I usually try to wear a larger pouch to accommodate the extra air and I try to sit in the middle seat or the aisle for easier access to the bathroom when I have to "burp or vent" my 2-piece pouch.

- **WHAT IF.... I need to change my pouch?**

ALWAYS remember to bring extra pouches, clips, wafers etc. in your carry-on. Bring enough to last for several days in case your luggage gets lost. If you 'cut to fit' your wafers, do it ahead of time and leave the scissors in your checked luggage.

### TIPS FOR TRAVELING (continued)

- **WHAT IF...I'm in a store that has no public restroom and I HAVE to use the employee restroom?**

There is a new law, "Ally's Law" or the "Restroom Access Law", which requires retail establishments to allow immediate restroom access to anyone with a medical emergency. This law was created thanks to a young girl named Ally, who has Crohn's Disease. While shopping with her Mom she was denied an urgent need for the bathroom. After pleading with the salesperson and still denied she had a humiliating experience with an accident in the store. This law has been passed in 12 states including Minnesota, Texas, Illinois, Kentucky, Tennessee, Colorado, Ohio, Michigan, Washington, Oregon, Connecticut, and Wisconsin.

- **WHAT IF...I need medical care while out of town?**

Before you go check your policy. Some insurance companies are much more lenient about paying 'out of coverage area' bills than others so it pays to look up their rules. If you become ill while traveling you may have to have someone call the insurance company to ask for approval before they will pay for your care and there may be different rules for emergency care. I had a terrible time getting a bill paid after treatment for a bowel obstruction in California. My insurance required a call from the emergency room for permission BEFORE receiving treatment. It took many, many months to be paid. However, after the same emergency occurred while visiting my cousins in England, the entire bill was paid, including an ambulance trip and incredibly kind and thorough care given to me. There was a \$50 co-pay and no questions asked.

So basically what we're saying is don't let any of this get in the way of going out to see the world. As our creed says, "...as ostomates we need to be ever mindful of the life which has been given back to us and to find courage to face our daily challenges..."

BON VOYAGE! Dar Hafner and Anne Marie Kronick



**Don't Forget!**  
**Membership Dues are due for 2012**, if you haven't paid them already!  
Meetings are the third Monday of every month except for July, August, and December.  
Could you bring treats to a meeting? Contact one of our board members.

*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*.

*Other websites of interest:*

A fellow member launched a website promoting lifestyle topics for those with an ostomy. Please click on the link below to be directed to that site.

[www.havebagwilltravel.net](http://www.havebagwilltravel.net)

Below is a link to a website that you will likely find helpful. It's for the IBD & Ostomy Awareness Ribbon. It's my understanding that they are getting some press, even from as far as Australia!

[www.ibdandostomyawarenessribbon.bbnw.org](http://www.ibdandostomyawarenessribbon.bbnw.org)



United Ostomy Associations of America, Inc.

[www.ostomy.org](http://www.ostomy.org) ☎ 800-826-0826

Dear Friends,

After 6 years of providing the premier magazine of ostomy information without a price change, rising production costs of *The Phoenix* necessitate an increase. We hope that you can understand that this increase is necessary and you will continue your obligation to the UOAA to promote *The Phoenix* magazine to your members. Remember that part of the subscription cost goes to the UOAA and helps us continue to educate & support the ostomy community and advocate for you and your members to local, state and the federal government.

The new pricing:

One Year US - \$29.95

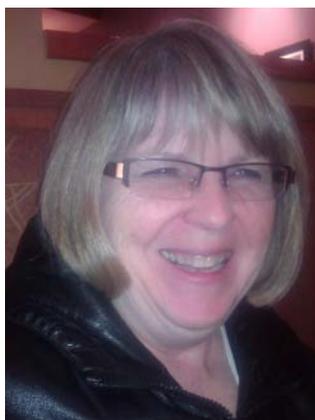
Two Year US - \$49.95

Sincerely,

Dave Rudzin, President UOAA  
[Rudyman22@uoaa.org](mailto:Rudyman22@uoaa.org)

Ian Settlemire, Editor/Publisher *The Phoenix*  
[publisher@uoaa.org](mailto:publisher@uoaa.org)

## GETTING TO KNOW ME



Without a doubt, if you've attended our meetings, you've met Julie Powell. In fact, it's hard to imagine our group without her presence. She has been at almost every meeting and available to answer our questions and provide us with new information. At our October meeting, Julie clearly defined what are the differences between a colostomate, a urostomate, and an ileostomate. In her pleasant, natural way of talking to patients, Julie passed on invaluable tips about dealing with our lives while having an ostomy.

When asked, what does "WOCN" mean, she replied, "Wound, Ostomy and Continence Nurse." You become a CWOCN if you pass all 3 certification tests for the specialty. She started as a WOC consultant when the group was still meeting at the American Cancer building. She has no idea how many years ago she started. Now she is a WOCN

She has been at Fairview Southdale Hospital for 30 years. For the first 14 years she worked as a staff nurse in oncology (2 years) and the rest was spent working on a surgical floor. That was her first experience caring for people with new ostomies. At about the same time, the specialty was gaining popularity across the nation. The hospital was looking for people and she jumped at the chance. It was caring for the ostomate that drew her into the specialty. Julie loves the life connection she has with people. She says it is truly uplifting to see people struggle through difficult times and return to a normal life. As she sees it, the biggest struggle OAMA faces will be drawing younger people into the group. The social media networks are truly changing how people interact/connect. However, she adds, this is a support group. We have to keep that focus and not become an educational group. Ostomates will always need support.

Julie is married to Duke, who is a 1-year paramedic with Hennepin County. Duke represented House District 41A (Burnsville and small part of Savage) in the MN State Legislature from 2002-2007. They have three children: 1) Cody (wife Annie) and two granddaughters, Grace, age 5, and Lily age 17 months. Cody is 28 and works in Hospital IT. They live in Burlington IA; 2) Kaitlyn, age 24, who graduated with a degree in Law Enforcement/Criminal Justice and works armed security @ Nuclear Power Plant in Monticello; and 3) Casey: Age 19, a freshman @ Augsburg, major Biology, and is a defender on the Augsburg Men's Soccer Team.

Julie adds, "Something you probably wouldn't know about me: I'm an introvert and my favorite vacation spot is home!!!!!" Thank you, Julie, for all you do and for who you are.



### *HONORARIUM CORNER*

*THANKS TO The EA Sween Company for their matching contribution in honor of Marilyn Carlson's 25th anniversary of her ostomy.*

*THANKS TO Marilyn Carlson for her gift on her Ostomy Anniversary.*

**Quote of the Month:**  
*If you can't change your fate, change your attitude. - Amy Tan US novelist (1952 -)*



## OUR VISION

- To establish a colon cancer event or align with an existing event in every state to help raise awareness and funds to adequately support colorectal cancer activities at both the local and national level.
- To recruit partners from local and national businesses, health organizations, media and those touched by colon and rectal cancer to help develop these events.
- To assist local organizers in identifying and directing funds raised to the best local organizations or programs that ensure our mission that all citizens have adequate information and access to screening for colorectal cancer.

**The Phoenix**  
The official publication of UOAA

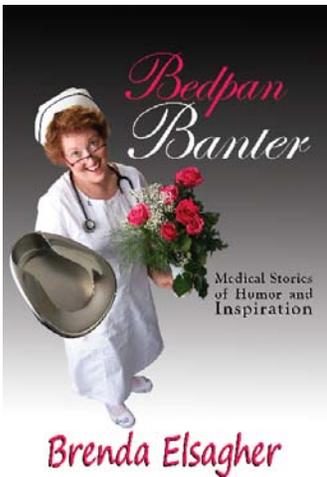
The Phoenix is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.

Half of each subscription funds the nonprofit UOAA. Subscribe Today!

**Annual subscriptions: \$25 (4 issues)** Money Back Guarantee!

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Ostomy Association Of The  
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**To:**

**Please enroll me as a new member of the Ostomy Association of the Minneapolis Area**  
**Or \*\* Renew My Membership\*\***

**If you haven't enrolled, 2011 Annual dues are \$25** and are due following your submittal of this form. Membership in the Ostomy Association of the Minneapolis Area includes 8 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: \_\_\_\_\_ Email Address: \_\_\_\_\_

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

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

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

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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.

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

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

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

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