

The Mail Pouch

Ostomy Support Group EV/AZ

March 2015

Our Next Meeting is

2015 Ostomy Information & Product Fair

Saturday
March 07, 2015
10:00 a.m. – 2:00 p.m.

Where:
First Presbyterian Church
161 N. Mesa Drive /
Fellowship Hall
Mesa, AZ 85201

UOAA: For information for ostomates and to view upcoming conferences and events, go to www.ostomy.org. You can join the discussion board and read the monthly Update letter. Click the “advocacy” tab to reach your elected officials and send a suggested message

BE SURE TO VISIT OUR WEBSITE:
www.ostomysupportarizona.org

ET Advisors

We want to thank our WOC nurses for all they have done for us. They come to every meeting and help us with any problems we may have.

Banner Desert Medical Center (Dobson Road)

Contact # 480 412-3449

Janet Schmidbauer, RN, BSN, CWOCN

Elaine Fox, RN, BSN, CWOCN

Angela Hukill, BSN, COCN, CWCN

Roberta Nixon, RN, MSN, CWOCN

Banner Baywood Medical Center (Power Road) Contact # 480 321-4642

Karol Friend, BSN, RN, COCN, CWCN

Independent Nurses

Sandy Lane BSN, RN, COCN, CWCN

Miriam Jensen BSN, RN, COCN, CWCN

Support Group Meeting Dates through May 2015. All meetings begin at 2:00 PM at Mesa First Presbyterian Church

March 07, 2015 Ostomy Health Fair

April 19, 2015

May 17, 2015

Board Meeting Date:

All meetings begin at 4:00 P.M. after the Support Group meetings at Mesa First Presbyterian Church

Officers and Directors

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480.812.0324

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480.657.6464

bovellaowens@gmail.com

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kathyscoles@cox.net

Hi Folks,

Being Valentine Week end, all at the Ostomy Support meeting definitely showed the true meaning of Love and Caring.

Kevin from Colon Cancer Alliance shared briefly of the 2nd Colon Cancer Symposium to be held in Scottsdale March 14. Darlene & Vella attended last year. Well worth attending. Go on the web to learn of speakers and more---

Five of our wonderful WOCN's divided the group into 4 groups; Urostomy, Colostomy, Ileostomy, and the new one – folks with doubles. It was very informative and encouraging. Our 2 new fellows seemed to find it helpful.

Thank you girls!

The Newsletter by email appears to be working well. If you prefer by regular mail, please let Sandy Clark know if you do.

The Ostomy Products Fair is progressing well and should be very beneficial to all Ostomates, their support givers and any who care.

Volunteers are still needed to help in the many needs to put this on. (Set up, Greeters, Manning booths, Take Down and more) Please notify one of the Board Members. **Phone #'s are in the newsletter.** **This will be a Fun Day of Learning!** The Fair will replace the regular Ostomy meeting for March. The next meeting will be April 19.

Thanks always to those helping with clean up and other tasks at the meetings.

See you at the Fair !

Vella



Important Contacts for Ostomates

Coloplast__www.us.coloplast.com__1-877-726-7872

ConvaTec__www.convatec.com__1-800-422-8811

Hollister__www.hollister.com__1-888-740-8999

UOAA__www.ostomy.org__1-800-826-0826



CONVENIENCE: Prepare ahead of time

Using the disposal bag in your supplies, place the supplies you'll need for each change inside the bag and close. Place in a convenient place so it's all together—ready to grab and take care of the situation. Prepare 10 to 12 bags at a time.

Send your suggestions to Ostomy Support Group EV/AZ, P.O. Box 1681, Mesa, Az., 85211, or email bovellaowens@gmail.com or call 480-812-0324

We look forward to making this column a winner!

Mark your Calendar
Gateway to New Life
the 5th UOAA
National Conference
in St. Louis, Mo.
September 1 – 6, 2015



The Youth Rally is a summer camp that provides a non-threatening environment for kids between the ages of 11-17 with any sort of bowel or bladder dysfunction. The Youth Rally is designated to help campers understand that everyone has the same opportunities to achieve their goals regardless of medical or physical differences. In short, that they are not alone.

Boulders or Bust – Now Accepting Applications!!!

We are headed to Colorado in only a few months! The 2015 Youth Rally will take place July 13th - 18th at the University of Colorado Boulder in Boulder, CO. A beautiful campus, with a unique mascot (a real buffalo named Ralphie!) Rally at Boulder will be exciting and one you won't want to miss.

Applications for campers, nurses, and volunteers are all live on our Youth Rally website. Check our new application page below:

<http://www.rally4youth.org/applications.php>

COUNSELOR/CIT, and NURSING APPLICATIONS are due MARCH 15th!

CAMPER APPLICATIONS are due June 1st!

Note: new this year is a request to inform us of your intent to attend. This one page form should be completed as soon as possible by campers.

**UOAA UPDATE
JANUARY 2015**

President Message

To our Affiliated Support Groups, Members and Partners of United Ostomy Associations of America,

The Management Board of Directors (MBoD) is working on the UOAA National Conference "Gateway to a New Beginning" to be held on Sept 1-6, (programming Sept 2-5), 2015 at the Hyatt Regency St. Louis at the Arch Hotel. The hotel is in the heart of a vibrant business area, and has many attractive sites for tourists, including the world-famous Arch, Cardinal Stadium and Edward Jones Dome, home of the St Louis Rams football team. We are in the process of contacting speakers and defining our programming.

C.A.R.E.S Program - Please click the following: http://www.ostomy.org/uploaded/files/awards/carees_2015_letter_to_applicant.pdf?direct=1 for information regarding our C.A.R.E.S program (Conference Attendee Reimbursement of Expenses Sponsorship) and the deadline for sending in nomination forms is May 4, 2015. Please go to our website for online registration www.ostomy.org or call 1-800-826-0826 for more information.

Elections - March 13, 2015 is the deadline for submission of nominations to the office for the 2016 elections for the offices of President, 1st Vice President, Secretary, Treasurer and 3 Directorships.

Advocacy Update From Doug Shefsky, Advocacy Chair - As previously reported, a bill was introduced in Maryland last year requiring coverage of ostomy supplies by all major insurances. A similar bill has been introduced in the Maryland Senate and is scheduled for discussion on February 18.

UOAA fully endorses this bill and is providing support to the effort, which is being led by the Metro-Maryland ASG. We are very excited for this progress. If you live in Maryland and are interested in lending a hand, please contact our Advocacy Chair (Doug Shefsky at doug.shefsky@ostomy.org).

Social Media Chair Doug Yakich - requests that you check out the survey on the UOAA Face Book page by Columbia University Bio-Engineering students:

https://docs.google.com/a/ostomy.org/forms/d/1917Qai0yfoHvYYJfkYNmmaEEcE2_zNIYGdMmShS6X00/viewform?c=0&w=1

ASG Chair, Ival Secret - sent an update asking for your reply to his request regarding the ASG Leadership Academy that will be held at the St. Louis National Conference this fall. UOAA wants to address the issues that you as leaders want to be included in the day long Academy.

Friends of Ostomates Worldwide (FOW) - is requesting that you send new or unused ostomy products to FOW USA, 4018 Bishop Lane, Louisville, KY 40218, phone # is 502-909-6669. FOW sends ostomy supplies to many countries where products are not readily available and having the correct pouching system makes a huge difference in the life of the person that has undergone ostomy surgery-Supplies Saves Lives.

Get Your Guts In Gear-(GYGIG) - Get Your Guts in Gear - The Ride for Crohn's and Colitis will hold two Rides in 2015, and UOAA is again one of the beneficiaries. The 12th annual New York Ride will take place on Saturday, June 13 & 14. The 2nd annual Sandusky Ohio Ride will take place on August 16 & 17. Both Rides offer one and two day riding options, in addition to volunteer positions. Visit www.igotguts.org for more information.

501c3- 501(c)(3) Charity Designation For ASGs - Twice every year the UOAA sends a request to the IRS to add ASGs who have requested inclusion under our 501(c)(3) charity umbrella.

Our next request will be made at the end of March and your request will need to be received by the office by 3/13/15.

The advantage of obtaining 501(c)(3) status is that people who donate to your ASG will be able to deduct those donations from their Federal Income Taxes. If you aren't already under our umbrella and don't have individual 501(c)(3) status, you may request inclusion by sending an email to the UOAA office at oa@ostomy.org. This email must contain words requesting inclusion, your own EIN (Employer Identification Number), the name and address of your contact person and a statement indicating that your group isn't a private foundation.

When you send in your request for inclusion please also send us a copy of your ASG ByLaws. This document can be emailed to oa@ostomy.org or mailed to PO Box 512, Northfield,

A more complete statement of requirements, including instructions for obtaining an EIN, can be found in our "ASG in a Box" web page at: www.ostomy.org/ASG_in_a_Box.html#irs_considerations

Also note: IRS 501(c)(3) status is relevant only to volunteer-run ASGs that collect donations. It isn't relevant to ASGs run by medical facilities

Additionally, please be advised that the office is undergoing a transition. Joan McGorry has returned to UOAA, and Patti Herubin is no longer working with us. Joan will be stepping aside as our 2nd Vice President to work as our Director of Administrative Services. Kathy Ward will continue to be the voice of 800 #. Our address has changed back to UOAA, PO Box 512, Northfield, MN 55057. Our phone number will remain the same - 1-800-826-0826.

Thank you,



Susan Burns
President, UOAA

If You Have Internet Access . . .

Our website has been up and running. We have all kinds of information plus links to the national UOAA and Phoenix Magazine. Our current Mail Pouch is on the website in addition to archived ones. Our website address is: www.ostomysupportarizona.org

If you have any questions or suggestions about the website, send an email to:
webmaster@ostomysupportarizona.org

Useful websites:

www.uoaa.org www.cancer.org
www.bcan.org www.ccfa.org
www.nih.gov www.ccalliance.org



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2ND ANNUAL
SURVIVORSHIP SYMPOSIUM
Life Before, During and After Colon Cancer

What

Interact with patients and caregivers while learning from dynamic speakers about:

- Lifestyle and Long-term Care
- Latest Advances in Treatment and Patient Support
- Caregiving
- Oncological Nutrition
- Psychosocial Support

When

Saturday, March 14, 2015
Registration: 7:30 am
8:30-1:00 pm

Where

Courtyard Marriott
5201 N. Pima Rd.
Scottsdale, AZ

*Continental breakfast provided



Free to Attend

RSVP centralazcca@gmail.com
or **602-359-5995**

2015 Ostomy Information & Product Fair

Saturday, March 7, 10:00 AM -2:00 PM

**Fellowship Hall of First Presbyterian Church
(Just south of University Drive)
161 North Mesa Drive, Mesa, Arizona 85201**

Where people with colostomies, ileostomies and urostomies; their families, friends and clinicians, come together to learn about new and improved products and discover better alternatives to living with an ostomy.

Participation is free!

Representatives from ostomy product companies, WOCN nurses, medical professionals, and other ostomates will be on hand to assist you.

*Learn about ostomy support chapters in your area.
Door prizes, product samples, light snacks.*

*For More Information, Contact Vella at (480)657 6464
or (719) 588 2069*

Ostomy Support Group EV/AZ
P.O. Box 1681
Mesa, AZ 85201-1681



APPLICATION FOR MEMBERSHIP

Membership is open to all persons interested in ostomy rehabilitation. **MEMBERSHIP** in the Ostomy Support Group EV/AZ includes a subscription to the chapter's monthly newsletter. **ASSOCIATE MEMBERSHIP** in the Ostomy Support Group EV/AZ is open to the spouse of a regular member or a member of another chapter who lives out of state, and includes a subscription to the newsletter.

Full Membership Dues are \$25.00 per year. Associate Membership Dues are \$12.50 per year.

I wish to make an additional contribution of \$_____ to support chapter programs.

NAME: _____

Spouse's Name: _____ **Phone:** () _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

E-MAIL ADDRESS: _____ **BIRTHDAY MONTH & DAY:** _____

PLEASE CIRCLE ALL THAT APPLY: **Colostomy** **Ileostomy** **Urostomy/Ileo Conduit**
Continent Urostomy **No Ostomy** **Other (please specify)** _____

Date & Location of initial surgery: _____

Complete this form and bring it to the next meeting or mail it with your check to: **Ostomy Support Group EV/AZ, c/o Paula Nelson, 6712 Des Moines St., Mesa, AZ 85205-6827**

BE SURE TO VISIT OUR WEBSITE: www.ostomysupportarizona.org