



These UOAA UPDATES are our way of communicating what is happening to you, our members. It is our hope that this information is being passed on to your members, either by including some of the news in your newsletters or by discussing it at your local support group meetings. People continue to ask, what is UOAA doing for me, and this is our way of answering this time-old question.

We continue to look forward to working with you and to being an active resource to ensure your success.

MARCH, 2009

□ “SEIZE THE OPPORTUNITY”

“**Seize the Opportunity**” is a phrase that you are going to see again and again in UOAA. It describes a sentiment that is deep-seated in ostomy support organizations. UOAA’s logo includes “The Phoenix” and contains the words “reborn from the ashes of disease”. You and I have been given a second chance ... so it is incumbent upon us to use this chance to its fullest ... to “**Seize the opportunity**”

In considering this, **Dave Rudzin** has written ... “You have heard the phrase that when life gives you lemons you make lemonade ? Well, we can view it similarly. Life has given us another opportunity. How many of us ostomates would not be here if not for our ostomy. How many would have died from cancer or been miserable bed ridden people or would have just ended things if we had to live the way we did before the surgery. We have all learned to **Seize the Opportunity** to live, lead and conduct our lives in the way that WE chose, since we now have no limitations regarding our health. Do you think that for example Charlie Grotevant would have become a marathon runner or Rob Hill would have been a mountain climber or others doing the things they do, if they did not **Seize the Opportunity** to live life to the fullest ?

We can **Seize the Opportunity** to help new ostomates ... to educate the public at large ... to SHOW the world that we are still productive individuals with “pouches” who can do anything. We ARE the examples. ALL of us have elected to **Seize the Opportunity** and we can continue to show others how to do the same.

So yes it is a tag line, an educational chance, a life choice, a challenge for all of us and whether we have led “routine lives” or done wild crazy things, WE ALL made the choice to **Seize the Opportunity** to live the life WE WANTED

And that folks is how I view our new phrase ... you can call it a tag line ... I call it a “**life line**”!

□ WOC Nurses APPRECIATION WEEK

The week of **April 12th through the 18th**, 2009, has been designated as Wound, Ostomy, Continence Nurses Week. During this period the WOCN Society will recognize WOC nurses for the services they provide to millions of patients who endure non-healing wounds, ostomies, and urinary and fecal incontinence. Please take this opportunity to thank all of these wonderful medical professionals who are associated with your group

□ WOC Nurse (ET) of the YEAR AWARD

Don’t pass up this opportunity to really pay tribute to that special WOCNurse in your group by nominating them for the UOAA WOC Nurse of the Year Award. The deadline for submitting nominations is close at hand. Nominations must be received no later than **APRIL 15TH, 2009**. Submit the form that was sent to you in the February UOAA UPDATE to **Jan Clark**, Award Selection Committee Chair, by e-mail: janclark@sbcglobal.net; or by mail to Jan Clark at 943 W. Woodlawn Avenue, San Antonio, TX 78201; or by FAX at 210-734-8274

□ ASG LEADERSHIP AWARD

You still have time to nominate that special volunteer leader in your group for UOAA’s ASG Leadership Award. The four (4) recipients of this year’s Awards will receive \$ 500 to help pay for their attendance at UOAA’s National Conference in New Orleans August 5th through the 8th. Nominations must be received no later than **MAY 1ST, 2009**. The form that was attached to the February UPDATE has to be e-mailed to Joan McGorry at oa@uoaa.org, mailed to her at P.O. Box 66, Fairview, TN, 37062, or Faxed to her at: 615-799-5915

□ CONSTITUTION AMENDMENTS

Thank you for submitting your votes for the amendments to the UOAA Constitution that you were asked to consider earlier this year. The amendments were approved. Accordingly Effective

January 1, 2010, the term of the President, President-Elect and Vice President has been reduced from 3 years to 2 years, and the Vice President has the right to serve for two successive 2 year terms.

□ 2009 FALL ELECTION

UOAA, Inc. will be holding its fourth election for the Management Board of Directors (MBoD) this fall, with the candidates slated to serve for a term as shown below, commencing on January 1, 2010. All Affiliated Support Groups (ASG) will receive the ballots via regular mail. Ballots will be mailed on August 29th. The votes an ASG casts will depend on the members they have reported to UOAA, Inc. on their affiliation application or membership statement.

Officers to be elected:

- President Elect – 2 year term
- Vice President – 2 year term
- Treasurer – 3 year term
- Secretary – 3 year term
- Directors – There are 2 Director positions to be filled. Each Director will serve for a 2 year term.

Earlier this month you received a letter and candidate nominating form from Ginnie Kasten, Chair of the Nominating and Election Committee. The deadline for submission of these candidate nominating forms is **April 20th**. Forms can be e-mailed to Ginnie at castenet@comcast.net or posted to her at 325 Greenfield Avenue, Glen Ellyn, IL 60137

□ METRO MARYLAND OSTOMY ASSOCIATION AFFILIATES WITH UOAA

I am most pleased to announce that the Metro Maryland Ostomy Association has become the 279th ostomy support group to affiliate with UOAA. Metro Maryland is a “household” name to those of us who remember how active they were over the years in promoting ET Nursing education, in developing relationships with outstanding doctors in their area, and in publishing their comprehensive newsletter. Even today many of the ASG newsletters include articles with the tag line “via Metro Maryland”. We welcome Metro Maryland’s President Scott Bowling to the UOAA family of support group leaders and extend our best wishes to Metro Maryland’s patriarch, Horace Saunders.

□ WORLD OSTOMY DAY .. October 17th 2009

It is not too early to start planning your WORLD OSTOMY DAY 2009 activities now, and please e-mail UOAA WOD Coordinator, Kristin Knipp at

kristinknipp@uoaa.org and let her know what you will be doing so that we can publicize these events worldwide.

Traditionally WOD is held on the 1st Saturday of October but in 2009, but since this date conflicts with the widely observed Jewish Holidays of Shmini Atzeret & Simchas Torah, UOAA’s MBoD approved moving the official WOD’09 observance in the United States to Saturday, October 17th.

The International Theme for WOD 2009 is:

REACHING OUT

The aim of World Ostomy Day is to improve the rehabilitation of ostomates worldwide by bringing to the attention of the general public and the global community:

- The life situation of ostomates
- The contributions of Ostomy Support Groups and Ostomy Medical Professionals
- The value of the multidisciplinary approach in ostomy care ... the Colorectal Surgeon, the WOC Nurse and the Ostomy Visitor

Congratulations to the ASGs in Boston and Lawton-Fort Sill, Oklahoma that have gotten a jump start on their event planning.

□ GET YOUR GUTS IN GEAR IN 2009

Join in the fun this year and **seize the opportunity** to connect with patients, family and friends who are affected by Crohn’s disease, ulcerative colitis or have an ostomy by riding or crewing in one of the 3 GYGIG Rides scheduled for 2009. UOAA will pay the \$ 85 registration fee for all riders wearing the UOAA colors.

- **New York’s Hudson River Valley**
June 12-14, 2009

Depart from New York City and head north through the Hudson River Valley, one of the most picturesque settings of the Northeast.

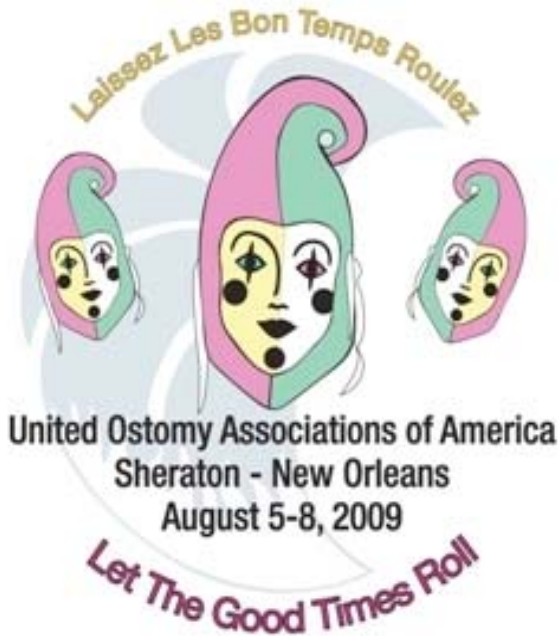
- **Pacific Northwest / Seattle Area**
August 7-9, 2009

Ride north of Seattle, exploring beautiful island coast lines and summer scenes of the rural Skagit Valley, while taking in the vistas of the Cascade Mountains.

- **Inaugural Ride in the Midwest**
October 2-4, 2009

Cycle through the rolling fields of northern Illinois and southern Wisconsin and experience the spectacular Fall colors and lake country views.

NEWS FROM NEW ORLEANS



- Thanks to the generous sponsorship by **Edgepark Medical Services**, CoCo, the Colossal Colon will again be with us in New Orleans. CoCo affords visitors the opportunity to either crawl through this 4 foot high, 40 feet long colossal plastic colon, or peer through her viewing ports to learn first of the various disease and conditions that can be found in the large intestine.
While our conference will be centered on the 3rd and 4th floors of the Sheraton, CoCo will be set up in a 3,600 sf room on the first floor that will allow easy access by not only conference attendees, but also by the general public.
- For anyone looking to reduce expenses by sharing a room ... call the UOAA Office at 800-826-0826 or e-mail the office at oa@uoaa.org and let them know that you are interested in finding, or being a room-mate. Obviously we will need contact, age and gender information. UOAA will not do the matching for you, but will let all interested parties know about each other so they can make the room-mate decision.
- Now then, here is a list, as prepared by the New Orleans Convention Bureau, of the top 14 things to do in New Orleans when you are not attending UOAA's Conference activities:

1. City Tours- check with our Sheraton Hotel concierge in the hotel lobby, they will book a city tour for you from \$29.00 & up, open from 7AM till 9PM

2. People watch in the French Quarter-From tourists to tarot card reading -some-of the best people watching to be found-FREE

3. Visit the Audubon Aquarium of the Americas- One of the top 5 aquariums in the country, steps away from the French Quarter- Children 2-11\$11.00 Seniors- \$14.00 Adults- \$18.00, not open on Monday

4. Dinner Jazz Cruise - Have dinner aboard the Steamboat NATCHEZ while floating down the Mississippi River-\$64.50 per person 5 blocks from hotel

5. Blaine Kern's Mardi Gras World-visit where they build the Mardi Gras floats-Children 4-11 \$11.00, Seniors- \$14.00, Adults- \$18.00

6. Visit the Haunted French Quarter Sites-Grab a haunted brochure and create your own tour at many of the "haunted sites"-FREE

7. Walk the Historic Districts-See stunning architecture in the New Orleans Garden District and French Quarter-FREE

8. Be moved by the Spectacular Churches-Reflect on landmarks such as St. Louis Cathedral, our Lady of Guadalupe or St. Augustine-FREE

9. Read the Famous Door-Dating back 1934, the Famous Door is the oldest live music club in business on Bourbon St-FREE

10. Enjoy Beignets- Visit Cafe Du Monde serving their famous cafe au lait and beignets 24 hours daily-\$2.00 per item.

11. New Orleans Museum of Art- Experience a world of art from every century and every culture- open Wednesday thru Sunday, Children- \$4.00 Seniors- \$7.00 Adults- \$8.

12. Visit the Southern Candymakers-Taste some of the best pralines in New Orleans, right in the French Quarter, admission FREE, candy extra!

13. Take yourself on a Literary Tour-See where Tennessee Williams, William Faulkner, Truman Capote, Thornton Wilder, Walker Percy and Anne Rice lived - FREE

14. Dining out--People from all over the world

come to New Orleans for the sole purpose of dining out- New Orleans has 3 Emeril Lagasse Restaurants, delectable seafood and steaks, and many cafes and eateries with loads of Southern hospitality to fit every size pocketbook!

* To receive a free Visitors Guide to make the most of your trip to New Orleans- e-mail your request- www.neworleanscvb.com

** To visit the Power Pass website to purchase pass for 1-4 days www.visiticket.com, gives information on New Orleans attractions that are free and or with discounts.

❑ YOUTH RALLY

The Annual Youth Rally will be held this year from July 11th to the 16th at the University of Colorado at their campus in Boulder. The Youth Rally provides youth between the ages of 11 and 17 with an opportunity to learn how to live an independent life with an ostomy or other bowel or urinary conditions, to meet with, and share life experiences with fellow campers, and to have fun in a university setting that will help to prepare them for future educational activities.

Do you have someone in your support group who would benefit from attendance at this event ... please give some thought to providing them with a full, or partial sponsorship. The Registration fee is \$ 425. But any amount that you would like to donate would be most welcome. If you do not have any candidates within your group, but would still like to sponsor a camper, your donation would also be greatly accepted. Checks or credit card information should be made payable to "The Youth Rally Committee" and sent to Linda Aukett, YRC Secretary/Treasurer at 424 Bradford Avenue, Westmont, NJ 08108. If you have any questions feel free to contact Linda directly by e-mail at: laukettrally@snip.net

❑ ASG ADVISORY BOARD

Chair of the UOAA ASG Advisory Board, Demi Cotrupe of the Ostomy Support Group of North San Diego County, has advised that the Board members will continue to make telephone calls to the ASG support groups to determine, among other things, how things are going ... to identify and problems ... and to illicit ideas of ways in which UOAA can better serve its affiliates in helping them to attain their group's mission and goals. A report of their findings will be shared with all of UOAA's affiliated support groups.

❑ INTERVIEW OPPORTUNITY... WOMEN AGED 20-60 LIVING WITH CROHN'S DISEASE

Last week I received the following e-mail from Kristin Caroline Smith:

"I am an independent researcher working for a writer who is writing a piece on commonly misdiagnosed and under-diagnosed illnesses in women for "O" magazine, Oprah Winfrey's monthly periodical. He needs to speak with women aged 20-60 who are living with Crohn's disease. I would really appreciate any help you can give connecting us to patients."

If there are any members of your group that would like to assist in this project they can communicate with Kristin Caroline Smith at:

kristencaroline@gmail.com

❑ IN CONCLUSION

The beginning of Daylight Saving Time, "March Madness" and the end of Spring Training can mean only one thing ... Spring is right around the corner. This is a time of renewal ... a time when the world begins to look bright again. I for one, am going to "**Seize the Opportunity**" to put on a "smiley face" and hope that all of the political, industrial and financial chaos that is trying to pull us under will melt away like those parking lot piles of dirty snow.

Best wishes for now,

Ken Aukett
President, UOAA