



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.

MAY 2009

□ UOAA WOC NURSE of the YEAR

Our sincerest congratulations are extended to **Sonya Perry**, BSN, CWOCN from Charleston, West Virginia, who was selected as UOAA's WOC Nurse of the Year for 2009. Sonya was nominated for this honor by the Charleston Area Ostomy Association, Doug Milgram, President. Committed to ostomy rehabilitation, she actively communicates information about the support group's activities by advocating for the group within her local medical community and by editing their monthly newsletter. She is a regular presenter of educational programming at monthly meetings and coordinates the participation of other speakers. Once again the Award Program Chair, Jan Clark, RNET, CWOCN and her Selection Committee have done an excellent job in undertaking this difficult assignment. All of the WOCN nominees are "winners" and will receive a certificate of appreciation from UOAA.

□ 2009 FALL ELECTION

Nominations for this Fall's election have closed. The slate of candidates is as follows:

- President Elect – Dave Rudzin
- Vice President – LeeAnn Barcus
- Treasurer – M. Scott Bowling
- Secretary – Carol Haack
- Directors – There are 3 candidates running for 2 Director positions. They are Susan Burns, Harvey Shatz and Steve Strizic

The President Elect, Vice President and Directors will serve 2 year terms; the Treasurer and Secretary will serve 3 year terms. All terms will commence on January 1st, 2010.

The present President Elect, Kristin Knipp, will automatically assume the Office of President which she will hold until December 31st, 2011.

All Affiliated Support Groups (ASGs) will receive their 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.

□ WASHINGTON'S STATE LEGISLATURE PASSES ... "ALLY'S LAW"!

Thru the tireless efforts of UOAA advocate Lois Fink and a supporting cast that included Steve Strizic and Esten Gose, a **restroom access bill**, a.k.a. "**Ally's Law**" (see the December 2007 issue of *The Phoenix* magazine for a cover story) has passed both houses of the Washington's State Legislature and has been signed by the Governor. In mid April there was some fear the whole thing would have to wait another year, but Lois and her State Rep were most persuasive in convincing the legislators that this was a bill that required immediate action ... they were successful and now it is law! If you are interested in reading the language of this bill, and of possibly getting an Ally's Law in your State, please checkout the following website:

<http://apps.leg.wa.gov/billinfo/summary.aspx?bill=1138&year=2009>

"SEIZE THE OPPORTUNITY"

□ NEW DISCUSSION BOARD

The Discussion Board has recently been enhanced with the addition of two new features:

In response to your requests, a new Board has been opened for those with a "**temporary ostomy**". To date we have received very positive feed-back about the addition of this new forum.

We have also created a link between the New Orleans Conference web-page and the Board. When you visit the Conference info page at http://www.uoaa.org/conference_2009.shtml, scroll to the very bottom, and see the link to the UOAA Discussion board. The link will take you to the discussion thread begun in late January. Of course this isn't the only on-going Conference

discussion on the Discussion Board ... just search on the word "**conference**" for more conference chat.

YOU ARE a registered user on the Discussion Board, aren't you? If not, please do it now! This is a great place to take the pulse of the people from time to time, see what their concerns are and get some great vibes when you see how wonderful they are to each other. Yes, it's a "virtual" family but you can tell that some of them are as close as blood relatives.

□ **UOAA CONTACTS – VICTIMS OF SPAM MAIL**

As a person that is listed on the UOAA website or in *The Phoenix* magazine as an ASG contact, you may have, or will at some future time, receive an offer from MeetAnOstoMate to join their commercial website.

I just wanted to let you know that UOAA did not give your name or your group's contact name and email address to them. They did not ask for permission to use our list, and we did not give it. They ignored the statement at the top of that list and snatched the e-mail addresses of all UOAA's affiliates in order to further their commercial goals. This is at least the 3rd time we know of that they have done so, even after we have officially advised them not to do it.

Our UOAA website clearly states:

"Note: E-mail links on this page are only for use by individuals in locating an ostomy support group. **UOAA will not give, sell, or otherwise transfer addresses maintained by this website to any other party for the purposes of initiating, or enabling others to initiate, electronic mail messages.** This means that anyone who grabs e-mail addresses from this site and uses them for sending unsolicited e-mail is guilty of spamming and can be prosecuted under the CAN-SPAM Act of 2003."

Some of you have already become members of the other site -- that's a personal decision on your part. But when it comes to the matter of spreading word about that website to other members of your group, I ask you to please think about the options:

- Do you really want to disseminate word about that website to other members of your support group? Do you want to encourage them to be a

member there and in so doing line the pockets of a person who lives outside the US?

OR

- Do you want to encourage them to support your local group and/or maybe spend that \$25 to get excellent information via a subscription to *The Phoenix* magazine, thereby supporting all of UOAA and the good work we do?

□ **WORLD OSTOMY DAY... October 17th 2009**

Have you thought about holding a special Health Fair or Ostomy Product Fair in observance of World Ostomy Day this year? What about getting a proclamation from your city, county or state government recognizing the importance of ostomy solidarity worldwide. 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.

AND THIS WORD FROM HOLLISTER: Hollister Incorporated is pleased to announce a worldwide photo contest open to every Ostomy Association around the globe.

☒ **Here's why:** World Ostomy Day, October 17, 2009, is a very special day, so we're sponsoring a very special contest -- **The 2009 World Ostomy Day Photo Contest.** The Contest is a unique way to showcase talents and people and to create lasting memories in conjunction with World Ostomy Day.

☒ **Theme:** The 2009 World Ostomy Day theme is "**Reaching Out.**" We know there are thousands of you who "reach out" each day -- and in every way. You live life to the fullest with your families or on vacation, during work and with your grandchildren, and while volunteering or tending to pets. We know you're out there "reaching out" and that's the type of image we want you to capture.

☒ **Winners:** 20 photos will be chosen by the judges (a professional photographer and a Hollister representative). Winners and their ASGs will receive:

☒ Individual winners: a certificate of recognition

☒ Winning Associations: \$250 will be paid to each International Ostomy Association (IOA) Organization (UOAA) represented by the 20 winning photographers

All Organizations: a CD-ROM of the winning photos will be given to each IOA Member Organization

Rules:

Photographers: need not be people with ostomies

Images: must be of people with ostomies
“Reaching Out”

Photos: may be digital or processed film

Size: any size

Color: use color or black and white, it's your choice

Deadline: August 1, 2009

How to submit: submit photos with the photographer's name, association name and location, the occasion, place, date and names of people in the photo.

Please note: Submitted photographs will not be returned. Photographs will become the property of the sponsoring organization, Hollister Incorporated, and may be shown publicly.

And, on October 2nd through the 4th you can take part in GYGIG's Inaugural Midwest Ride cycling through the rolling fields of northern Illinois and southern Wisconsin while experiencing the spectacular Fall colors and lake country views.

Visit www.ibdride.org for more information or to sign up as a rider or a crew member.

□ **YOUTH RALLY**

The **Youth Rally Committee** has provided the attached form for us to send you, in the event your affiliated group, or perhaps an individual member, wishes to make a donation to help support a camper or put something toward other expenses. The camper fee is \$ 425, which covers everything except travel between home and Denver airport -- but any amount you wish to donate would be most welcome.

The **2009 Youth Rally** will be held from **July 11th to the 16th** at the University of Colorado's Boulder campus. The Youth Rally provides teens from 11 to 17 with an opportunity to learn how to live an independent life with an ostomy or other bowel or urinary condition. They meet and share life experiences with fellow campers, and have fun in a university setting that will help to prepare them for, and give them confidence to engage in, future educational activities. A focus this year will be on overall fitness for life.

Is there a teen 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. If you do not have any candidates within your group, but would still like to sponsor a camper, your donation would also be gladly accepted. This year it is also possible to donate to Rally through PayPal. No personal PayPal account is needed - just send donations to laukett@rally4youth.org.

If you have any questions feel free to contact Linda by e-mail at: laukett@rally4youth.org.

□ **C.A.R.E.S. PROGRAM**

The **C.A.R.E.S. Program**, developed and approved by members of the UOAA Management

Please submit your entries by August 1, 2009 to:

Diane Owen
Hollister Incorporated
2000 Hollister Drive
Libertyville, IL 60048 USA
E-mail: wod2009pc@hollister.com

□ **“GET YOUR GUTS IN GEAR” IN 2009**

In about a month, cyclists will be leaving at dawn on Friday, June 12th from a pier in New York City, traveling along the Hudson River water-front ... up the West Side Highway ... over the George Washington Bridge ... the start of a scenic three day, 210-mile ride up New York's picturesque Hudson River Valley, ending up in historic Saratoga Springs Sunday afternoon, June 14th. Join in the fun this year 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 this, or one of the other GYGIG Rides scheduled for 2009. UOAA will pay the \$ 85 registration fee for all riders wearing the UOAA colors.

On August 7th through the 9th cyclists will be riding 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.

Board of Directors under the leadership of LeeAnn Barcus is designed to help fund the National Conference related attendance expenses of people who have just undergone ostomy surgery, have a financial need, and would be attending their first UOAA Conference. I am pleased to announce that 10 of the people who submitted applications this year were chosen by the members of the ASG Advisory Board, acting as an ad hoc Selection Committee. Each of these 10 people will have up to \$650 of expenses reimbursed by UOAA. With their selection the Program is now closed for the 2009 New Orleans Conference, but will be operational again for the 2011 National Conference.

NEWS FROM NEW ORLEANS



Want to save \$ 20.00 on your Conference Registration Fee? Register now, before June 1st when the fee goes up from \$ 90. to \$ 110., either on line at www.uoaa.org/conference_2009.shtml or cut out the registration form on page 51 of the March 2009 issue of **The Phoenix** magazine, the one with Secretarial candidate Carol Haack on the cover. Fill it out and send it to:

UOAA
P.O. Box 66, Fairview, TN 37062

At this year's Conference there will be three special people for you to meet and get to know.

Tim Mitchell ... a 65 year old veteran race car driver, a man determined not to let colon cancer, or an ostomy, get him down ... a person who pursues his

passion in his #06 race car by always striving to beat the competition and capture the checkered flag, will be the featured speaker at our Opening Night Ceremonies.

Abby Ryan ... a 25 year old school teacher, Youth Rally graduate and counselor ... a woman who believes that if you put your mind to it, you can accomplish anything ... a philanthropist, beauty pageant winner who received the "Spirit of Miss America Award" when competing for the 2007 Miss Wisconsin title, and ostomate who raises awareness about Crohn's, colitis and life after ostomy surgery, will share her vitality and winning spirit with us at our Recognition Luncheon. **AND,**

Rob Hill ... For Vancouver mountaineer and ileostomate Rob Hill, it's six down and one to go. In climbing circles, that "one" is the ultimate high: Mount Everest. The other six are the summits of the tallest peaks on the continents where they stand. By cresting all seven, Hill aims to bring attention to Crohn's disease, a medical condition from which he suffers and the limitless opportunities after ostomy surgery. It is anticipated that Rob will continue his "No Guts, Know Glory" Seven Summits Campaign in 2010. Rob is also the founder of **IDEAS KIDS** an organization dedicated to the provision of resources for children and teens with intestinal diseases. Rob will be our featured Closing Session speaker.

IN CONCLUSION

The Conference Planning Committee met last weekend at the Sheraton in New Orleans, and I can tell you that things are shaping up for a great entertaining, yet educational, event. The Hotel is located in downtown New Orleans within easy walking distance of everything that "The Crescent City" is noted for. And, for those uptown spots, the Streetcar stops right in front of the Hotel. Get your reservations in now ... things won't be quite the same without **you!**

Take care, stay healthy, wash those hands and by all means, keep away from those nasty viruses!

Ken Aukett