



March 2010 UOAA Update

UOAA UPDATES are our way of communicating to our members what is happening throughout the organization. It is our hope that this information will be passed on to your members by including it in your newsletters or by discussing it at your local support group meetings. We continue to look forward to working with you and to being an active resource to ensure your success.

OSTOMATES on EVEREST

At the end of March, [Rob Hill](#) (adventure athlete, Crohn's patient, ostomate, Great Comebacks Global Ambassador and friend of UOAA) will be embarking on his final challenge in the No Guts Know Glory Seven Summits Campaign – tackling the highest peak in each of the seven continents. Everest is the last peak Rob needs to summit to complete his mission.

A feat only achieved by a handful of individuals to date, Rob will be the first Canadian with Crohn's disease and an ostomy to complete all seven summits. Rob will be joined on his trek to Everest Base Camp by several other ostomates, including Tony Bell, Youth Rally counselor and 2009 Great Comebacks winner. You can follow Rob and Tony's journey to the highest summit on Earth at: <http://nogutsknowglory.com>

WOC NURSE WEEK APRIL 18-24, 2010

The week of April 18 through 24, 2010 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. For more information, view the WOCN Society webpage at:

http://www.wocn.org/About_Us/News/52/

WOC NURSE (ET) of the YEAR AWARD

Don't pass up this opportunity to really pay tribute to that special WOC Nurse 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 15, 2010. Nomination forms were sent to you by email mid-February. If you need an additional form, contact Joan McGorry at oa@uoaa.org.

GET YOUR GUTS IN GEAR in 2010

Join in the fun 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 2010. UOAA will pay the \$ 85 registration fee for all riders or crew members representing the UOAA. UOAA is proud to be a beneficiary of the GYGIG ride, and portion of the proceeds from each ride benefit UOAA's mission.

New York's Hudson River Valley June 11-13, 2010

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 6-8, 2010

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.

Midwest Wisconsin October 1-3, 2010

Starting and ending in Milwaukee, WI, cycle through the rolling farmland of Southern Wisconsin and take in the vibrant fall colors and country views.

For more information, log onto the GYGIG website at <http://www.ibdrive.org>

WE'RE GETTING A MAKEOVER!

Look for our new logo and new website coming soon! Part of our new website design features pictures of real ostomates doing what they love.

Do you or someone from your group want to be included? Send your high resolution digital photos to kristinknipp@uoaa.org , along with your type of surgery and state of residence. If your photo is chosen, we'll send you a release form to sign so you can appear on the website.

UOAA TO HOST ASG LEADERSHIP SEMINAR in ARLINGTON, TX

A seminar for leaders of UOAA Affiliated Support Groups will be held on Saturday, May 1st at the Crowne Plaza Hotel in Arlington TX. A small block of rooms is available for those who want to come in Friday night or stay over Saturday night. There is no registration fee and **UOAA will provide a \$50 grant** (to help defray expenses) to each ASG with at least one representative at the meeting. If your ASG leader(s) plans to attend, please RSVP to Joan McGorry at oa@uoaa.org or Steve Strizic at steves@uoaa.org ASAP (no later than April 26). For more information, see the attached flyer.

A HUGE WELCOME TO OUR NEWEST AFFILIATES!

UOAA now has 296 affiliated support groups spanning the United States. We want to extend a huge "welcome" to the newest members of our family!

Richmond Ostomy Association in Virginia
Savannah Ostomy Support Group in Georgia
Tri-County Ostomy Support Group of MD in Maryland
Williamson County Support Group in Tennessee

YRC YOUTH RALLY JULY 11-17, 2010

The Annual Youth Rally will be held this year from July 11th to the 17th at Xavier University in Cincinnati, Ohio. 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 and most campers

require air travel to get to camp. 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 at laukettrally@snip.net .

JUST A REMINDER...

Resources, resources, resources....WE HAVE RESOURCES!

- New Patient Resource Guides
- Visitor Training Manual and DVD
- UOAA PSA DVD
- Living with an Ostomy DVD
- UOAA Discussion Board
- Medical Community Contact Reference Manual
- Leadership Resource Program
- Life as an Ostomate Nurse Training Modules
- Ostomy Guidebooks, Reference Cards and Brochures
- Much more!

Please take advantage of all of the above, and if something you need is not listed – LET US KNOW!

The Affiliated Support Group is the backbone of the UOAA mission. Thank you for all of your hard work!

Wishing you health and happiness,



Kristin Knipp
President, United Ostomy Associations of America