



**UOAA's 8<sup>th</sup> National Conference**  
**August 10-12, 2023**  
**Royal Sonesta Galleria Houston**  
**Houston, TX**

# CONFERENCE PROGRAM

*Please note the dates, times and topics are subject to change leading up to the Conference.*

Three Tracks this Year – follow the colors!

Young Adults	Caregivers	Pediatric
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## Wednesday, August 9th

Time	Event/Workshop Topic
1:00pm to 3:00pm	UOAA Board of Directors Meeting & Strategic Plans (open to the public)
2:00pm to 7:00pm	<i>Conference Registration Open</i>
2:00pm to 5:00pm	<i>Hospitality Area Open</i>

## Thursday, August 10th

Time	Event/Workshop Topic
6:45am to 7:15am	<i>Aquatic Exercise and/or Morning Yoga</i>
7:30am to 6:00pm	<i>Conference Registration Open</i>
7:30am to 5:00pm	<i>Hospitality Area Open</i>
7:30am to 8:45am	<i>Continental Breakfast served on second level Champion Balcony</i>
8:00am to 5:00pm	<i>Free Stoma Clinic with Wound, Ostomy and Continence (WOC) Nurses Open (Appointments made at Registration Desk)</i>
8:00am to 9:00am	First Timers Orientation
8:00am to 9:00am	Complementary and Alternative Medicine
8:00am to 9:00am	10 Ways to Make Your ASG Meetings More Successful with Steve Vandevender and Amie Leigh Reece
8:00am to 9:00am	Young Adults Track: Meeting Room Open
9:15am to 10:45am	<i>Opening Ceremonies: Greetings from UOAA with Featured Keynote Speaker – Magen Cherry</i>
11:00am to 12:30pm	What's New in the Ostomy World with WOC Nurse Joy Hooper
11:00am to 12:30pm	Basic Ileostomy with Dr. and WOC Nurse followed by Meet and Greet
11:00am to 12:30pm	Basic Colostomy with Dr. David Beck and WOC Nurse followed by Meet and Greet
11:00am to 12:30am	ASG Leadership Success Stories with Steve Vandevender and Amie Leigh Reece
11:00am to 12:30pm	Young Adults Track: Meet and Greet
1:30pm to 2:30pm	Making Illness Refine You; Not Define You with Adam Katz
1:30pm to 2:30pm	Young Adults Track: Life as a Young Ostomate with Alyssa Zeldenrust, Chloe Moody and Nate Hadlock

1:30pm to 3:00pm	Basic Urostomy with Dr. Zachary Smith and WOC Nurse followed by Meet and Greet
1:30pm to 3:00pm	Basic Continent Diversion with Dr. and WOC Nurse followed by Meet and Greet
2:45pm to 6:30pm	<i>Exhibit Hall Open</i>

***All Attendees are Invited to the President's Reception from 7:30 to 9:30pm***

## Friday, August 11th

Time	Event/Workshop Topic
7:30am to 6:00pm	<i>Conference Registration Open</i>
8:00am to 5:00pm	<i>Hospitality Area and Book Nook Open</i>
8:30am to 1:00pm	<i>Exhibit Hall Open – Boxed Lunch served from 11:30am to 12:30pm</i>
8:00am to 5:00pm	<i>Free Stoma Clinic with WOC Nurses Open (Appointments made at Registration Desk)</i>
9:00am to 11:00am	Young Adults Track: Meeting Room Open for Discussions
9:00am to 10:00am	Caregivers Track: Caring for a Male Rap Session
9:00am to 10:00am	Caregivers Track: Caring for a Female Rap Session
10:15am to 11:30am	Caregivers Track: Caregiver Stress – How to Cope (for Caregivers Only)
1:00pm to 2:30pm	Living with IBD and Crohn's Disease – Panel Discussion
1:00pm to 2:30pm	The Why's and How's of Irrigation with Cheryl Ory and Jim Murray
1:00pm to 2:30pm	Short Bowel Nutrition
1:00pm to 2:30pm	Young Adults Track: Clothing and Fashion
2:45pm to 3:45pm	IBD and Crohn's Disease Awareness with Dr. Richard Rood
2:45pm to 3:45pm	Fitness for Life Panel Discussion
2:45pm to 3:45pm	Ask the WOC Nurse
2:45pm to 3:45pm	Diet & Nutrition Supplements and Pre/Pro Biotics with WOC Nurse Judy Madura
2:45pm to 3:45pm	Young Adult Track: Exercise
4:00pm to 5:00pm	Pain Management with Dr. David Beck
4:00pm to 5:00pm	Open LBGQTQ Forum and Questioning for Ostomates and Friends with WOC Nurse Linda Coulter
4:00pm to 5:00pm	Body Image and Confidence with Kimberly Holiday-Coleman
4:00pm to 5:00pm	How to Increase ASG Member Participation with Steve Vandevender and Amie Leigh Reece
4:00pm to 5:00pm	Young Adult Track: Body Image

***The Night is Yours to Explore Houston!***

## Saturday, August 12th

Time	Event/Workshop Topic
6:30am to 7:15am	<i>Aquatic Exercise and/or Morning Yoga</i>
7:30am to 1:00pm	<i>Conference Registration Open</i>
8:00am to 12:00 Noon	<i>Free Stoma Clinic with WOC Nurses Open (Appointments made at Registration Desk)</i>
8:00am to 3:15pm	<i>Hospitality Area Open</i>
8:00am to 9:15am	Sexuality and Intimacy

8:00am to 9:15pm	Friends of Ostomates Worldwide – USA, Inc. (FOW) with FOW President, Cindy Barefield
8:00am to 9:15pm	Ask the WOC Nurses
8:00am to 9:30am	Young Adults Track: Sexuality and Intimacy
8:00am to 9:00am	Pediatric Track: Dietary Considerations in GI/Ostomy Patient with Erika Kay, Registered Dietitian Nutritionist
9:15am to 10:30am	Pediatric Track: Ask the Expert: Gastroenterology Care of the Pediatric IBD Patient with Dr. Allison Wyatt
9:30am to 10:45am	General Session: Healthier & Happier ~ Air Force Pilot Returns to Flying and His Loving Family after Ostomy Surgery with Joshua Nelson
10:45am to 12:00 Noon	Pediatric Track: Ask the Expert: Surgical Management of the Pediatric IBD Patient with Dr. Rueben Rodriguez
11:00am to 12:00 Noon	ASG Show and Tell: Favorite Products with Steve Vandevender and Amie Leigh Reece
11:00am to 12:00 Noon	Peristomal Skin Issues with WOC Nurse Margaret Goldberg
11:00am to 12:00 Noon	Young Adults Track: Relationships
1:00pm to 1:30pm	Pediatric Track: Advice from an Ostomate with Julie Hubbard
1:00pm to 2:00pm	Pharmaceuticals, Drug Interactions and Ask the Pharmacist
1:00pm to 2:00pm	Show and Tell Interactive Workshop with Bret Cromer
1:00pm to 2:00pm	Ostomates Living with Two Ostomies with Jearlean Taylor
1:00pm to 2:00pm	Young Adult Track: Social Media and Advocacy
2:15pm to 3:15pm	Traveling? You and the TSA with George Salamy and TSA Representative
1:45pm to 2:30pm	Pediatric Track: Ostomy Complications and Pouching Techniques with WOC Nurse Maryanne Lewis
2:15pm to 3:15pm	UOAA Today and Tomorrow with Cheryl Ory and Christine Ryan
2:15pm to 3:15pm	Oh Those Medical Female Issues!
2:15pm to 3:15pm	Young Adult Track: Advocacy Update
2:45pm to 3:30pm	Pediatric Track: Ask the WOC Nurses with Barbara Richardson, Erika Guidry and Sharon Wallace
3:30pm to 4:30pm	Ostomates are from Saturn, Medical Providers are from Jupiter! with Jeanine Gleba and Keagan Lynggard-Hysell
3:30pm to 4:30pm	Youth Rally – You Are Not Alone with Emily Mallar
3:30pm to 4:30pm	Oh Those Medical Male Issues!
3:30pm to 4:30pm	Young Adult Track: FAQs
3:45pm to 4:30pm	Pediatric Track: Exercise and Activities for Children with Ostomies with Tenille and Rebekka Smith
4:45pm to 5:45pm	Closing Ceremonies



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