



# UOAA's 9<sup>th</sup> National Conference August 14-16, 2025

## 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 Ostomates	ASG	Caregivers
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### Wednesday, August 13th

Time	Event/Workshop Topic
2:00pm to 4:00pm	UOAA Board of Directors Meeting (open to the public)
2:00pm to 7:00pm	Conference Registration Open

### Thursday, August 14th

Time	Event/Workshop Topic
7:30am to 6:00pm	Conference Registration Open
7:30am to 5:00pm	Hospitality Area Open
7:30am to 8:45am	Continental Breakfast served in Windsong Pre-Function Area
8:00am to 5:00pm	Free Stoma Clinic with Wound, Ostomy and Continence (WOC) Nurses Open (Appointments made through Mobile App and at Information Desk)
8:00am to 9:15am	First Timers Orientation with Susan Burns
8:00am to 9:15am	Nurse Education Session: Ostomy Care – Putting the Pieces Together, Part 1: The Basics with WOC Nurse Karen Burdewick (CE Credits Apply)
8:00am to 9:15am	Toilets, History, Bacteriology and Where to Find a Good One with Dr. John Heryer
8:00am to 9:15am	Young Ostomates Track: Meet and Greet with Cristine Miller
9:30am to 11:00am	Opening Ceremonies: Greetings from UOAA with Featured Keynote Speaker – Ted Leamy
11:15am to 11:30am	Nurse Education Session: Ostomy Care- Putting the Pieces Together, Part 2: Digging Deeper with WOCN Nurse Karen Burdewick (CE Credits Apply)
11:15am to 12:30pm	Body Image, Wardrobe Tips and Possible Complications with Kimberly Holiday-Coleman
11:15am to 12:30pm	Continent Diversion Basics and Meet and Greet with Dr. David Beck
11:15am to 12:30pm	Urostomy Basics and Meet and Greet with Dr. Zachary Smith and WOC Nurse Theresa Pineda
11:15am to 12:30pm	Young Ostomates Track: Building Authentic Relationships with Chronic Illness with Dr. Hope Schuermann
12:30pm to 1:30pm	Nurse Education Session: Complementary and Holistic Approaches to Peristomal Skin Care with Dr. Traci Kimball (CE Credits Apply)
1:30pm to 2:45pm	Ileostomy Basics and Meet and Greet with Dr. David Beck with WOC Nurse Margaret Goldberg
1:30pm to 2:45pm	Colostomy Basics and Meet and Greet with Dr. Daniel Galante and WOC Nurse Tammy Lightman

1:30pm to 2:45pm	Peristomal Skin Complications with WOC Nurse Joy Hooper
1:30pm to 2:45pm	Young Ostomates Track: Stages of Life including Pregnancy and Child Rearing with Ciera Huband
1:45pm to 2:45pm	Nurse Education Session and ASG Track: Building Bridges - Outreach Techniques for Strengthening Your Support Group with WOC Nurse Stacy Krakower, Amie-Leigh Reece and Cari-lyn Lane
<b>2:45pm to 6:30pm</b>	<b><i>Exhibit Hall and Book Nook Open</i></b>
3:00pm to 4:00pm	Nurse Education Session: Hands on Product Session with WOC Nurse Curt Klass <i>(CE Credits Apply)</i>

***All Attendees are Invited to the President's Reception from 7:30 to 9:00pm***

## **Friday, August 15th**

<b>Time</b>	<b>Event/Workshop Topic</b>
6:30am to 7:30am	<i>Yoga Exercise Program with Evon Stone Rubenstein</i>
7:30am to 6:00pm	<i>Conference Registration Open</i>
7:30am to 5:00pm	<i>Hospitality Area Open</i>
8:00am to 5:00pm	<i>Free Stoma Clinic with WOC Nurses Open (Appointments made in Mobile App and at Information Desk)</i>
<b>8:30am to 5:00pm</b>	<b><i>Book Nook Area Open</i></b>
<b>8:30am to 1:00pm</b>	<b><i>Exhibit Hall Open – Boxed Lunch served from 11:30am to 12:30pm</i></b>
9:00am to 10:00am	Caregivers Track: Caring for a Male Ostomate Rap Session with WOC Nurse Joy Hooper and Dori Langevin <i>(for Caregivers Only)</i>
9:00am to 10:00am	Caregivers Track: Caring for a Female Ostomate Rap Session with WOC Nurse Curt Klass and Dale Shank <i>(for Caregivers Only)</i>
10:15am to 11:30am	Caregivers Track: Caregiver Stress – How to Cope <i>(for Caregivers Only)</i> with WOC Nurse Joy Hooper and Dori Langevin
1:00pm to 2:00pm	The How To's of Colostomy Irrigation with Cheryl Ory, Jim Murray and WOC Nurse Joy Hooper
1:00pm to 2:00pm	PTSD/Psychological Concerns for People Living with Ostomies with Dr. Michael Gerald <i>(CE Credits Apply)</i>
1:00pm to 2:00pm	ASG Track: Empathy in Action: Leading Strong Support Group Meetings with Amy Weishaus, Amie-Leigh Reece and Cari-lyn Lane
1:00pm to 2:00pm	Young Ostomates Track: Ostomy Favorite Things open dialogue
2:15pm to 3:15pm	Sexuality and Intimacy living with an Ostomy with Registered Nurse Molly McPeck and LeeAnne Hayden <i>(CE Credits Apply)</i>
2:15pm to 3:15pm	Youth Rally with Erik Eng and Emily Mallar
2:15pm to 3:15pm	Exercise After Ostomy Surgery with Stephanie Finch, Exercise Specialist and Mindfulness Instructor
2:15pm to 3:15pm	Young Ostomates Track: Health, Fitness and Nutrition with Nina Hayes
3:30pm to 5:00pm	What's In Your Bag? with Bret Cromer and Mary Beth Akers
3:30pm to 5:00pm	FOW-USA: Improving Lives for Ostomates Worldwide with Charlie Grotevant and Ashley Mann
3:30pm to 5:00pm	Crohn's Disease and UC Update with Dr. Udayakumar Navaneethn, WOC Nurse Margaret Goldberg, Emily Pinyot and George Salamy
3:30pm to 5:00pm	Open LGBTQ+ Forum and Questions for Ostomates and Friends with WOC Nurse Linda Coulter
3:30pm to 5:00pm	Young Ostomates Track: Self Advocacy – Navigating Your Healthcare, Insurance, Independence and Employment with Amy Weishaus

***Enjoy the rest of your evening exploring Orlando!***

## Saturday, August 16<sup>th</sup>

Time	Event/Workshop Topic
6:30am to 7:30am	<i>Yoga Exercise Program with Stephanie Finch, Exercise Specialist and Mindfulness Instructor</i>
7:30am to Noon	<i>Conference Registration Open</i>
7:30am to 3:30pm	<i>Hospitality Area Open</i>
8:00am to Noon	<i>Free Stoma Clinic with WOC Nurses Open (Appointments made in Mobile App and at Information Desk)</i>
9:00am to 10:00am	Cannabis 101 & the Endocannabinoid System (ECS) with Dr. Joseph Rosado and Jackie Rothman with DocMJ
9:00am to 10:00am	Decreasing Adhesions and Bowel Obstructions Naturally with Licensed Massage Therapist Larry Wurn and Physical Therapist Belinda Wurn <i>(CE Credits Apply)</i>
9:00am to 10:00am	Whole Person Approaches in Ostomy Care and Medicine with Dr. Traci Kimball <i>(CE Credits Apply)</i>
9:00am to 11:30am	Young Ostomates Track: Body Image, Acceptance and Ostomy Tips and Fashion Show
10:15am to 11:30am	Diet and Nutrition for Ostomates with Registered Dietitian Amanda Gilhool
10:15am to 11:30am	Envisioning Your Best Life with an Ostomy with Nina Hayes and Certified Health Coach Amie-Leigh Reece
10:15am to 11:30am	UOAA's Got Advocacy Talent with UOAA Advocacy Manager Jeanine Gleba
12:00pm to 3:00pm	Young Ostomates Track: Social Get Together Off Site
12:45pm to 2:00pm	TSA and Tips and Tricks of Traveling with an Ostomy with a TSA Representative Brian Ashton, George Salamy and Millie Parker
12:45pm to 2:00pm	Becoming Independent with Your Ostomy and Self-Advocacy for Yourself with Lynn Wolfson
12:45pm to 2:00pm	Overcoming Medical PTSD – Panel Discussion with Dr. Michael Gerald and Nina Hayes
2:15pm to 3:15pm	Demystifying the Bulge: A Conversation about Parastomal Hernias with Dr. Traci Kimball <i>(CE Credits Apply)</i>
2:15pm to 3:15pm	Health, Fitness and Active Living Panel Discussion with Richard OHamill and Robert Nunnery
2:15pm to 3:15pm	Male Medical Issues: Erectile Dysfunction, Prostate Issues and More with Dr. Aravind Viswanathan
2:15pm to 3:15pm	ASG Track: "How to Put the 'FUN' in Fundraising!" with Anthony Giordano, Amie-Leigh Reece and Cari-lyn Lane
3:15pm to 4:30pm	Young Ostomates Track: Travel Tips and Tricks with Brian Arseneau
3:30pm to 4:30pm	Medical Female Issues: Pelvic Floor Dysfunction with Registered Nurse Molly McPeck <i>(CE Credits Apply)</i>
3:30pm to 4:30pm	Finding Your Way: The Journey Forward with an Ostomy with Ted Leamy
3:30pm to 4:30pm	Ask the WOC Nurse with WOC Nurse Curt Klass <i>(CE Credits Apply)</i>
4:45pm to 6:15pm	Closing Ceremony



***Mad Hatter Themed  
Evening of Dancing,  
Drinks and Desserts  
Starting at 7:30pm!***

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