

# UOASL 2015 MEETING SCHEDULE

[www.uoaastl.org](http://www.uoaastl.org)

**October 5:** St. Luke's– Leonard Naeger Lectureship  
Rebecca Hefele, RPh

**November 2:** Christian Hospital

Retta Sutterfeld, WOCN

**December 7:** Annual Banquet at Syberg's

\$20 per person, see flyer mailed to you for RSVP  
RSVPs due by November 18<sup>th</sup> to Hank Thill

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**Any articles welcome for consideration:  
personal experiences, health, obituaries, tested tips, etc.**

Publication Deadline November 25, 2015

Send articles to: Mary Beth Akers  
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## LIVE & LEARN By Email

Are you interested in getting this publication by email? Send an email to Mary Beth at [marybethakers@excite.com](mailto:marybethakers@excite.com) and let her know that.

## Mailing Information Update

Please let Brenda Schulte know if your info changes.  
Her address is: 115 Pine St., Old Monroe, MO 63369.  
Her phone number is: 636-661-5607.

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**LIVE & LEARN**  
Fall 2015  
**President's Message**

To All Members and Friends of UOASL,

We will be celebrating World Ostomy Day again this year at our October meeting. The actual day is October 3<sup>rd</sup> and we will have cake to celebrate at our meeting at St. Luke's when we hear our pharmacist speaker. We hope you can join us in the North/South Medical Building at the hospital on 141.

Youth Rally was our biggest year ever with 140 campers. Make sure to read the wrap up in this issue. I have also included the thank you letters from the campers we sponsored from the area. As always, we appreciate money to help with the sponsorship, but even better is to get the word out so more teens and pre-teens can have the experience! Quinn Strong was back as a counselor this year. If you have been around as long as I have, you may recognize that name as being a camper we sponsored a number of years ago. It is always great to see the impact continuing to be passed on to the new group. Susan Burns was also able to join us for several days. She enjoyed the chance to see us in action and take that info back to the National Board of UOAA.

The National Conference was another amazing happening this month! There were 445 attendees from around the country as well as some from Canada, Bermuda, Brazil and other far away places. The stoma clinic was staffed by many of our local WOCNs who expressed their feelings of joy at helping someone fix a problem who didn't have access to a WOCN back at home. Our local chapter did a fine job welcoming all to our fair city. Check out some of our local members' comments in this issue about what they got from conference.

The next month's meeting will be our annual pharmacist lecture. We have Rebecca Hefele, RPh, who presented at the conference at the Hyatt. In November we will be at Christian Hospital discussing the politics of ostomies and hopefully you will bring your suggestions to make new ostomates experiences smoother. We will wrap up the year with our banquet at Syberg's in December. I hope to see you there!

Mary Beth Akers, President, UOA St. Louis

## Nine Reasons for Ostomy Pouch Leakage

From the UOAA Update and Thrive (May/June 2015)  
Newsletter of the Metro Maryland Ostomy Association

- 1) **Poor adherence to peristomal skin.** Make sure that the skin surrounding your stoma is "bone dry" before applying your pouch. Hold a warm hand over the pouch and stoma for 30-60 seconds after application to warm it and assure a good initial seal.
- 2) **Wrong size pouch opening.** If the size of your stoma has changed due to post operative shrinkage or change in body weight and you haven't re-measured and adapted the opening accordingly, undermining of the wafer and leakage may result.
- 3) **Folds or creases develop in the skin.** If leakage always occurs along the crease, you can use wafer pieces or ostomy paste to build up the area. Consult your ostomy nurse for proper methods.
- 4) **Irritated skin.** Pouches do not stick well to irritated skin so practice meticulous skin care in order to avoid irritated or denuded skin (*denuded means naked, bare or stripped*). If any of these problems develop, consult your ostomy nurse as soon as possible so that the problem can be nipped in the bud.
- 5) **Improper pouch angle.** If the pouch doesn't hang vertically, the weight of its contents can exert an uneven, twisting pull on the wafer. Ostomates must find an optimal angle for their own individual body configurations.
- 6) **Infrequent emptying.** Pouches should be emptied before they become half full. If they're allowed to overfill, the weight of the affluent may break the seal and cause leakage.
- 7) **Warm weather wafer melt-out.** Wafer melt out may cause leakage in warm weather. Try more frequent pouch changes to change the wafer material.
- 8) **Pouch wear and tear.** Disposable wafers do wear out. If you're stretching your wearing time, leakage may be due to the wafer wearing out. Change your pouching system more frequently.
- 9) **Improperly stored appliances or aging materials.** Store your ostomy supplies in a cool dry place because humidity may affect your wafer adhesive. [*Do not store supplies in your vehicle.*] Also, pouches won't store forever. Ask your vendor what your supplies' shelf life is and always keep some extra pouches on hand. (*You can check expiration dates marked on the outside of boxes of some brands.*)

## UOASL MEETING RECAPS

September Summer Wrap Up – Breakout Groups

### Urostomy Group submitted by Lois Loomstein

Betsy Naeger, WOCN from Medical West moderated.

- Urostomy surgery will eventually be done laparoscopically.
- For those that are swimmers, skin tack can be used as a barrier.
- Be aware that hernias can be treated with hernia belts.
- The question arose about reconstruction of stoma. Members said NO!
- When one gets a rash from sweating: use cotton ball with Maalox. Can also use vinegar. Apply to rash. Dry using hair dryer. Use barrier wipe then apply bag

### Ileostomy Group submitted by Sheila Reddick

Zoe Sheppard, WOCN from Medical West moderated.

There were two topics discussed more or less at length. The group shared personal methods of emptying drainable pouches. Several members of the group, mostly men prefer to kneel in front of the toilet. Others sit at the back edge of the toilet and thus prefer the extended length toilet seats.

MCCP, Medical Community Contact Program is an organization which has in the past been active in bringing informational material to hospitals about our UOAA group to share with ostomy patients. In our local group there are more trained visitors than requests for visits, some said they have never visited patients. It is felt that surgeons are reluctant to discuss ostomy surgery with patients. Several of our group had suffered for a very long time especially with UC before finally having ostomy surgery, and if they could go back in time would have had the surgery much sooner.

Another topic discussed was the use of hernia belts, several members have peristomal hernias. We also heard about ileoscopy, a procedure using the stoma entrance to scope the small intestine.

### Significant Others Group submitted by Bryan Reddick

Eileen Fayhe WOCN from St. Anthony's moderated.

Eileen asked those present who had attended the recent national conference to comment. Every attendee reported positive experiences, from presentations to interaction with many folks from all over the world, who share such common conditions and personal histories. One person said she and her husband had received some good advice about nutrition.

Considerable talk ensued about the difficulty our spouses, friends, and children had had in making the transition from surgery to normal life. No

one felt they or their loved one had been properly prepared for the shock, anxiety, frustration, and depression caused by the lack of knowledge about the variety of individual conditions (size and shape of stoma, skin conditions, etc.) and all the myriad of supplies and materials available.

Even post-op nurses sometimes did not know what to do or how to help.

No one had been told of the existence of our group, while everyone agreed that visiting with us before as well as shortly after the surgery would have been very helpful. It is not possible for WOCNs, doctors, or hospitals to notify us about such people so that we can reach to them. They even seem to resist suggestions that they tell prospective or new ostomates about us so that they can contact us.

Other points made include:

- Many ostomates give their stomas nicknames (Oscar and Bobby were mentioned.).
- It is good for ostomates go in to see a WOCN every couple of years, even if they have no particular problems. Confirmation that one is doing a good job is reassuring. New products may have become available...
- Some insurance programs will pay for only one brand of products.
- Those planning air travel should look on the TSA website to learn how to manage “pat downs” at check-in. There is a card that can be printed out from there to hand to the guards.
- Both the significant other and the ostomate need to participate in changing the pouch, etc, anticipating a time when perhaps one or the other might not be able to do it alone.
- The care-giver also needs to make an opportunity from time to time to have some personal time.

#### VISITING SERVICES

Upon request from you, a Doctor, a Nurse, or an Enterostomal Therapist (Wound Ostomy Continence Nurse): A **VISITOR**, who has been specially trained will be sent to visit an Ostomy patient, either Pre-Op or Post-Op. The visitor will be chosen according to the patient's age, sex and type of Ostomy. There is **NO CHARGE** for this service and **WE DO NOT GIVE ANY TYPE OF MEDICAL ADVICE**. We only show the patient that his/her operation is not the end of the world, but a NEW pain free beginning to life again. Call Betsy at 314/725-1888.

# Get Ostomy Answers!

*The Phoenix* is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.



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#### WORLD OSTOMY DAY

The concept of focusing the world's attention on “ostomy” for one day, worldwide, was introduced by the International Ostomy Association in 1991. World Ostomy Day is observed every three years. The Aim of World Ostomy Day is to improve the rehabilitation of ostomates worldwide by bringing the attention of the general public and the global medical community to: The life situation of ostomates; The contributions of Ostomy Associations, and Ostomy Medical and Industrial Professionals; and, the value of the multidisciplinary approach in ostomy care. (The surgeon, the Stoma Nurse, the Floor Nurse and the Ostomy Visitor.)

**Ed. Come join us in celebrating this day at St. Luke's on October 5<sup>th</sup>.**

## **WOCN of the Year nominations**

We are accepting nominations through October 15<sup>th</sup>. If you had a wonderful WOCN, let us know about it. Just send the name, where they practice, and why you feel they are deserving to

[marybethakers@excite.com](mailto:marybethakers@excite.com).

Our previous winners are: Betsy Naeger, Lyn Kramer, Sheila Kramer, Colleen Cole, April Kuhlman, Linda Guerin, Janet Knebel, Sharon Waldman, Zoe Shepard, Diana Occonomon, Roxie Lupien Retta Sutterfield, and Dena Muscarelli.

### **Adhesive Removal Tip**

Coupled with adhesive removal sprays and wipes, small white wedge shaped sponges used for makeup removal work pretty well in removing stubborn bits of adhesive on the peristomal skin.

## **Relay for Life 2015**

Brenda reported that the Relay for Life of Lincoln County, MO raised \$90,000.

Herschel reported that the Relay in Highland, IL did the same. Thank for all who supported the cause!



## **Tips for the Urostomate**

via Austin (TX) *Austi-Mate Journal*; and North Central OK *Ostomy Outlook*

Check the pH of your urine about once a week to be sure the urine is acidic, with a pH of less than 6.0. Always wash your hands before working with your appliance or stoma to avoid introducing bacteria into the stoma. Reusable or disposable appliances that are not cleaned adequately or are worn for long periods of time can cause urinary tract infections from bacterial growth in the pouch and urine. Signs and symptoms of a urinary tract infection include fever, chills, bloody urine, cloudy or strong-smelling urine, and pain in the back and kidney area. If you experience these symptoms, see your physician.

## **HELPFUL HINTS**

UOAA Update September 2015

- If your adhesive paste becomes hard and will not push through the end of the tube, heat a glass of water filled halfway in the microwave for 45 seconds. Remove and place the tube cap down in the water. Let stand for a few minutes, then remove and dry. You should be able to push the paste out now.
- Vitamins should be taken on a full stomach otherwise, they irritate the lining of the stomach and produce the sensation of feeling hungry.
- Try strong-brewed tea before taking of "diuretic". Hot tea twice a day will wake up your sluggish kidneys.
- An alternative to Gatorade is tomato juice. It is lower in cost per cup while providing as much sodium and five times more potassium as Gatorade. Orange juice is another alternative providing the same amount of sodium and 15 times the amount of potassium. Tea, however, contains approximately the same amount of potassium as Gatorade, but only negligible amounts of sodium.

## **WISDOM FROM A PHARMACIST**

By Florian Norwicki, RPh: Snohomish County WA, Insights,

UOAA Update May 2015

I find ostomates with the least problems are those who become acquainted with other ostomates with a similar surgery. The best method of acquaintanceship is to become involved in your local ostomy chapter.

We constantly hear of organizations being formed for many types of bodily dysfunctions, such as paraplegics, epileptics, bypass cardiac club, diabetes, etc. These peer groups perform invaluable services, especially to new members when the trauma is often more psychological than physical. I encourage each and every one of you to attend meetings regularly. If you come away with one new fact or idea per meeting for your self-help, you know it is worth the time and effort.

Your best medicine is preventive medicine. Whatever your procedures are, or your diet is, think of the problems you encounter if you deviate from your norm. Spices, alcohol, caffeine and some vegetables which cause flatulence are to be used moderately or not at all.

Again, it is pertinent to your well-being that you know what is best for you. A good idea is to keep a diary or log of your diet so you may determine what food it was that caused a problem for you then steer yourself away from that problem.

Your UOAA Chapter is the way to go. Ask questions - get answers. The members have already been in your shoes!

## **OSTOMATE'S GUIDE FOR HOSPITALIZATION**

By Lindsay Bard, MD: UOAA Update March 2015

It is important for an ostomate who needs to be hospitalized, to know how he/she should be handled differently than someone without an ostomy.

**Rule 1 - The Cardinal Rule!** If you feel something is being done or going to be done to you that might be harmful, refuse the procedure. Then explain why to the medical personnel, especially your physician. They will then decide with you, if the procedure will actually be in your best interest.

**Rule 2 - Supplies:** Bring your own supplies to the hospital. Never assume the hospital will have the exact pouching system or irrigation system you use. Most hospitals have some supplies available for emergency situations.

**Rule 3 - Instructions:** Take to the hospital two copies of instructions for changing and irrigating your pouch.

**Rule 4 - Communicate!!!** Again, let me stress that you communicate with the hospital personnel who take care of you. You will have a better hospitalization and they will have an easier time treating you.

## **Coping With Infection...Facts and Fallacies**

*via Reno Ostomy Association Truckee Meadows Informer;  
UOAA Update, October 2014*

It is true that our bodies contain many normal bacteria; we do not live in a sterile world. We humans have a natural immunity to many of these organisms; some are even helpful in keeping down growth of more harmful bacteria.

Infection occurs when the number of organisms exceed the body's ability to handle them. Some of the first signs of infection in the area of a wound are redness, swelling, pain on touch, and often fever.

It is important to report such symptoms to your doctor before it becomes serious. He or she may want to culture the drainage to determine what organisms are present. Besides local cleaning of a wound, an antibiotic is often prescribed to treat any infection that might be in your system.

The same thing does not work for everything. The good news is that with today's drugs, infections are more easily cured.

Many ostomy patients worry about bacteria. Those with colostomies and ileostomies ask if their stomas will become infected from the discharge of stool. **THIS IS A MYTH!** The stoma is accustomed to the normal bacteria in the intestine.

Keep the skin around the area clean and be careful of adjacent wounds. Keep the fecal drainage away from the incision. Don't worry about the ostomy becoming infected from the normal discharge...our bodies are accustomed to certain bacteria.

## **UOAA Conference in St. Louis, MO September 2015**

This was the third UOAA Conference I have attended. I was kind of a floater helping out in Registration, Hospitality Room, and Exhibitors Booth, whatever was needed. That way I got to meet and see most of the people who attended the conference. It was interesting to see how many different states and countries people come from.

The choice of the Hyatt for the conference was good because it was so easy to get around to all the different activities and sessions. The hospitality room at the center point was great to bring people together. Brenda Schulte

The UOAA Conference was an eye opening experience for me, us. While I knew that there are many of us ostomates, I was overwhelmed at the friendliness and openness of the attendees. The programs were wonderful and the speakers top rate. I also learned that we are very lucky to live in STL. We have a very active and knowledgeable support group and many wonderful professional caregivers to offer their support and guidance.

Karen and Dave Kroger

I met a woman my age whose surgery was at the same time and for the same reason as mine, UC. Unlike me she uses 120 closed end pouches plus caps a month so that she can simply dispose of them several times a day instead of emptying them. Incidentally she has two cute little dogs whom she cleans up after every day! While talking with folks from all over the country I came to realize how lucky we are in St. Louis to have a resource like Medical West where we can buy a whole range of products especially when we need them quickly.

Sheila Reddick

Our ASG stood tall as the host chapter of U.O.A.A. Conference which was a learning experience for those who attended from all over the country. I heard lots of favorable comments about the hotel, the hospitality area, the sessions, and the exhibitor hall. I picked up some good information and helpful tips about Irrigation and the maintenance of my stoma. The Hyatt Regency is a first class venue that provided a pleasing backdrop for the Conference, All in all, GREAT!

Hank Thill

### **Reflections of a First Timer-**

The conference was a rewarding experience. The lectures were very interesting. Many new ideas as well as refreshing what we already knew. Meeting folks from far and near and realizing what we had in common with them. If we have the opportunity to go to another conference, I would go to more lectures that were not related to our ostomy. One could learn so much. WELL DONE--THANKS TO ALL WHO MADE THIS POSSIBLE.

Otto and Elgene

## More Conference Reflections

As a first timer, I went to the convention not knowing what to expect. I saw a couple of topics that peaked my interest, so I decided to attend. I commuted 1 1/2 hours one way each day and decided to go every day, all day, because all the seminars were wonderful. As a matter of fact, there were many that I missed because several different topics were running at the same time. I would definitely recommend this to anyone who has not attended one before. I am planning on attending the next one.

Among the first people I met at the convention was a couple and their son. The woman was an ostomate and she expressed her fear of elevators and was sad she couldn't go up to the 16th floor to the Stoma Clinic. I went to the stoma clinic supervisor Katie and mentioned the situation. Katie contacted the woman and arranged to have a stoma nurse look at her down on the convention level. Privately, of course! Great accommodation of everyone's needs... The BEST!!

Dave Wassung

Conference was fun and exciting. I totally enjoyed being there and helping wherever possible. I find it very easy and comfortable being able to talk "potty" with others who are also ostomates. Learning from others and passing along helpful hints is always helpful. It really speaks the adage that "Been There, Got the T-Shirt!"

The sessions cover all aspects of life for the ostomates, and this year's session on "Traveling as an Ostomate" was very educational. Lots of helpful hints that I hadn't thought of previously. To watch a 1<sup>st</sup> timer grow during the conference is always wonderful, no matter their age, there is always something new to learn.

The Exhibit Hall featured several new ostomy lines from appliances and items for an ostomates to use, to several different lines of underclothing... All great to check out. Plus those exhibitors were very informative and easy to talk with, plus the free samples are nice too!

Ever since my first conference in Philadelphia, I made lasting friendships that are special to me. I live by the motto: There are no strangers, only friends that I haven't met yet. This is so true about the UOAA and I'm very happy to have UOAA in my life.

Kaytie Torango

The following was created by UOASL member, Sheila Reddick, after she realized the need for it in the event of an ostomate being incapacitated and unable to communicate with healthcare providers.

Sample directive:

## Attention Please! Urgent

John Doe is an ostomy patient if he is unable to care for his ostomy appliance he should be seen by a WOCN, Wound Ostomy Continence Nurse. Normally his pouch should be emptied every 3-5 hours, and he should receive a clean appliance every 4 days.

His supplies include: Hollister # 1234 pre-cut wafer(size?), Hollister Pouch #5678. He needs to use a barrier ring with the wafer, which should be attached to the wafer before attaching the wafer with barrier ring around his stoma. If there is any redness or irritation, a thin coating of stoma powder should be used before placing a new wafer.

### Directions for changing pouch:

Line up supplies: paper towels, soap, trash baggie, pouch, wafer, barrier ring, adhesive remover wipes, scissors, pouch deodorant (brand?)

1. Close off pouch end, fill with 1 T spoon pouch deodorant, swish it around
2. Remove fresh wafer from packet, peel off protective paper cover
3. Remove barrier ring from package, stretch and place around wafer hole
4. Attach barrier ring around wafer hole, press and smooth
5. Gently detach used pouch, empty and dispose into trash bag
6. Wipe area around stoma with paper towel and water
7. Clean skin with adhesive remover and soap
8. Wash off all soap and/or adhesive remover, dry thoroughly
9. Powder area around stoma with stoma powder if necessary
10. Place new wafer around stoma
11. Press palm of hand over wafer for 1-2 minutes
12. Clamp pouch opening over wafer opening, press
13. Peel back last paper strips on back of wafer, smooth onto skin
14. Fill trash baggie with left over packaging bits, dispose

**Sheila encourages everyone to create their own with their individualized routine.**

## **YOUTH RALLY THANK YOU'S**

Thank you so much for allowing me to return to Youth Rally for my seventh and final year as a camper. I have been coming to this camp since I was 11, and it has truly been a life changing experience. The people I have met here are all family that have formed an unbelievably close bond that I don't believe we could've found anywhere else. Rally is so much more than just a camp; it's a support network, full of people who understand exactly what you're going through, no matter how unique the situation. I meet more incredible people every year, and they never cease to amaze me. Seeing the way others not only live but thrive with their conditions is so inspiring and really pushes me to do more with my life. Youth Rally is the highlight of my year, and I hope to return next year as a CIT.

Mikayla Hoffmann, 17



Thank you for helping me get to Youth Rally. I know I go to be a leader for the kids, but I get more out of camp just from being around all the kids. I can't tell you how much they inspire me. Most of the kids at camp have had their condition their whole life and I have only had mine for 5 years, so I get to hear how they have had to deal with it growing up. Now I have a third family that I can go to for support and without your support, that would not be possible, so thank you so much. I hope you will continue to support me so I can go back year after year.

Herschel Austin, UOASL Board Member and Youth Rally Counselor

Having been going to rally for over 15 years, I still get emotional reading the thank you letters of all the kids. The first time attendees are amazed at finding someone who understands their journey. They keep coming back and learning more about themselves and their possibilities each year. I am so touched to be able to help these campers and counselors find their "new family" as a number of them have said. Their first families love them with all their hearts but can't truly relate in the same way their rally family can. I can't tell you how much I appreciate all you, our members do, by donating as well as by spreading the word so we can find new campers to send each year.

Mary Beth Akers, UOASL President and Youth Rally Registrar/Treasurer

## **YOUTH RALLY THANK YOU'S**

Thank you for sponsoring the camp. I really enjoyed camp this year. I learned how to change my bag and tried different brands of bags. I learned how to ice skate for the first time. Thank you for sponsoring and keep it up! ☺ <3

Gavin Schlaremann, Age 11



Hello. I am Mikey Thum and I am 13, less than two months away from 14. At Youth Rally, I made a few friends to talk to and to hang out with. Plus I met and listened to the motivational speaker, Jen Bricker. Jen was and still is a gymnastics champion even though she has no legs! She was very inspirational. I also would like to thank you for sponsoring me.

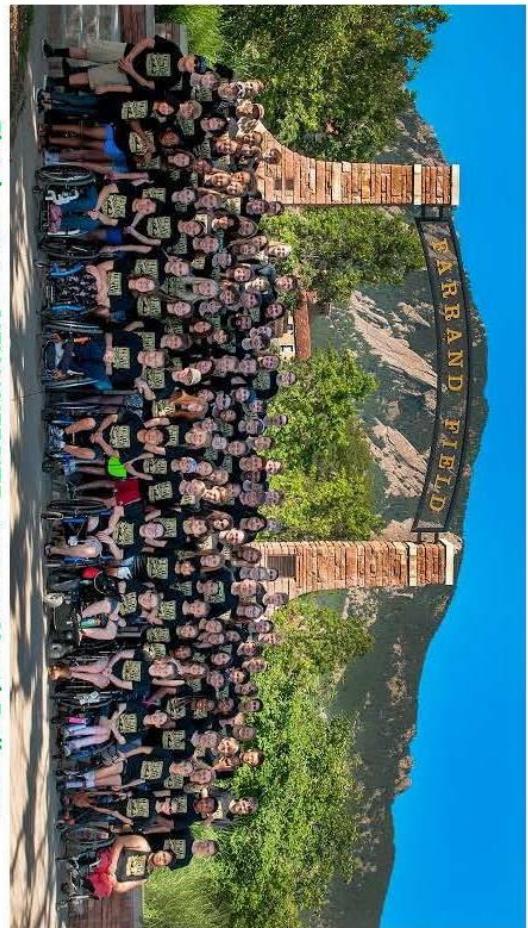
Mikey Thum

I cannot begin to thank you enough for your contribution to Youth Rally! Without you, I would've never met so many amazing teens who understand what I'm going through. I was diagnosed with Ulcerative Colitis a year ago and had a total colectomy last August. Since then, I've been kind of lost. My friends and family try to understand, but it's so difficult to sympathize when you don't know their experiences firsthand. Sure, I had a great time at Elitch Gardens Amusement Park, I loved swimming and shopping, and Boulder is breathtaking. But the true meaning of rally is for us campers to know that we're not alone. My week at rally was the first time in a year that I was able to truly be myself. This was my first year at Rally, and I already have a family here. I plan to come back next year as a camper, and hopefully as a CIGT and counselor after that. It was an amazing feeling to know that I'm not the only teen with an ostomy. You gave me a priceless gift: an accepting family and support system. I could never put into words how thankful I am for my new family and I owe it all to you. Thank you.

Anna Gordon, 16



# 2015 YOUTH RALLY IN BOULDER, CO



**Check out our NEW WEBSITE at [www.YouthRally.org](http://www.YouthRally.org) for more photos and videos from Youth Rally 2015!**

**AN IDEAL SETTING** The Youth Rally was back in Boulder this year for a fun-filled week of learning, growing, and the creation of life-long friendships and memories! The Boulder campus at the University of Colorado has long been a favorite site among campers and counselors alike on account of the picturesque setting seen here. Sunny and warm days (with the exception of a sprinkle the first night) followed by cooler nights, set the perfect scene for the experience of a lifetime.

**THEY COME FROM ALL OVER** This year's Rally hosted 140 campers (picture above) – our biggest year yet! - between the ages of 11 and 17 from 37 states, Canada, and Venezuela. Notably, 55 campers were experiencing the Youth Rally for their very first time! The Youth Rally volunteer team of 55 counselors, 10 counselors-in-training, and 17 specialty-trained registered nurses assembled on campus two days prior to camper arrival for their annual orientation and team-building session so that they were well prepared for camper arrival on Monday morning.

During their five days of camp, campers with many different diagnoses had the opportunity to learn more about their own diagnoses as well as those of other campers and counselors. They participated in intimate rap sessions discussing their own diagnoses, management techniques, and self-esteem while sharing their life experiences and innovative ideas for independent living.

**FUN, FUN, FUN** On fitness day each participant had the opportunity to learn the importance of health and exercise while sampling some of the many activities available at the newly-renovated UC Boulder Recreation Center. Of course it wouldn't be a Boulder Rally without a trip to Denver for a day at Elitch Gardens amusement park where the group had access to rides, amusement games, magicians, water slides, a wave pool, and all the junk food their hearts could desire. The Youth Rally welcomed Jennifer Bricker to our team this year as our guest speaker. An amazing and talented young woman - if you don't know her, we recommend googling her story! The week was topped off with our annual Rally's Got Talent (show) and Fashion (show), and a Candy Land-themed dance and graduation ceremony complete with a cotton candy artist and a photo booth. Nobody got much sleep, but who can sleep when there's so much fun to be had and experiences to share?

**SEATTLE-BOUND!** It is expected that all but those 27 campers who graduated will join us again in 2016 at the University of Washington in Seattle, WA. Many of those same graduates will be submitting applications for the 2016 Counselor-in-training leadership program. In the meantime they have formed lasting friendships, found lifelong mentors, and thanks to modern technology and social media, they will be able to communicate all year long!

The Youth Rally Committee greatly appreciates your support in providing sponsorship so that these teens could again attend the Youth Rally without further financial burden on their families. Without your support, the Rally could not continue. Your contributions allow us the privilege of providing an environment for these adolescents to grow, learn, have fun, and realize that they are truly never alone.

## UNITED OSTOMY ASSOCIATION OF GREATER ST. LOUIS

Our mission at UOASL is:

- To offer the opportunity to persons who have had colostomies, ileostomies, urostomies, or alternate procedures to meet with others who share similar challenges of adjustment and for sharing of ideas and knowledge.
- To aid the ostomate in recovery and rehabilitation.
- To provide educational opportunities to medical, nursing, and lay groups through lectures, demonstrations, and exhibits regarding care of the Ostomy patient.
- To provide the ostomate with volunteer services and social activities.
- To provide hospital visits to the patient, before and / or after surgery, at the request of the patient's physician.
- To maintain close contact with appliance manufacturers, also local pharmacies.
- To provide information about the availability of products to ostomates and the medical profession.

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THE UOASL AND MAY NOT BE  
APPLICABLE FOR EVERYBODY.  
PLEASE CONSULT YOUR DOCTOR OR WOCN (ET) FOR  
THE ADVICE THAT IS BEST FOR YOU.**

### AFFILIATION

UNITED OSTOMY ASSOCIATIONS  
OF AMERICA  
1-800-826-0826 [www.ostomy.org](http://www.ostomy.org)

AMERICAN CANCER SOCIETY  
4207 Lindell Blvd.  
St. Louis, MO 63108  
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Membership Benefits:

**Education              Mutual Support from Fellow Ostomates  
Visitation Program      Conferences Country-Wide  
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Ostomy Guide Books and Informative Literature  
"Live and Learn" Our Own Publication**

### CHAPTER MEMBERSHIP APPLICATION FORM

NAME: \_\_\_\_\_  
SPOUSE'S NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_  
STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_  
PHONE: HOME: (\_\_\_\_) \_\_\_\_\_ OFFICE (\_\_\_\_) \_\_\_\_\_  
OCCUPATION \_\_\_\_\_ e-mail \_\_\_\_\_  
YEAR OF SURGERY: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_/\_\_\_\_/\_\_\_\_

Please check all applicable information

Type of ostomy:

( Colostomy     Ileostomy     Urostomy  
( Continent Ileo     Continent Uros  
       Other (Specify): \_\_\_\_\_

Meetings: ( Send meeting notices     Don't send meeting notices

Help:    ( Would like to help on Phone Committee

Other Activities \_\_\_\_\_

Assistance    ( Request Complimentary Membership

Medical Profession ( Doctor    ( RN,WOCN    ( Other \_\_\_\_\_

UOASL Chapter Membership Dues: (Effective Jul 2006)

\$12.00 annual

Make check payable to U.O.A.S.L.

SEND CHECK TO: Hank Thill, Treasurer U.O.A.S.L.

970 Imperial Point

Manchester, MO 63021

Phone: 636-225-5099

(ANY CONTRIBUTIONS OVER \$12.00 ARE TAX-DEDUCTIBLE  
AS WE ARE A NON-PROFIT ORGANIZATION)



949 Chestnut Oak Drive  
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Local website is [www.uoastl.org](http://www.uoastl.org)

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**LIVE AND LEARN – Fall 2015**