



*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 m?" 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.*

OCTOBER 2008

UOAA CELEBRATES ITS 3RD BIRTHDAY!

Break out the cake! UOAA is now officially three years old ... alive and well! Thank you for making it happen!

ASG ADVISORY BOARD NOMINATIONS

You still have time to nominate that someone special in your support group to serve a two year term as a member of UOAA's ASG Advisory Board. The deadline for submission of nominations to Joan in our home office is November 1st. Send them to her at oa@uoaa.org. Remember, the candidate must write a message to the UOAA Management Board of Directors telling them why he/she should be selected to serve. The MBoD will make their selection at UOAA's Annual Meeting, November 20-21 in Cherry Hill, New Jersey.

THE REGIONAL RECIPIENTS FOR THE 2008 GREAT COMEBACKS AWARDS HAVE BEEN ANNOUNCED

The recipients of the 2008 Great Comebacks[®] Program's Regional Awards have been announced and will be honored at four special dinners that will be held throughout the US ... one in Phoenix, Arizona on October 13th, another in Columbus, Ohio on October 20th, followed by those in Annapolis, Maryland on November 10th and in San Antonio, Texas on November 17th.

Now in its 24th year, the annual Great Comebacks Program recognizes inspirational achievements of adults and young people who prevail over debilitating intestinal diseases and ostomy surgery. These awards are sponsored by ConvaTec, the Crohn's & Colitis Foundation (CCFA), the United Ostomy Associations of

America (UOAA) and the Intestinal Disease Education and Awareness Society (IDEAS).

The 2008 Great Comebacks[®] Regional recipients are:

- West: **Susan Foster**, 46, Tempe, AZ
- Central: **Jane O'Brien Ayers**, 67, Columbus, OH
- East: **Patrick McKinney**, 42, New Market, MD
- South: **Lisa Becker**, 31, Tampa, FL

"By sharing their stories of personal triumph, these remarkable individuals are helping to disprove the notion that those with digestive diseases or an ostomy have to put their lives on hold," said Rolf Benirschke, former San Diego Chargers place-kicker, ulcerative colitis patient and chairman of the Great Comebacks[®] Awards Program. "I am confident that these inspiring recipients will bring new ideas and enthusiasm to our ongoing efforts to demystify these diseases and ostomy surgery through education, advocacy and support."

Members in the following UOAA affiliated support groups ... the Phoenix Ostomy Chapter, the Central Ohio Ostomy Association, the Anne Arundel County Maryland Ostomy Association and the Ostomy Association of South Texas, have been invited to join in the festivities at these dinners and cheer on the Award recipients from their areas.

If you know of someone who you feel deserves to be recognized for their "great comeback" go to <http://www.greatcomebacks.com/us/programs/index.shtml> and get an application form by clicking on the words "US Award Application" at the top right of the text. It's best to visit the website first, then get the application so that questions and answers about the Award can be viewed.

One of the events we have planned for next year's New Orleans Conference is a workshop featuring the members of our UOAA family who are honored recipients of a Great Comebacks Award, including our current Vice President, Bob Baker; Director, Charlie Grotevant; Teen Network Chair, Jude Ebbinghaus; Broward Ostomy Association President Wendy Lueder; and, Abby Ryan who received an Ina Brudnik Scholarship Award for those of college-age. Abby has also agreed to serve as our Friday Luncheon speaker.

ADVOCACY

Please help us understand more about your insurance problems:

We know that coverage of Ostomy Supplies by private insurers is increasingly under threat, and the UOAA would like to step up its advocacy activity in this respect. We would be very pleased to hear if any of the members of your group are currently experiencing problems with their private insurance plan and how it covers ostomy supplies (an employer plan or one privately purchased, not Medicare). If you could ask the question at your next meeting and let us have some detail, we can use that information to support our efforts, and maybe, eventually bring about a solution. Responses can be sent to our Advocacy Chair, Linda Aukett at advocacy@uoaa.org



QUESTIONS ...WE WANT YOUR QUESTIONS!

There are two columns that are regular features of *The Phoenix* magazine ... "Ask Dr. Rafferty" and "Ask Nurse Muchoney". These columns provide answers to ostomy related medical questions ... questions whose answers would be of interest to our readers ... questions that are submitted by you the readers. But despite the Editor's earnest request that questions be e-mailed to him at publisher@uoaa.org or mailed to him at P.O. Box 3605, Mission Viejo, CA 92690, the response has been underwhelming to say the least. So please, allow us to use your

situation as an opportunity to provide some valuable information to others in the same boat!

2009 COLONDAR

Go to our website, www.uoaa.org and check out the **2009 Colondar** that is now for sale!

Now then, have you ever pictured yourself as a model ... well here is your chance. A "Casting Call" has been issued by The Colon Club for models to appear in the 2010 Colondar.

If you were diagnosed with colon or rectal cancer under the age of 50, The Colon Club wants you to apply for the 2010 Colondar!

E-mail info@colondar.com today for your application. Application deadline is November 21st and they ask that you also include a photograph of yourself that clearly shows your surgical scar. They need to know that you won't be shy when you get in front of the camera! They will also be asking each of you to write a long bio that will help them to write your Colondar bio if you are chosen and will also be used on The Colon Club's website.

Applications must be filled out by the potential model - not a friend or family member. Applications submitted without both a long bio and photo that clearly shows you and your surgical scar will not be considered. The 2010 Colondar photo shoot will take place the weekend of June 4-8, 2009 in Upstate New York. You must be available for that entire time. The Colon Club will cover all expenses related to the selected model's trip.

MID ATLANTIC REGIONAL CONFERENCE

November 21st – 23rd, in Cherry Hill, New Jersey

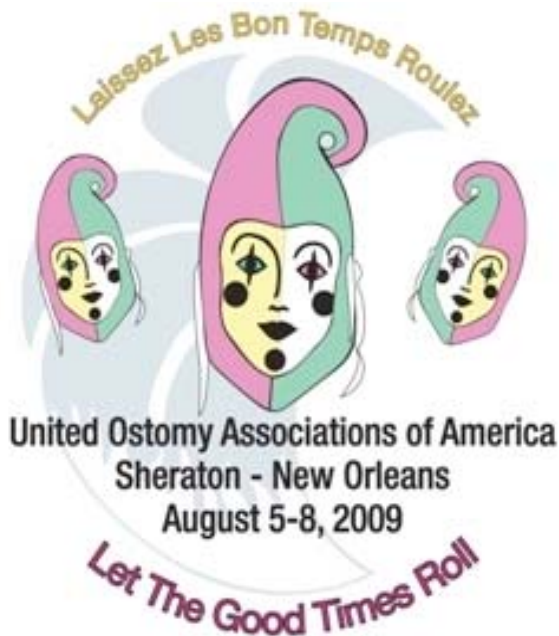
Looking for a Conference to attend ... one complete with educational workshops, a product exhibition, free stoma clinic, and two great motivational speakers, Great Comebacks National Award recipient for 2007, **Scott Ellis**, and our own, lovable stand-up comedian, **Brenda Elsagher**, author of several books including, "*If the Battle is Over, Why am I still in Uniform?*" Come to the Holiday Inn in Cherry Hill, New Jersey on Saturday, November 22nd... just 15 minutes from downtown Philadelphia). See http://www.uoaa.org/conferences_events.shtml for details

GYGIG'S FINAL RIDE FOR 2008

GYGIG's last ride for 2008 will be held in Texas, October 17-19 (that's next weekend!). We have learned of a young man with an ileostomy who will be riding the 210 miles from LaGrange to Austin. His name is Zach Anderson, his rider # is TX-28, and you can read his story and donate to his personal fund-raising goal on the GYGIG website at: <http://www.ibdride.org/zanderson/>.

Remember, GYGIG shares its proceeds with UOAA and along with some other non-profit groups. Last year our share was over \$ 60K. **Go, Zach, Go!!**

UOAA's 2nd NATIONAL CONFERENCE



Those attending their first Conference are known affectionately as "First Timers"! This is for you...

We Are Family

Is this your first conference? Do you feel alone? Do you feel like you are overwhelmed? Well, have we got the answer for you!!! Come and join us Wednesday afternoon, August 5th. We will introduce you to part of your new extended family. Find out what conference is about, learn the ropes, get insight into the ins and outs of things..... You will be welcomed with open arms and we might even feed you.

WALK FOR COLON CANCER AWARENESS



UOAA invites all of its affiliated support groups in the Dallas-Fort Worth and Phoenix areas to field a team of walkers (and maybe a runner or two) for the "**UNDY 5000**", an event sponsored by one of our

allied organizations, the Colon Cancer Alliance (see www.ccalliance.org)

On November 1st at White Rock Lake in Dallas, and on November 15th at Kiwanis Park in Phoenix, the "**UNDY 5000**" will take place ... an event combining a 5K walk, a 1-mile run, and lots of family-oriented fun. Your support groups might want to organize a team with a name like "No Colon but Still Rollin" - as we did September 27th at the first event in Philadelphia.

See more details and full directions about where, when and how to register and set a fund-raising goal, at:

http://support.ccalliance.org/site/PageServer?page_name=undy_landing . If you set up a team, that site will help you let your friends and family know via email, so they can take part as well.

AND, if you do this, we'd love to have a photo to use in **The Phoenix** or future UPDATES.

Please note - all fees and funds raised go to the Colon Cancer Alliance. The UOAA does not benefit ... but people WILL benefit if they discover their colon cancer early as a result of this awareness effort.

IN CONCLUSION

In this UPDATE I started off writing about birthday cake and ended up with underwear ... and in between I asked you to share your most interesting stoma related problems and encouraged you to pose for a Colondar and show it all ... and you thought this was a dull job!

Best wishes for now and Happy Trick or Treating !

Ken Aukett