



# Young Adult News

United Ostomy  
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## Second Annual Young Adult Conference

By Erika Sommers

This past August, the UOA Young Adult Conference (YAC) was held in Louisville, KY in conjunction with the UOA National Conference. Monica Sagastume and co-chair Kate Markwith did a lot of preparation all year in order for four important days to be a complete success, and they were!

We stayed at the Galt House Hotel where the conference was held and was close enough to walk to many city attractions. Some of which included going to a Louisville Bats baseball game, dining in nice restaurants in the downtown Louisville area, shopping, dancing and even taking a dinner boat cruise on the Ohio River.

People of all ages from all over the world attended. Social events and educational sessions allowed everyone to mingle outside of their age bracket and go to discussion groups of their own interest as well. Some of the group discussions included self-esteem/motivation, employment concerns, school issues, dorm life, diet and nutrition, health and fitness,

dating/sexuality, how to live with an ostomy and even a guest speaker from Bolivia who came to share his story

diagnosed and what diagnosis they have, there was a definite connection that was formed. This bond creates a life-long support system for every individual at conference. By listening to each other and sharing stories one can learn and gain more than they ever knew possible.

Slowly, the four days were coming to an end and we had to say goodbye to each other. There were many pictures taken, hugs given and yes, even tear-drops. Even

though we were there for a small amount of time, it felt as though we knew each other forever. Now, we keep in touch any way we can and wait patiently 'till next summer's young adult conference in Anaheim, CA.

We hope to see many new faces next year along with the familiar ones as well. I would like to say a big thank you to everyone who helped make this year's conference a complete success and a memorable experience. See ya'll next year!

about ostomates in third-world countries. There were many more – too many to mention in fact.

There were many opportunities to talk and share with each other. Even though we came to the conference due to a similar issue, it is safe to say that each person's story is different and quite unique. Some of the people at the conference were diagnosed at birth, while others just a few months or even weeks ago. However, no matter when one was



### Inside this issue:

- A letter from the YAN co-chairs . . . 2
- YAN member on UOA board . . . . . 2
- My Story: Sarah Bogenshutz . . . 3
- A Fund-raising Success Story . . . . . 4
- Phone Visiting . . . . . 4

### Events Calendar:

- August 28-31 International Ostomy Association Conference
- November 12-14 Delaware Valley Regional Conference
- July 9-13, 2005 UOA Youth Rally
- August 3-6, 2005 Young Adult Conference UOA National Conference

### Don't Miss:

Mark your calendars now and start planning so you don't miss the

#### Delaware Valley Regional Conference November 12-14

The YAN will have special programming with a hospital visitor training program on the 14th. For those interested, please visit: [www.uoa.org/events\\_regional.htm](http://www.uoa.org/events_regional.htm)



## A Letter From the YAN Co-chairs

To all YAN Members:

Kate Markwith and I want to take this opportunity to tell all of you **thank you** for taking the time to check into the latest happenings with the network. All of us on the committee are putting in lots of time and effort to ensure that we are meeting everyone's needs. If you have any suggestions or comments, I would encourage you to get in touch with us.

This network is being run for you so you should have a say in everything that we are doing. Or even better yet, if you are interested in assisting the network in anyway, please let us know, even what you might think is a small contribution makes a huge difference. Throughout the next year, Kate and I will be busy planning the conference and other similar events. We look forward to seeing everyone in Anaheim!

Sincerely,  
Monica Sagastume and Kate Markwith



## YAN Member Elected to UOA Board

The Young Adult Network's very own Julielyn Gibbons has recently been elected to serve on the UOA's Board of Directors beginning in October of 2004. Julielyn will serve for a two-year term. This is the first time anyone has sat on the board from our network. Julielyn hopes to "shake things up" and plans to represent our age group to the best of her abilities.

While Julielyn is sure to

have a tough road ahead of her, she has set her goals early. She would like to be the Katie Couric of ostomies. She wants to make ostomy a household word!

Julielyn has served as the Young Adult Network's fundraising chairperson for the past year. She has also participated in the annual youth rally twice as a rally counselor. With this experience and her knowledge of our needs as a network, we

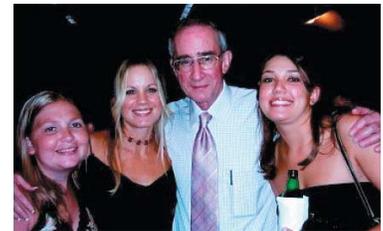
are positive that Julielyn's position on the board will greatly benefit everyone.

She will attend her first official board meeting in March in Texas. Be sure to check out the updated UOA Officers and Board Members Web page in October: [http://www.uoa.org/uoa\\_board.htm](http://www.uoa.org/uoa_board.htm)

Congratulations Julielyn and good luck!

*"I want to do for ostomies what Katie Couric has done for colon cancer. I want to make ostomy a household word!"*

## UOA 2004 Young Adult Conference Photos





## My Story: Sarah Bogenschutz

My name is Sarah Bogenschutz and I'm 23. I live in Henderson, Texas which is 2.5 hours southeast of Dallas, TX. I was born and raised in Longview, TX until my parents got divorced when I was 19 years old, so I currently live with my mom, Maureen.

I work part-time as a certified nurse aide and medication aide for a home health care. I also love to volunteer in my free time with United Ostomy Association. I also help with two local support groups: the Longview UOA Chapter and the Crohns Colitis Foundation of America in Tyler. I love to help others in anyway I can.

June of 1991, I was diagnosed with Crohn's Disease and on August 31st of 1993, I had my entire large intestine removed which left me with an ileostomy. In June and July of 1997 I talked to my colorectal surgeon about being reconnected to my rectum and so I ended up

with a J-Pouch.

I did well with it for about a year, but I started having trouble with a recurrence of Crohn's disease. My surgeon decided to disconnect the J-Pouch and recreate an ileostomy. In April 2001, I had two fistulas, a stricture and hernia with severe abdominal pain. I was sent to a new colorectal surgeon in Dallas, TX I ended up having extensive surgery – they removed my J-Pouch, rectum and about nine feet of small intestine. They also fixed the stricture, hernia and fistulas.

In January of 2002, I had recurrence of Crohn's disease at the end of my small intestine and a stricture. I had nine inches of small bowel removed and the stricture fixed. In October of 2002, I had my gallbladder removed. I had severe ulcers and fistulas in 2004 at my ostomy site with three gaping openings on my stoma. There was a severe infection and once

again my ileostomy was relocated.

In January of 2004, I had a permanent port put in my chest for IV access since I have hardly any veins left from being in the hospital so much. Through the port, I receive remicade, prednisone, every eight weeks to help keep my Crohn's disease and my arthritis under control. On August 18th I had surgery on my left knee due to severe damage and arthritis.

I heard about the Young Adult Conference in the *Ostomy Quarterly*. After I talked with several young adults on the message board, I ended up making a lot of new friends! I learned a lot at the conference. It was great except we need more young adults to attend every year if possible. We all need to take on some responsibility to get the word out. I hope that I get to see everyone in Anaheim next year! Thank you for everything!



*"We all need to take on some responsibility to get the word out. I hope that I get to see everyone in Anaheim next year!"*

### Raffle Winners

*Congratulations to Haley Brown of Baltimore, MD who won the first-place prize of a \$500 Delta Airlines gift certificate. Second place prize winner Tyler Hamilton of Marblehead, MA won the DVD player and the digital camera went to third place winner George Hincapie of Miami, FL.*

## Fund Raising Success

The Young Adult Network has just wrapped up its first fund-raising activity. As many of you already know, back in April we began selling raffle tickets to help fund activities such as the Annual Young Adult Conference. We decided to raffle off three great prizes:

- 1st: \$500 Delta Gift Certificate
- 2nd: Digital Camera
- 3rd: DVD Player

We began by mailing out 10 tickets to each of the 400+ UOA chapters. Each of the YAN committee members then sold tickets to friends and family. Prior to the UOA National Conference, we had sold close to 1,000 tickets!

Tickets were then sold at the UOA National Conference and they went like crazy. At conference alone we sold nearly another 1,000

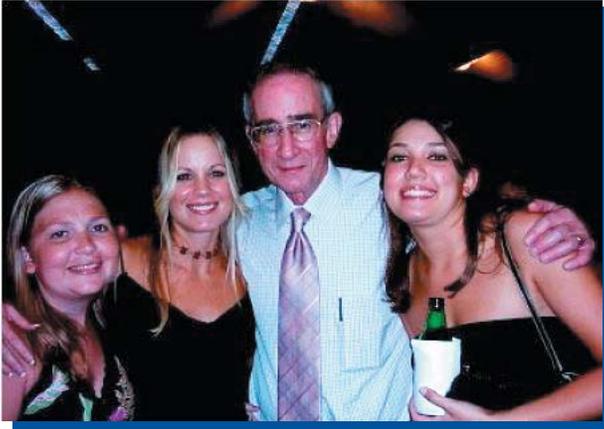
tickets. Although the exact numbers are not yet in, we are sure we met our \$1,000 fund-raising goal for the fiscal year.

Thank you to all those who participated. With any luck, we will surpass our goal again next year. We have not set out an exact plan for the next fund raiser, so we are open to any suggestions. Please e-mail Monica if you would like to help.



## Phone Visiting Program

The much-awaited phone visiting program has finally been approved. With this new addition to the Young Adult Network, new ostomates and other young adults contemplating surgery will have the opportunity to speak with



ostomates their own age. The program allows for a different certification process that is not as time consuming as the UOA hospital/home visitor training program.

The phone course will consist of an application, a reading packet, a video, a referral sheet and a final test. In all, this training program should take approximately one hour at home to complete. So far,

only the YAN committee has been trained on the

program. The goal is to have all training packets ready for a September 1st launch date.

When the UOA national office gets a call regarding a young adult looking for someone to talk to about ostomy surgery or related issues, all pertinent information will be forwarded to Hope Brent, the phone visiting program chairperson. Hope will then match up the caller with

the visitor who best meets the needs of the particular caller. Hope will then forward the referral form to the visitor and wait for a follow-up after the call has been placed.

For all of those interested in

being a caller or a visitor please contact either the UOA at: 800-826-0826 or Hope Brent at: fashionhope@hotmail.com

We are looking forward to lots of participation in this program. We want to ensure that no young adult ever feels alone again!



**2005 UOA National Conference**  
August 3-6 • Anaheim, CA

Come join the UOA Young Adult Network next summer in sunny California at the Anaheim Marriott.

The hotel has great meeting space in one area, indoor and outdoor pools, a health club, plus several restaurants within a short walk.

The Young Adult Network is busy planning educational sessions, social events and activities to interest young adults. There will be something for everyone who's had or will have diversionary surgery. This is a great opportunity to connect with others who share the same challenges.

800-826-0826, e-mail [info@uoa.org](mailto:info@uoa.org) or [www.uoa.org](http://www.uoa.org) for more information

### UOA Young Adult Network

*The YAN is a national network of the United Ostomy Association, Inc. Mission Statement: The UOA Young Adult Network is dedicated to providing education, information, support and advocacy as it addresses the concerns of those young adults 18 years of age and older who have or may have intestinal or urinary diversions or alterations.*

[www.uoa.org/networks\\_yan.htm](http://www.uoa.org/networks_yan.htm)

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