



# The Insider

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## News from Inside the UOA Central Office

- Avoid the crowds, cold weather and searching for a parking spot. **Shop online via the UOA Web site** at [http://www.uoa.org/donations\\_associates.htm](http://www.uoa.org/donations_associates.htm) where you skip the holiday shopping hassles and help UOA with each purchase. Use Amazon.com, Barnes and Noble Booksellers, igive.com and Buy for Charity to buy something for everyone on your list at hundreds of retailers including Gap, Target, Sharper Image, Disney Store and more.
- If you are considering **donating a car to UOA**, do it before December 31 in order to take the highest-allowed tax deduction. After January 1, a new law will limit the amount you can claim to what a car actually sells for at auction vs. the “fair market value” measure currently used.
- If you, a friend or member of your family is a federal employee, please tell them they can support UOA by designating UOA as a donation recipient on their **Combined Federal Campaign** pledge card. UOA’s CFC number is 2629. Your contribution will be appreciated!
- You can **honor someone special** with a tribute or a memorial in the winter issue of the *OQ*. Visit: [http://www.uoa.org/donations\\_OQmemorial.htm](http://www.uoa.org/donations_OQmemorial.htm) to make a donation and write a 10-word tribute to someone who has influenced your life that will be published in the next *OQ*. Deadline for publication is November 26.
- All chapter presidents have been sent additional details and suggested tools to assist in the new **Direct Member Billing program** that will begin in December, 2004, “B” quarter. *All chapters are asked to respond to the mailing on the form provided* to acknowledge they have received it and order necessary supplies.
- The September **Lapsed Member Campaign** resulted in a 27 percent renewal response. We will continue this program on a quarterly basis and encourage chapters to develop their own retention efforts. It works!
- East Coasters, take note. You have only a few days left to register for the **Delaware Valley Regional Conference** taking place in New Jersey November 12–14. Sessions for young adults, visitor training and a trip to Atlantic City are included in the \$50 registration fee. To register, visit: [http://www.uoa.org/events\\_regional.htm](http://www.uoa.org/events_regional.htm).
- We stand in awe of **Team TriOstomates** for successfully completing the October 31 San Diego Triathlon Challenge, a fundraiser sponsored by the Challenged Athletes Foundation. Masters swimmer **Susan Foster**, featured in the summer *OQ*, completed the 1.2-mile swim, then cyclist **Dave Alberga** finished a 56-mile bike ride, and finally **John Dermengian**, triathlete, UOA member and national conference keynote speaker featured in the fall *OQ*, finished a 13.2-mile run. The team of ostomates completed this three-leg event in 5:57 on a very hilly course, placing them 59<sup>th</sup> out of 148 teams. An amazing outcome by three exceptional people!
- Check out the **Continent Diversions Network** at: [http://www.uoa.org/networks\\_cdn.htm](http://www.uoa.org/networks_cdn.htm) and click to UOA’s newest **Discussion Board** for those with continent diversions at: <http://www.uoa.org/discussion/cdnboard/>
- Add this excellent resource to your chapter library, “**Basic Ostomy Skin Care**,” a 14-page brochure from WOCN that addresses patient questions about caring for peristomal skin. The brochure is available in sets of 10 for \$8 from the <http://www.wocn.org/pdf/WOCNOrderform.pdf> or by calling 888-224-WOCN.
- **Benefits Check Up**, a free online service from the National Council on the Aging advises seniors (55+) of federal or state health benefit payment assistance that may be available to them. Go to <http://www.benefitscheckup.org> to complete a questionnaire and obtain a report for services for which you may qualify, including prescription drugs, health care, equipment and other services. It’s fast, it’s confidential and it’s free.
- We were saddened to learn of the October 8th death of UOA Past President **Marshall Glen, 1928-2004**. Marshall was instrumental in UOA’s founding days, was the first Regional Director, served as president from 1970–72, received the Sam Dubin Award in 1972, was president of FOW and most recently was dedicated to fund raising to assure UOA’s long-term success. Marshall, who resided in Danbury, CT, met his wife Marilyn through UOA. He was unique and kind-hearted, and we miss him. The Glen family has requested that contributions in his memory be made to UOA, FOW or the Danbury Hospital Foundation.
- The UOA staff sends its **warmest wishes for a pleasant Thanksgiving holiday** filled with family, friends, fun and a plentiful table.