



The Insider

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News from Inside the UOA Central Office

- **The UOA Web site is a winner!** The site has won a prestigious **2003 Asculapius Award of Excellence** from the Health Improvement Institute for excellence in informing consumer lifestyle choices and health care decisions. It is named after the Greek God of healing. We congratulate designer Scott Barnes, volunteer Technical Manager Bob Baumel and Content Manager Ian Settlemire.
- **Get Your Guts in Gear!** That is the theme of the June 11–13 **Bike-a-Thon** that will benefit UOA, CCFA and the IBD Quilt Project. Cyclists will pedal from New York City to Saratoga Springs, NY, to raise funds and awareness for research, education and advocacy to benefit IBD patients and their caregivers. UOA chapter members are encouraged become a rider, sponsor a rider, or volunteer to help before and during the ride. Visit www.ibdride.org, e-mail info@ibdride.org, call 800-343-3637 (after January 1), or call UOA at 800-826-0826.
- Folletos gratis en Español: Six of UOA's free educational **brochures** are now available in **Spanish on the UOA Web site**. Download "Nationwide Network of Support Groups," "So You Have or Will Have an Ostomy," "Surgical Options for Bowel Diversion," "Surgical Options for Bladder Diversion," "Parents of Ostomy Children" and "Gay and Lesbian Ostomates and Their Caregivers" PDF files at: http://www.uoa.org/spanish_main.htm.
- Looking for a wonderful program for your next chapter meeting? A **free 2003 Youth Rally video** is now available. This 10-minute video is set to music, highlights the many joyful activities and friendships made at the rally and will reinforce the pleasure of supporting youth to attend our annual summer camp for kids with ostomies or related diversions. To receive a free copy, e-mail brustad@uoa.org or call Barrett Rustad at 800-826-0826.
- **Attention Newsletter Editors!** We have added dozens of additional articles to our Web page for use in your chapter newsletter. Please call 800-826-0826 for the URL to access and download the 193 articles on more than 30 subjects. We are currently working on an additional 300 articles to be posted in 2004.
- The winter issue of the *Ostomy Quarterly* will contain a **special section on continent bowel diversions**, including a medical explanation of how pouches work, issues related to diet and diarrhea and alternative treatment therapies, the j-pouch.org Web site and a profile of its Webmaster, and information on UOA's Continent Diversion Network. Look for it in the mail mid-January.
- There are only seven more shopping days until Christmas! If you haven't had a chance to get to the mall, do your **shopping online through the UOA Web site**. A percentage of your purchases will go to support UOA. Click to: http://www.uoa.org/donations_associates.htm to shop at **Barnes & Noble Booksellers** and hundreds of merchants via **Amazon.com**. No need to brave the cold, the crowds and the fight for a parking space!
- It's not too late to receive a **tax deduction by sending a contribution to UOA before the end of December**. If you are a federal employee, note that UOA is an approved agency of the Combined Federal Campaign. Our number is 2629. In addition, thousands of major corporations offer a matching gifts program to double your donation. Please check with your employer, or previous employer if you are retired, to see if they offer these programs. Your generosity will be recognized and appreciated.
- **Donating a vehicle** is a great way to help the UOA continue its mission of helping ostomates. Forty-two generous donors have donated their cars, trucks and boats to UOA since this program was announced in June 2002. Many thanks to those who turned Old Betsy over to us!
- **Correction:** Please note that the correct e-mail address of the California support group that provides free ostomy supplies to those in need is: pleski@calis.com. We regret publishing the wrong address in the October/November *Insider*.
- The UOA Central Office reports the following **statistics and sales** for November:

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| <ul style="list-style-type: none">• Care Guide Sales: 255 copies• Phone Calls and E-Mail Inquiries: 419 |
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- The Central Office staff and our families wish you all a caring and meaningful holiday season. We hope that 2004 brings much opportunity to enjoy friends, family and good health. Thank you supporting UOA!