



The Insider

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News from Inside the UOA Central Office

- The **Nominations and Elections Committee** is pleased to announce that **Jan Clark, Dave Rudzin** and **George Salamy** were elected to serve on the UOA Board of Directors from October 1, 2003–September 30, 2005. Congratulations!
- **Spouse and Family Support for Ostomates** is a new brochure from UOA that explains the important role of a spouse or family member in the rehabilitation process of an ostomate and his or her caregivers. Information is included on the psychological impact of surgery as well as diet, clothing, travel, odor and sexuality. Complimentary copies are available by calling 1-800-826-0826 or printing from <http://www.uoa.org/new/files/Spouse.pdf>.
- The UOA 2003 WOC(ET) **Nurse of the Year Award** was presented to **Liz Lemiska** from Middletown, CT, at the annual WOCN Convention in June. Liz is a 20-year member of the Meriden-Middlesex, CT, chapter, has been a Youth Rally counselor and will volunteer at the Young Adult Conference in St. Paul. She vigorously promotes the chapter to area surgeons and gastroenterologists and helped promote legislation mandating insurance coverage for ostomy supplies in Connecticut. She cares about ostomates and is a worthy recipient. Congratulations and thanks for all you do!
- Watch your mailbox for the summer *Ostomy Quarterly* magazine. This jam-packed issue contains a special section devoted to **advocacy information** written by Linda Aukett, chair of the UOA Government Affairs Committee. Articles cover how chapters can change public policy, Medicare/Medicaid challenges, how to use the advocacy section of the UOA Web site to get involved and a recap of recent reimbursement changes. Look for it in mid-July.
- Planning a **night out in Las Vegas** during the August 10–13 UOA conference and need help in obtaining reservations for shows and restaurants? Visit http://www.uoa.org/events_conference.htm and click to the ultimate Las Vegas reservation site for assistance in obtaining tickets for tours, concerts, shows and restaurant and nightclub reservations. Or call toll-free 1-877-LV-SHOWS. Have fun in Las Vegas, and be sure you don't miss any conference sessions!
- **Over One Million and counting!** That's how many "hits" the new UOA Web site is receiving on a monthly basis. We proudly report that the new site is receiving over 1.3 million hits, or requests to our server for all files, monthly. This reflects over 300,000 pages viewed on the site by approximately 25,000 visitors, and the numbers are growing steadily. 3,600 visitors have asked to be informed regularly about UOA's products, services and resources. Our site is helping spread the word about UOA's mission of education, information, support and advocacy.
- Many thanks to the 29 chapters who generously contributed to the second annual **Chapter Participation program**. These chapters will be recognized at the conference Opening Session and Awards Luncheon and on the Wall of Honor, as well as in the *Ostomy Quarterly*. Two lucky chapters will receive a limited edition wildlife photograph by Thomas Mangelsen that can be used for fundraising. It's not too late to join the parade in Las Vegas to celebrate chapter generosity.
- **Givers live longer.** In a recent study of older people, those who were in the habit of providing support to other people were 60 percent less likely to die during the course of the five-year study, compared to unhelpful people. Assisting with housework, childcare, errands or transportation all counted as helpful acts. If lending a helping hand can help you to live a longer life, our UOA volunteers and chapter leaders have found the fountain of youth.
- The **first Inflammatory Bowel Disease quilt** was on display in Washington, D.C. this month during the Crohn's and Colitis Foundation of America's IBD Day on the Hill, a lobbying event to educate Congress about the IBD Act and guarantee research funding. There are over 100 squares in the quilt made by people who have Crohn's disease or ulcerative colitis that represent the emotions of people with IBD. The project will continue until a cure is found.