



The Insider

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News from Inside the UOA Central Office

- More than 625 were in the Winner's Circle at the **42nd UOA National Conference** held August 4-7 in Louisville, including over 150 "first timers." Attendees enjoyed many educational sessions and social opportunities, including a highly personalized keynote presentation by psychologist Dr. Stan Frager, an inspirational story from Ironman triathlete John Dermengian, a lively ice-cream social hosted by Coloplast and the very popular ConvaTec ConTucky Derby party. The Young Adult Conference was held in conjunction and sessions were included for the Parents, Teen, 30+, CDN and GLO Networks.
- Some of the most exciting moments at the conference came when very special leaders were honored with UOA's most prestigious awards:
 - The **Sam Dubin Award**, our highest honor to a volunteer at the national level: **Dan Tyrrell**, Past President
 - The **President's Award** given for a major contribution: **Bonnie McElroy**, Board of Directors and Chair, Parents Network
 - The **UOA Spirit—Lifetime Achievement Award**: **Bobbie Brewer**, Past President and Chair, Field Services
 - The **Pioneer Award** for over 50 years of service to ostomates nationwide: **Jane S. Walker**, ET
 - The **ET Nurse of the Year Award**: **Joyce Rosenthal**, RN, MS, ET
 - The **Partnership in Service Award**: **ConvaTec**.Congratulations to these very worthy winners!
- Ninety-four campers from 27 states attended the **26th annual UOA Youth Rally** at San Diego State University July 10–14. They acquired self-care skills, made new friends and learned that the only thing limiting them is their attitude, not their ostomy. Campers enjoyed a day at the beach, an amusement park, a poolside BBQ with karaoke, educational game shows and time to discuss their medical challenges. Forty-four counselors and six ET nurses, along with tireless rally co-chairs JoAnne Sisco, Vickie Weaver and Liz Hiltabidel, donated their vacation time and paid their own expenses to be there for the kids. Most of the campers were financially supported by chapter donations, and we thank you for your kind heart and generosity!
- We are pleased to announce UOA's new **Visitor Program Training Package** for Visitor Training sessions. This \$10 package, produced by a joint effort of the Ft. Worth Chapter and UOA, includes a modularized one-hour video, participant workbook and facilitator information. E-mail orders@uoa.org or call 800-826-0826 for your copy.
- Chapters recently received samples of our new "**Ostomate Food Reference Chart**" and "**How to Treat a Blockage**" card. We offer these handy laminated reference cards in packages of 10 for \$10 plus \$2 shipping. E-mail orders@uoa.org or call 800-826-0826 to order.
- The **Get Your Guts in Gear Ride for Crohn's and Colitis** raised almost \$120,000, thanks to the efforts of 27 motivated cyclists and the volunteers of the three-day 210-mile ride in New York. UOA's official rider, Ian Settlemire, personally raised over \$6,000 from generous UOA members, chapters and ostomy product manufacturers and distributors. It is not too early to think about riding, volunteering or donating to the 2005 ride taking place June 10–12 in New York.
- A new **search function** has been added to **UOA's Discussion Boards**, making it possible to locate all postings on a given topic in the current and archived boards. E-mail addresses are required in order to post a question or response. Currently, UOA enjoys over 2 million hits monthly on www.uoa.org and that number is growing daily.
- Considerable **new materials for chapter leaders** have been added to the UOA Web site recently. Click to http://www.uoa.org/chapters_leadership_trng.htm to find "Chapter Leader Job Descriptions," "Chapter Revitalization Ideas," "Sample Chapter Bylaws" and "Chapter Installation Ceremony" materials, along with chapter promotion and program ideas, newsletter materials and content guidelines, and assistance on setting up a Web site. If your newsletter editor is not using the online library of hundreds of articles available for your newsletter, point them in the right direction!
- We are thrilled to announce that the **Ostomy Association of Los Angeles**, once UOA's largest chapter, is alive and well after years of inactivity. Thanks to the hard work of Bob Hamburg, Barb Meepos, Marcia and Alan Schain, Bobbie Brewer and others, the revitalized chapter has trained visitors and appointed temporary officers, had its first meeting in July, is planning a newsletter and will meet again in October. Call 888-337-8416 for chapter information.
- Have you recently moved to a new location? Don't forget to **give UOA your new address** so you don't miss a single issue of the *Ostomy Quarterly*. The post office reminds us that even though you complete one of their forms to forward your mail to the new address, magazines are not included. Please call 800-826-0826 to update your current address.