



# The Insider

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## News from Inside the UOA Central Office

- UOA is happy to announce a new service from the Teen Network, **The Teen Discussion Board** at: <http://www.uoa.org/discussion/tnboard/>. This online communication service is intended for youth from 11–17 years who have an intestinal or urinary diversion. Users can make friends around the world with others their age who share the same medical challenges, successes and concerns. UOA also offers Discussion Boards for parents, young adults (18–25+) and the general population.
- Every fall around the nation, the **Combined Federal Campaign and the United Way** conduct major philanthropic drives. Hundreds of millions of dollars are raised through relatively small payroll deductions. UOA and its local chapters need to be a part of this! Please make a list of ten or more friends who are federal employees or who work for companies participating in the United Way. Call and ask them to designate UOA as one of their charities. That's it; no asking for money. Simply ask them to name UOA as a recipient. Our CFC identification number is **2629**. We can multiply the power of our ostomy community with this easy effort.
- Last month UOA announced the **newsletter article service to chapter newsletter editors**. Response has been great! From Milwaukee, Wisconsin: "Bravo! This will be an invaluable asset." From Gainesville, Florida: "This is just what I need to get a newsletter going." From Portland, Oregon: "What a great service. We welcome all this material." From Chippewa Valley, Wisconsin: "This is the kind of help we have longed for!" Let your newsletter editor know about this service. Call the UOA Central Office or e-mail [director@uoa.org](mailto:director@uoa.org) for the URL.
- **Barbara Bush**, former first lady and the president's mother, is appearing in a **national public service announcement** about inflammatory bowel disease (IBD). She discusses her youngest son Marvin, who was diagnosed in 1985 with ulcerative colitis and had ostomy surgery the following year. The PSA is sponsored by the Crohn's and Colitis Foundation of American and can be viewed at [www.cffa.org](http://www.cffa.org).
- Did you know we have a number of celebrities among us? **Brenda Elsagher**, president, Minneapolis chapter and stand-up comedian, has published a **best-selling book** titled, "*If the Battle Is Over, Why Am I Still in Uniform?*" which describes how she used humor as a survival tactic to combat cancer. Brenda's book is available from Amazon.com and Barnes and Noble bookstores. I guarantee you will find this a good read! Congratulations, Brenda.
- Also well known is **Lois Fink, a media maven** from the Seattle chapter. Lois regularly does radio, newspaper and online interviews to bring IBD topics and UOA programs into polite conversation. Lois feels you gotta have guts to talk about your guts, and believe me this is one gutsy lady. (Lois was the "cover girl" of the spring *OQ*.) You can hear her online radio interview on "Your Health Matters" at [www.newschannel1150.com](http://www.newschannel1150.com) on October 3, 9p.m.; October 7, 8p.m.; October 11, 1p.m. and at noon on October 12. Lois's next target: Oprah! Stay tuned. She can do it!
- Another *OQ* superstar (summer 2002), **John Dermengian** is participating in the 2003 **Ironman Hawaii Championship** on October 18 as a GI-challenged triathlete. This 48-year-old ileostomate has successfully completed over 30 triathlons, biathlons, swim and run races in the past 18 months. Let's all cheer for this true champion on October 18.
- **Good news for UOA chapters!** Nearly 1 out of 5 citizens attend a support groups at some point in their lives, says a Stanford psychologist in *USA Today*. "There's solid evidence that face-to-face peer support groups really help people." Group members have lower medical bills and are less likely to be hospitalized again if they participate in self-help groups. They are also a good source of information for the best physician referrals.
- **Barrett Rustad** has been named administrative assistant, fundraising and publications, in the UOA office after spending the summer in a temporary position. His skills are just super, and he is a very hard worker.
- The UOA Central Office reports the following **statistics and sales** for September:

<ul style="list-style-type: none"><li>• Care Guide Sales: 677 copies</li><li>• Phone Calls and E-Mail Inquiries: 468</li></ul>
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