

OSTOMY ASSOCIATION OF AUSTIN

Overview
SEPTEMBER 2019 MEETING

www.austinostomy.org





- Ostomy Association of Austin (OAA) is an Affiliated Support Group of the UOAA
- Over 300 ASGs in the US

AFFILIATED SUPPORT GROUPS (ASGs)

- Groups are organized to promote the health and well being of people living with ostomies and continent diversions. ASGs promote an atmosphere of support and understanding for both individuals who have had surgery, as well as for their families and care givers.
- Meeting Formats vary, but expect to find people who have walked this road and have many helpful tips to share, and who can relate to much of what you are experiencing.



WHAT THE OSTOMY ASSOCIATION of AUSTIN PROVIDES

Volunteer
Non-Profit



- Support for one another—emotional, psychological, social sometimes physical
- Education and Guest Presentations
- An opportunity to ‘pay it forward’
- Community Service

OAA VISION STATEMENT



The Ostomy Association of Austin is a volunteer based Non-Profit Health Support group dedicated to providing mutual aid and education, information and advocacy for persons and their families who have had or will have ostomy surgery. It is our vision to educate, empower and inspire through information and mutual support in all phases of life

OAA MISSION STATEMENT



Through monthly meetings, newsletters and our website, the Ostomy Association of Austin provides non-medical pre/post-surgery management, support, guidance, education and advice for people with or expecting ostomy surgery. We provide access to WOC nurses, speakers, and the opportunity to learn from the experiences of fellow ostomates.

Ostomy Association of Austin ~ Who are We?

President, Website, Newsletter

- Amy Sloan Nichols, Ph.D.

Treasurer

- Carol Laubach, RN

Administrative Assistant

- Mary Meshbane

Digital Communication Manager

- John Duncanson, Ph.D

Certified Wound Ostomy Nurses

- Karen Hollis, RN, CWON
- Carol Marshall-Hanson, RN, CWON
- Herlinda Burks, RN, CWON



Volunteer
Non-Profit

OAA MEMBERSHIP

- Current Membership: 136 (email) Checking Account: \$3000
- Postal newsletters: 70
- Current Dues Paying Memberships: 78
- Complementary membership: 10 WOC Nurses & MDs

- Annual Dues ~ every February
 - \$25.00 per Ostomate
 - \$15 donation for spouse, partner, other

UOAA ANNUAL EXPENSES

- Website - \$160
- Email Server - \$121
- Postal Mail
 - Newsletter \$213 last year
 - Supplies during critical needs (Houston flood, New Orleans Hurricanes)
- Holiday Party
- Church Donations
 - Gift to Church
 - Gift to Custodians
- Management Church
 - Phone
 - PO Box



VISITOR TRAINING PROGRAM

- United Ostomy Associations of America provides an outline of required educational material.
- Each local group is asked to hold this educational activity every 2 years to maintain education for visitors. Visitors are expected to update every 2 years to maintain status as visitor as per UOAA info.
- 4 hour education
- Must be signed in on the educational roster and stay for the entire training to be an official visitor of the Ostomy Association.
- Training will be in **January 2020, on a Saturday 10 am – 2 pm** at our regular meeting location.
- Exact date to be determined by group based on church meeting room availability.



DONATIONS of SUPPLIES

- OAA will accept donation of clean, unused ostomy supplies IF we have storage space.
- If you bring supplies and we have no room, and no one in the group needs the supplies at that meeting, you must take the supplies back.
- Donations can be mailed to the following location:

OSTOGROUP

3500 Forty Fifth Street Suite 16A

West Palm Beach, Florida 33407

561-889-5753



OSTOMY PROBLEM SOLVING CLINIC

- When: First Thursday of the month (same day as meeting)
- Hours: 1 to 5 pm
- How: Call 512-785-7448 and leave a message with following information:
 - Ostomy type, approximate age of your ostomy, problem you're experiencing, and current supplies.
 - Where: Gethsemane Lutheran Church
 - Be sure to leave a name & phone number, with area code.
 - WOC Nurse will contact you and schedule an appointment.
- *You must have an appointment to be seen ~ no walk-ins
- This is a free clinic; donations to the Ostomy Association of Austin are accepted.



CHANGE of Plans

**OCTOBER
VENDOR FAIR
CANCELLED**



**US OSTOMY
SUPPLY
WILL PRESENT**

OSTOMY
AWARENESS
DAY
Saturday,
October 5,
2019



Register For Virtual Ostomy 5k - Worldwide

Good Afternoon!

No pressure, but I wanted to let everyone know I started a Team: SC Coloplast Unicorns. Anyone is welcome to join!

There is a 5K put on by the UOAA for ostomy awareness in October every year. There is an option to participate virtually, which is what I have done.

- Here is the link to register and donate if you are interested
- <https://runsignup.com/Race/Register/?raceId=22873>

Kassidy Janicki

- Territory Manager-Ostomy
- West Texas

VIRTUAL RACE

- DESCRIPTION
- Join us on Saturday, October 5, 2019 for Ostomy Awareness Day (OAD) with your own 5k at your favorite place to run, walk or roll!
- There is no fee to join this event. Gather your family and friends to have a great time, and to Run for Resilience! To ensure that you receive your free race Bib, please register by Monday, September 30th at 1:00 p.m. EST, otherwise your Bib will be emailed to you (on registrations received by 1pm EST on October 4th).
- You can order a special Ostomy Awareness Day technical race t-shirt when you sign up for the virtual race. When registering, choose the option for Virtual Ostomy 5k – Including Technical T-shirt. The \$15.00 fee (\$18.00 after September 13th) includes shipping.
- **T-SHIRTS AVAILABLE!**
- To ensure you receive the T-Shirt size you ordered, please register by Friday, September 13th. We will do our best to provide you with the T-Shirt size you ordered or a similar size, however, this is not guaranteed after September 13th. (Shirts and bibs can only be shipped to addresses in the USA. Registrants outside the USA, please contact UOAA on shipping options). Additional donations are appreciated to help offset costs. Bib numbers can be emailed worldwide.

DO YA - DO YA - DO YA WANNA RUN [virtually?]

- Let me know!
- Karen Hollis will let Kassidy know.
- Register to get your t-shirt
- Wear your T-shirt & watch for friends react when you tell them,
- “I ran a 5K!”



PEOPLE COME & GO ~ NEEDS CHANGE

Your Ideas and Suggestions:

- One idea per post-it
- Topics ~ areas to discuss
- Would you like to present to the group?
 - Topic
 - Name and phone number

