

## Pikes Peak Ostomy Association Meeting Minutes

January 14, 2020

Meeting called to order at 6:30 by Justus

Introduction of officers: Justus, President, David A, Vice President, Cara Jean Reimann, Secretary, VeEtta, Treasurer

Who we are: a volunteer-based support group dedicated to improving the quality of life for those who have or will have an intestinal or urinary diversion and their caretakers.

Why we're here: to provide support and information. This group does not endorse products or service providers, and we are not here to sell anything. If anybody tries to sell you anything, please let Justus know.

David A: question about no endorsement, just to clarify. If someone or something is good or has been good for us to use, it's ok to share that information with other people in the support group, right? Yes, that is OK information to share. The organization doesn't endorse products, but members can discuss their experiences using various products.

Reading minutes from November's meeting and accepting these notes into the record. The meeting notes from November were approved.

Justus welcomed newcomers, who did not introduce themselves. He indicated where the nametags were and encouraged everyone to use them.

How to contact PPOA?

Website: the minutes are posted on the website. Ostomy information is posted there, as well as medical supply information. The website currently doesn't show Ostomy, Inc, a store based out of Florida that has a location in Colorado Springs. There are helpful links on the website as well. [www.pikespeakostomy.com](http://www.pikespeakostomy.com) is the website. There's also a Facebook page, but nobody is actively using it. If people decide they'd like to use it we can discuss what that will look like.

Dues: dues are not mandatory, but dues-paying members have voting rights, and \$3 from dues goes towards UOAA, and continues our affiliation with them. Dues also support maintaining the website.

Phoenix: a magazine that can be purchased separately from the PPOA's \$12 annual dues. This magazine contains a lot of useful information about practical issues, and lifestyle issues as well.

If you have extra supplies, bring them to the meeting. Justus has extra supplies tonight and brought them.

David A: in case of natural disaster, imagine not having supplies you need, and these extra supplies can help people like that. Ostomy, Inc also distributes supplies to people experiencing homelessness.

Justus: there is contact information on the website for someone who donates supplies to places that experience natural disasters. However, we are not certain if this is still accurate. We will have more information about this at the next meeting.

Anecdotal story from a meeting attendee about visiting Colorado Springs from Florida recently and not having supplies he needed. He found PPOA on the internet and was connected with supplies very quickly.

Phoenix Magazine still has Richard listed as PPOA President. Justus has contacted them to have that changed.

Richard said that a past President, Gerry Ellis, had surgery recently and is experiencing a challenging recovery. Prayer groups are asked to keep him in mind during this difficult time. Richard also broke his hip during the holidays so prayers are in order for him as well.

VeEtta announced about visitation training.

Future speakers include the following:

February: Elizabeth Bosley, a dietitian from UC Health who moved to Colorado Springs from Denver. She will speak about specific topics like probiotics, prebiotics, ostomy, electrolytes, short bowel absorption.

March: Dr. David Ascarelli, a cardiologist and member of the PPOA, will speak about heart issues pertaining to ostomates.

April:

May: Dr. Tiffany Willard, a well-known surgeon who specializes in the digestive tract.

Presentation with Samantha Gareau from Ostomy, Inc., a local ostomy supply company.

She told the story of how the company was family business founded by her grandmother, and run by her mother, and now her. Her grandmother retired when she was in her 80s, and her mother took it over, and now Samantha is in the process of taking it over. It's been around for 30 years.

They showed a new product, called an Ostoform Seal, which goes directly onto the skin and prevents leaks.

The store has supplies, and we can take extra supplies to them and they will donate them.

There was a short discussion about wound care.

The meeting broke up into small group discussions with the new product being passed around.

I left around 7:45