

Ostomy Association of Austin Volunteer Medical Non-Profit



February 2025

Affiliated Support Group of the UOAA (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 caregivers.

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.

*Carol Laubach initiated our Group in 1973



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

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.

What Do We Provide?

- Monthly Support Group Meetings
- Support for one another: Emotional, psychological, social & sometimes physical
- Education and Guest Presentations
- Provide Temporary Supplies
- Free problem-solving clinic
- Visitor Training Program
- Community Service & Medical Community Engagement
- Fundraising
- Friendships



Ostomy Association of Austin ~ Board Members

President, Website, Newsletter, Digital Communications, Zoom

Amy Sloan Nichols, Ph.D. (**Stepping Down as of 7/2025**)

Treasurer

Carol Laubach, retired RN

Administrative Assistant

Vacant

Wound Ostomy Nurse Expertise & Guidance

Karen Hollis, retired RN, CWON

Member at Large

John Duncanson



What Do Board Members Do? Carol as Treasurer

- All things money - payments, bills, maintains savings and checking accounts
- Applies for, submits maintains 501(c) & taxes
- Checks PO Box for mail
- Maintains OAA phone (at home)
- Collects dues and sends & mails membership reminders
- Sends annual dues to UOAA National
- Maintains a manual Members List
- Prints out NL mailing labels;purchases stamps & envelopes
- Maintains and reports out Treasurer's Report

Has a life outside of our OAA and a family to consider.

What Do Board Members Do? Karen as an Ostomy Expert

- Clinic each month if called
- Rents space outside of home to collect donated ostomy supplies
- Receives calls/texts from ostomates needing help or supplies
- Deliver donated supplies with home visits
- Always willing and able to present programs for monthly meetings
- Stores and brings “the OAA Library” to each meeting for borrowers
- Picks up mailing supplies, picks up paper NL, prepares it for mailing, then mails it to members and others.

Has a life outside of OAA and a family to consider.

What Do Board Members Do? Amy as President & Digital Communications

- Writes the Newsletter
- Create and maintain/update the [website](#)
- Sends email reminders of upcoming meetings & NL postings
- Maintains a digital Members List (email & US mail)
- Maintains Google folder with everything OAA
- Manages Zoom
- Facilitates meetings in person & virtually
- Collaborates with meeting presenters
- Creates PPTs for meeting presentations as needed

Has a life outside of our OAA and a family to consider.

It's Time! NEED NEW Board Members

- President
- Vice President
- Treasurer
- Support for Karen
- Secretary
- Membership Director
- Digital Communications & Website Oversight
- Write Quarterly Newsletters

May 2025 Vote



Without Volunteers...

We will no longer exist after 50+ years...



May 2025 Vote



Consider Running

- Amount of time each month varies by responsibilities
- One person can do just one thing only (may need more volunteers/board members)
- Give your name to Carol, Karen or Amy
- Help to pay it forward

Help Keep our OAA Group ACTIVE

May 2025 Vote

Questions?
Comments?
Thoughts?

