

UOA Jacksonville Chapter #211



The Mailbag

Meetings are held at the Baptist Medical Center
8th Floor - Meeting Room C - 3rd Sunday of each month 3PM

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**Please plan to join us
Sunday Mar. 20th
starting at 3 p.m.**

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4/27/2005**

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A MESSAGE FROM THE PRESIDENT

From Yours Truly, the President of UOA Chapter #211

Last month's (February) meeting was very informative. The Convatec representative, "Van the Man" Van Russell presented an excellent overview of the products of Convatec, in particular about wear time(s).

The cake that was brought by Brenda was especially tasty; And it said Congratulations Convatec!

Two new couples came to the meeting and lots of ideas were passed around.

Next month's (March) meeting will have another presentation to be made by a Hospice representative, Patty Mathais.

So ya'll come and please attend!

Keep the Faith and Godspeed!

Cordially,

Eugene Sommerville

Newsletter is starting a new feature. We are soliciting contributors to.....**MY STORY**. We welcome any Ostomates who would like to contribute an article telling their story. We feel this would be an inspiration to others. Please email those to Patti patti@ostomymcp.com

February 2005

News from Inside the UOA Central Office

UOA chapter leaders are invited to **join UOA's first Chat Room** scheduled **Monday, March 14, 8:00 p.m., EST, 5:00 p.m., PST**. Volunteer chair of Field Services, **Ginnie Kasten**, will moderate this one-hour online discussion on the following topics:

UOA Services Available to Assist Chapters

How the Field Service Program Can Support Your Chapter and Troubleshoot Any Problems

Chapters' Opportunity to Share the Good Things They Are Doing and Exchange Ideas on Solving Problems.

To join your fellow chapter leaders, simply go to the UOA Web Site at www.uoa.org and follow the link to our Chat Room entry page where you will find simple-to-follow instructions. Click to Connect at the chat's scheduled starting time. UOA volunteers will be available to assist with any questions. We encourage you to invite other chapter leaders and look forward to meeting you all online. E-mail webtech@uoa.org for more information or help logging on.

We are proud to announce that **Ann Favreau** (2001-03 UOA past president) has been named as **secretary to the International Ostomy Association (IOA)**. Ann's duties will include IOA Executive Council, World Council, Strategic Planning meeting minutes, maintaining policies and procedures, communications with member associations and input on association decisions, among others. Ann's skills and talents make her eminently qualified for this international assignment and we know she will serve IOA well.

March is **National Colorectal Cancer Awareness Month**, sponsored by UOA and member groups of the National Colorectal Cancer Roundtable. This national health observance increases public awareness about colorectal cancer and encourages adults aged 50 or older, those with a family history and those with other **high-risk factors** to get a simple and easy screening. We encourage you to join in this crucial effort to save lives by talking with your family, friends and healthcare provider about the need to be screened. Colorectal cancer is preventable, treatable and beatable.

Support one of UOA's heroes. We have three riders in the **Get Your Guts in Gear Ride for Crohn's and Colitis** taking place in New York June 10-12. **George Salamy** (NJ), UOA vice president; **Joey Wannat** (NJ), Youth Rally counselor; and **Terry Italia** (CA), UOA executive director's husband, need your support in raising \$1,850 each for the fight against IBD. Click to http://www.uoa.org/donations_ibdride.htm to make a donation or send your check to: Get Your Guts in Gear, 593 Vanderbilt Avenue, PMB 108, Brooklyn, NY 11238.

UOA chapters have once again been invited to participate in the **Chapter Participation Program** and celebration designed to encourage local chapters to assist UOA in fund raising. Chapters will be recognized at the national conference awards luncheon, on the Wall of Honor and in the *OQ*. Join the parade on stage in Anaheim by becoming part of this program!

Calling all parents who started a family post-ostomy surgery! We are planning a **special feature in an upcoming OQ on pregnancy issues and ostomies** and we are looking for personal stories. If you would like to provide details, with or without your identity, we may use it in the issue. Contact editor@uoa.org to tell your story.

The new **Continent Diversion Network (CDN) brochure** invites those with alternative surgeries to join this fast-growing network. The brochure describes continent diversions and candidate qualifications and details member benefits of UOA and the CDN network. Print a copy at <http://www.uoa.org/new/files/CDNbrochurePDF.pdf> or order a free supply for your chapter.

Is your chapter represented on the **IBD Quilt**? The handmade quilt is a touring collection of panels made by those living with IBD. No artistic talent is required to make a square and panels are available for display at chapter events. Visit www.ibdquiltproject.org for details on how to make a square or book a panel for your event.

Congratulations to **Helen Boczon of Denton, MD, winner of UOA's drawing** for members and donors who responded to our fall direct-mail fund raising campaign. Helen received two free roundtrip airline tickets on American Airlines for anywhere in the U.S. We thank her for her generosity and wish her *Bon Voyage!*

Please welcome **Nicole Edwards**, UOA's new receptionist. Nicole has a customer relations and office administration background and has a nursing assistant certificate with experience in home healthcare. She is already helping the hundreds of people who call UOA monthly. Nicole has replaced Lorraine d'Eon who has become an administrative assistant to the fund raising and publications department.

TEENS / YOUNG ADULTS

Ostomy Surgery in Young People

Colectomy (the surgical removal of all or part of the colon) and ostomy, is a major step in anyone's life. Yet it is still more traumatic when performed on a teenager or young adult.

The older person, who is married and has found his or her place in the world, may rapidly adjust to his or her new situation, aided and encouraged by one's partner. There is a job to resume, usually with renewed vigor and strength. Life is resumed. The younger ostomate may not have this feeling of belonging. If preceded by a long illness, then he or she will have fallen behind classmates, both academically and socially. Returning to school without old familiar friends may seem strange and disquieting.

A major difficulty for the young is being different, regardless of the cause. Not being "one of the crowd" is a major consideration. Already singled out previously by the ulcerative colitis with its dietary and physical restrictions, the younger person may feel this difference from others more acutely, when returning to the social circle with an ostomy. True, no one need know about the ostomy, yet an inner feeling of being different still exists. Gym classes and swimming must be approached carefully, not to mention the more intimate aspects of dating.

Another obstacle for the young is the choice of occupation. For the individual who is self-employed, engaged in a profession, or working for a small company, there is no need for concern. However, for those who must work for large companies with employment physicals, there is a greater fear of rejection because of the ostomy. The medical examiner or company nurse may be completely unfamiliar with an ostomy and assume that it is a handicap to productive work. They are not aware that the ostomate, freed from debilitating disease, is eager to make his or her mark in the world to show that he or she is normal again.

A constant battle is being waged against the type of medical discrimination based on lack of knowledge. The only way victory can be achieved is by unmasking these practices. One approach is to ask for a telephone call or letter on behalf of the ostomate to the medical examiner of the company by another physician, such as the surgeon who performed the ostomy, or the medical advisor to the local ostomy chapter. Constant pressure on companies may bring about needed reforms.

Finally the biggest barrier of all, to find a mate. Since the ostomy is not noticeable externally, casual meeting and dating does not present a problem. When a deeper relationship is established, then the problem arises as to whether the other person should be told about the ostomy before serious plans are made about marriage. A simple and calm manner should be used to explain about the ostomy. For example, "I was very sick at one time and was cured by an extensive operation which required the removal of my colon. I am fine now, but I must wear a leak and odor-proof pouch to contain my waste products."

The emphasis is on good health with the ostomy – the price for the beneficial result.

Register Online

2005 UOA Young Adult Conference
http://www.uoa.org/events_yan.htm
August 3-6 • Anaheim, CA

Register Online

2005 Youth Rally Applications
http://www.uoa.org/events_youth.htm?
July 10-14

PSYCHOLOGICAL ISSUES

Be Compassionate To Those Dealing With Loss and Grief

Grief and loss are inevitable parts of living. Eventually everyone will experience a loss. Maybe it will be the loss of a job, a marriage, health or the death of a loved one. Whatever the loss, it is followed by sadness and suffering. When death occurs, friends often describe feeling helpless. Based on my professional experience as a nurse and my personal experience after the death of my husband, I offer suggestions on how to support a grieving family.

An initial reaction is to bring food to the family. If friends are not careful, though, the amount of food can be overwhelming. Having someone organize a meal schedule is helpful and prevents multiple dinners from arriving on the same night. The meal doesn't have to be fancy. I remember my children cheered when a pizza delivery truck arrived at our house. Label your dishes or bring disposable ones. The need for food doesn't end after two weeks. Meals delivered months later are wonderful as are gift certificates to restaurants or an invitation to join you for dinner. The first few days to weeks after the death of a family member are numbing. Many people must be notified and a million decisions must be made. You can provide assistance by doing laundry, walking the dog or taking the children for a few hours. Try to allow the grieving family some quiet time each day.

Many people, children and adults alike, don't know what to say to someone who is grieving. People are afraid they will say the wrong thing and often what you want out say may come out wrong. A heartfelt and simple "I'm sorry for your loss: along with a hug might be the best words and actions. Don't say you know how they are feeling because chances are, you don't. No two losses are the same and they should never be compared. If talking is hard for you, send a note that expresses your feelings. Some of the cards I received after the death of my husband related stories and memories. I am thankful people are willing to share those stories with my family. Often we are unsure of how to acknowledge a birthday or holiday. A phone call, visit or written note to the family is best. Families like to know that you have not forgotten their loved one. Include the grieving family in a holiday celebration. Occasionally a family may choose not to celebrate or celebrate in a very different manner. Be supportive of their choices and allow for new traditions to be developed.

Reluctance to talk with a bereaved person is often because we don't want them to cry. Do not be afraid of tears. In grief they are crying inside. Your words and hugs bring those inside tears to the outside. Tears are healing. I remember talking about my husband and tears flowed. My friend said, "I'm sorry I made you cry." I replied, "You didn't make me cry – I cry every day."

In conclusion, an important way to help a grieving family is to be a compassionate friend during good times and the inevitable sad times we all encounter in life. Compassion, which means to suffer with, will provide love and support to a grieving family. Love and support will help the family incorporate the death into their lives and move forward.

(Dale Mayer, MSU News Service, Benefis Healthcare Supplement 3/02)

Get Your Guts In Gear IBD Benefit Ride

June 10 -12, 2005

**210 miles - New York City to Saratoga Springs, NY
Riders, Crew and Volunteers are needed.**

http://www.uoa.org/donations_ibdrive.htm

Ostomy Chat Room Weekly Meetings

Yahoo Peoples with Ostomy2* - Mondays, 8:00 pm US Central time
<http://clubs.yahoo.com/clubs/peopleswithostomy2>

StuartOnline Ostomy Chat* - Tuesdays, 8:00 pm US Central time
<http://www.stuartonline.com/id10.html>

Community Zero (Ostomy) Support* - Wednesdays, 9:00 pm US Eastern time
<http://groups.yahoo.com/group/ostomatessupport/>

Shaz & Jason's Chat* - Saturdays, 8:00 pm UK time / 3:00pm US Eastern Time
<http://www.ostomy.fsnet.co.uk/chat.html>

Yahoo UK Ostomy Support* - 1st & 3rd Sundays, 8:00 pm UK time / 3:00 pm US Eastern Time
<http://clubs.yahoo.com/clubs/ukostomysupport>

Use this form to join our chapter! Annual dues are **US\$7.50**. If you cannot afford to pay dues at this time, you may still be accepted as a "local-only" member.* **You do not have to be an ostomate to be a member and/or support the work of UOA. All information on this form will be kept confidential.**

Name _____

Address _____

City _____ State _____ Zip _____

Phone# Home _____ Work# _____

Email Address _____

Type of intestinal or urinary diversion: Colostomy __, Ileostomy __, Urostomy __, Ileoanal Pull-thru __
 Continent Ileostomy __, Continent Urostomy __, None __, Other __

Please bill me for annual chapter dues of US\$7.50 (LOCAL CHAPTER)

Dues payment enclosed - make check payable to **U.O.A. Jax Chapter #211**

Master Card, Visa or Discover # _____ expiration _____

I cannot pay dues now and wish to be a local member only*

You may use my name in chapter Newsletter & Directory: Yes __ No __

Mail to: Patti Langenbach, Treasurer, UOA Jacksonville Chapter ,
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United Ostomy Association , Inc

www.uoa.org

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T O :

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