

The MailBag

Jacksonville group meets the 3rd Sunday of each month 3 p.m. 4836 Victor Street.
Ocala support group meets the 2nd Sunday of each month (except July & Aug) at 2 p.m. at the Sheriff's Station 3260 SE 80th Street (between Ocala and Belleview).
Amelia Island Area Ostomy Support Group meets last Monday of each month at 6pm - Bapt Medical Center Nassau board room.



**World Ostomy Day
Coming Next Year**
Saturday October the 3rd 2015.
The theme for WOD 2015 will be
"Many stories, one voice."



MARLEN UltraLite™

Featuring: Skin Shield™
Adhesive Skin Barrier

- Stays soft and flexible
- Elastic and conformable
- Will not absorb drainages
- Offers long-lasting protection



Jacksonville Contact Information:

Patti Langenbach
(800) 741-0110
(904) 733-8500

patti@ostomymcp.com

The Jacksonville UOAA chapter meets the 3rd Sunday of each except when otherwise posted.

To help offset the mailing cost you may now receive the MailBag Newsletter via email.

Please contact:

Patti: patti@ostomymcp.com
(Newsletter will be in PDF format)

Support group meets the 3rd Sunday of each month 3 p.m.
4836 Victor Street
Next Meeting Nov. 16th

Ocala Contact Information

Lynn Parsons
(352)245-3114

www.ostomyocala.com

Ocala support group meets the 2nd Sunday of each month (except July & Aug) at 2 p.m. at the Sheriff's Station 3260 SE 80th Street (between Ocala and Belleview).
Next Meeting Nov.9th

Amelia Island Area Ostomy Support Group

meets last Monday of each month at 6pm (except May, June, July & Aug)
Bapt Medical Center
Nassau board room.
Free parking (904) 310-9054
Next Meeting Nov. 24th



“Gutsy’s Gab:” “Speak Out and Be Heard!”

By Linda Blumberg AKA “Mrs. Lips”

October 2014: “Shocktober” discoveries...at our October 19 Jax ASG meeting, ostomates/family gathered...

Applause “erupted” for long awaited return of urostomate “Vesuvio”(!)...who shared pertinent information about the impertinence of Assisted Living Facilities regarding ostomy care. For newbie ileostomate and colostomate, discussions on: what leads a stoma to bleed?, reminders for hernia binders, wafer trauma/drama, and stoma aroma...raved about ConvaTec’s 24/7 inspirational informational social media Inspire.com for issues/answers, especially for newbies...“Gutsy,” Linda’s ileostomy stoma of 7 11/12 years, was curious about recent Ostomy Awareness Day events...Patti recalled viewing ostomate demo on Comedy Central’s “Tosh.o”...at her gym!...duly impressed at this rare public display!...caring/sharing, including Kimberly’s Konfections(!)...it’s almost November...time of “rebirth,” to “give thanks” for being alive...EVEN with an ostomy!!...

SPOTLIGHT ON: November 2014: Daylight Savings Time Ends (2nd), Election Day (4th), Veteran’s Day (11th), Gutsy’s 8th Birthday! (17th), Thanksgiving (27th)...Let’s “talk turkey” here: Awareness is “TIME” to: 1) check for blood in stool/urine; 2) choose life-saving colonoscopy, with follow up life-affirming ileostomy, colostomy, or urostomy surgery, if needed...fall back on good habit of turning clock back 1 hour...not denial/avoidance that could lead to cancer...or premature death!...

Postsurgical Ostomy Acceptance occurs when we CELEBRATE BEING ALIVE...and “HONOR” not only our military veterans, who may return as ostomates, but also ourselves...realizing that ostomates are “veterans,” too, having fought “battles” that led to ostomy surgery, and that even with a stoma, WE are still normal, beautiful, loveable people who can feel EMPOWERED to live well with an ostomy! STOMA ARRIVAL=YOUR SURVIVAL! Accept YOUR stoma, and nonostomates more likely will, too! (See Linda’s 1st Phoenix article/photo, June 2011, p.30)

Gutsy “GIVES THANKS” for turning 8 YEARS OLD November 17, 2014!!...Her sense of “rebirth” is a time to Advocate for Ostomy: 1) Share your ostomy journey: a) at support group meetings, b) on Inspire.com, c) by submitting your unique experiences, in writing, to this newsletter, etc., and d) by educating general public to dispel their negative preconceived notions; 2) drive loved ones to/from colonoscopy, remaining loving/loyal if he/she has ostomy surgery; 3) Advocate for YOUR stoma: a) “Elect” to purchase pouch cover from Koolostomy.com, b) Make your stoma a STAR!...email his/her name: Patti@ostomymcp.com or Linda: blumbergl@duvalschools.org for inclusion in future Gutsy’s Gab column...In November, Gutsy is “thankful” for: “Johnny” and RIP Reversal “Siggy” (Inspire.com)...cathartic and fun! (See Linda’s 2nd Phoenix article/photo, December 2013, p. 78)...

BOTTOMLINE/MARK YOUR CALENDAR: November: a “time” to “give thanks”...our next Jax ASG meeting is Sunday, November 16, 2014...Join us to CELEBRATE BEING ALIVE...to “gather together,” “gobble gobble” Kimberly’s Konfections, and “gab-ble gab-ble” about ostomy experiences...You’ll be singing: “Over the (St.John’s) River and through the neighborhoods to Patti’s store on Victor Street we go!”... Don’t be a “turkey”...or “chicken!”...Gutsy is so “thankful” to meet other stomas!...See YOU’RS there!!!...

Kim's version Apple Pie Parfait

Recipes served at Jacksonville Ostomy Support Group Meetings

Pecan Puff Pastry

Puff Pastry Sheets
2/3 cup Pecans
1/4 cup butter
3 TB brown sugar
5 TB IHOP Butter Pecan Syrup
Cinnamon to taste
Cinnamon sugar

Instructions:

1 Blend until smooth pecans, butter, brown sugar, syrup & cinnamon to taste. You can substitute Maple Syrup for a maple flavor. Refrigerate until pastry is ready.

2 For bit size treats with the braided pastry look cut Puff Pastry in half. Cut strips into the sides in a downward angle. Spread pecan paste down center of pastry about 1/8" thick. Pull strips from alternating sides.

3 Sprinkle with cinnamon sugar (optional).

4 Bake for 15-20 min @ 375 degree.

Simple Yet Profound Words From a Five Year Old

By Kathy Ward, Admin. Asst.-UOAA

When my granddaughter was five, she had many problems with her digestive system. Her surgeon placed a stoma over her stomach so that a feeding tube could be inserted.

One day, she looked at me and said, "Grandma, did you name your stoma?"

I replied, "Yes, I did. I call it Rose, because it looks like a flower to me. Did you name yours?"

"Yes," she said. "But I named mine Jack."

Thinking this was an odd name for a little girl to name her stoma, I had to ask, "Why did you name it Jack?"

Her response, "Because Jack is the name of the lifeguard at the beach and my stoma saved my life."

Ostomy Tips from Ostomates

(Reviewed by WOCNs)

Tulsa Ostomy Assn Newsletter

- 1 Tea is an anti-spasmodic and soothing to an upset stomach. It also provides fluids containing electrolytes and potassium frequently lost from diarrhea.
- 2 Avoid drinking while eating to allow the effluent to become thicker. Ingest liquids before and after a meal.
- 3 Eating bran muffins is a tasty way for Colostomates to solve constipation problems.
- 4 If stool sticks to the pouch and is hard to rinse out, use a surfactant/deodorizer or oil to let the pouch empty out easier.
- 5 Ziploc® sandwich bags are useful for disposing of used pouches and help control odor in the trash.
- 6 If it is safe to put in your mouth, it is safe to put in your pouch. Try green mint mouthwash as a pouch rinse.
- 7 Diaper liners (e.g., Johnson and Johnson) are great as a barrier between the pouch and your skin or you may purchase a commercial pouch cover (or make one yourself).
- 8 Price Pfister makes a small sprayer that can be attached to the bathroom sink faucet to assist with rinsing the end of the pouch.
- 9 Cut the bottom 7 inches off a T-shirt and hem the unfinished edge. Attach Velcro to each end. You can wear this as a cummerbund with your pouch tucked inside for those intimate moments. Also, there are commercially made pouch covers. Back support belts work as well.
- 10 Place a couple of squares of toilet paper in the toilet before emptying your pouch. This will take care of the "splash back"; or let it out very, very slowly.
- 11 Laying a wafer on a heating pad or under your thigh for 10 - 15 minutes allows the material to soften, which helps with adhesion.
- 12 Check with your pharmacist to see if your pills or capsules should be changed to liquids- especially necessary for ileostomates. They tend to go through too fast and do not dissolve.



Medical Care Products
Now Carrying
Ostomy Pouch Covers
TOLL FREE 800-741-0110

Upcoming Events

Sept 1-6, 2015
**5th UOAA National Conference,
St Louis MO**

CHECK UOAA WEBSITE FOR
MORE INFORMATION
<http://www.ostomy.org>



http://www.ostomy.org/ostomy_awareness_day_2014.shtml

**World Ostomy Day
Coming Next Year**
Saturday October the 3rd 2015.
The theme for WOD 2015 will be
"Many stories, one voice."



**Sept 1-6, 2015 • Fifth UOAA
National Conference •
St Louis MO**

Use this form to join our chapter! 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 __

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

Mail to: Patti Langenbach, PO Box 10239 Jacksonville, FL 32247-0239

Medical Care Products, Inc

Toll Free 800 741-0110

WE ARE ON THE NET

www.ostomymcp.com

Medical Care Products, Inc
PO Box 10239
Jacksonville, FL 32247-0239

To: