

# 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.



## Coloplast Micro guard Powder 3 oz

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### Jacksonville Contact Information:

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

[patti@ostomymcp.com](mailto: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](mailto: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 Sept 21st**

### Ocala Contact Information

Lynn Parsons  
(352)245-3114

[www.ostomyocala.com](http://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 Sept. 14th**

### 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 Sept. 29th**



**“Gutsy’s Gab:” “Speak Out and Be Heard!”**  
September 2014 (2 year anniversary issue(!)) MailBag-Jax, FL  
By Linda Blumberg AKA “Mrs. Lips”

**August 2014:** ostomy education; end summer vacation...reflected on “augustness” of living (well) with an ostomy!...at our August 17 Jax ASG meeting, ostomates/family gathered, including ileostomate, urostomate newbies; in absentia, recuperating ileostomate newbie...ostomy discussions about product repercussions... life attitude/gratitude adjustment vs. stoma “aroma” and abutment...munched on Kimberly’s Konfections... soon, it will be September, taking us in new directions...or will we “fall” back into old habits?...

**SPOTLIGHT ON:** September 2014: 2 year anniversary of Gutsy’s Gab column(!); Labor Day (1<sup>st</sup>); Fall begins (23<sup>rd</sup>); Rosh Hashanah (Jewish New Year-24<sup>th</sup>)...Gutsy’s Gab premiered 2 years ago, September 2012(!)...“Gutsy,” Linda’s ileostomy stoma of 7 ¾ years, still LOVES to tie ostomy to monthly events!...e.g., time to “be-Labor” the importance of Awareness: 1) checking for blood in stools/urine; 2) choosing life-saving colonoscopy, with follow up life-affirming ileostomy, colostomy, or urostomy surgery, if needed...don’t “fall” back into old habits of denial and risk cancer...or premature death...by ignorance!...

Postsurgical Ostomy Acceptance occurs when we CELEBRATE BEING ALIVE, realizing even with a stoma, WE are still normal, beautiful, loveable people who can feel EMPOWERED to live well with an ostomy! (See Linda’s 1<sup>st</sup> Phoenix article/photo, June 2011, p. 30)...

Fall begins with a sense of (nondenominational) renewal and dedication...a time to Advocate for Ostomy:  
1) Share your ostomy journey: a) at support group meetings, b) on Inspire.com (ConvaTec’s 24/7 inspirational informational social media website), c) by submitting in writing your unique experiences, to this newsletter, or beyond, and d) by educating general public (family, friends, etc.) to dispel their often negative preconceived notions; 2) Drive your loved one to/from his/her colonoscopy, and remain loving/loyal if he/she has ostomy surgery; 3) Advocate for YOUR stoma: a) Gutsy loves pouch covers from Koolostomy.com!, b) Make your stoma a STAR! Send his/her name, along with your written personal story...Gutsy welcomes the “competition!”: email: [Patti@ostomymcp.com](mailto:Patti@ostomymcp.com) or Linda: [blumbergl@duvalschools.org](mailto:blumbergl@duvalschools.org) for inclusion in future Gutsy’s Gab column...For September, Gutsy proudly welcomes: newbie “Squirty” (Jax ASG); and “Freddie” (Inspire.com)...cathartic and fun! (See Linda’s 2<sup>nd</sup> Phoenix article/photo, December 2013, p. 78)...

**BOTTOMLINE/MARK YOUR CALENDAR:** September is a time for new directions and introspections, as it “falls” upon us...our next Jax ASG meeting is Sunday, September 21, 2014...Join us to CELEBRATE BEING ALIVE!...renew friendships, check out new stomas, ostomy products, and Kimberly’s Konfections...caring and sharing...  
See YOU there!...

## **In honor of Ostomy Awareness Day October 4, 2014**

We are asking for your story!!

Please share your story. **Email** your story to Patti: patti@ostomymcp.com or **Mail**: MCP PO Box 10239 Jacksonville, FL 32247-0239. I will add a column to the newsletter that contains all the submissions. It is up to you whether you share your name.

### ***Kimberly's Korner***

Recipes served at Jacksonville Ostomy Support Group Meetings

#### **Key Lime Squares – served at August Meeting**

##### Ingredients

Weight Watcher's Key Lime Pie Recipe (filling only)

1 sm package of sugar free lime gelatin

1/4 C boiling water

1 (8oz) container of fat free whipped topping

2 (6oz) key lime yogurt

Graham Cracker squares

##### Directions

- 1) In large bowl, dissolve the gelatin in the boiling water
- 2) Stir in yogurt until incorporated
- 3) Fold in whipping cream
- 4) Refrigerate
- 5) A few hours before serving, pipe the filling on the graham crackers

## **VISITING A PATIENT WITH A TEMPORARY OSTOMY:**

### **A Personal Reflection (or...I Ain't No Saint)**

By Missy Truscott, Regina (Canada) Ostomy Association  
UOAA UPDATE 6/2014

As a certified visitor with my local ostomy chapter, I have had many occasions over the years to visit patients who have just undergone surgery, leaving them with a temporary ostomy. Usually a temporary ostomy is done on an emergency basis, as the result of a blockage or obstruction in the colon, where stool cannot pass through. This may be the result of diverticulitis or cancer of the colon, and sometimes inflammatory bowel disease such as Crohn's disease may necessitate a temporary ostomy in order to allow the bowel to heal. The intent is to reconnect the bowel at a later time, and many patients are told by the attending physician to expect to have an ostomy for anywhere from three to nine months.

My first thought as I headed off to visit a patient with a temporary ostomy was that this would be a piece of cake and the visit would involve lots of questions about management of the ostomy. I also figured that the patient would be greatly relieved knowing they would not have to deal with an ostomy on a permanent basis. Boy, was I wrong! This particular patient was angry beyond all belief, upset with what had happened to her and definitely not prepared to deal with anything as "disgusting" as a colostomy. To be sure, she wasn't angry with me, but the medical profession as a whole suffered her wrath, and it was quite evident that the

nursing staff gave her a wide berth. She was NOT going to like this ostomy thing! Not having encountered this kind of reaction before, I wasn't exactly sure how to proceed, but I found myself listening to her frustration and empathizing with her situation. This calmed her somewhat and she told me that I was the first person who had not treated her fears about the ostomy lightly. She felt people did not take her seriously because hers was only a temporary situation.

The visit actually went fairly well after that, and although she was still angry with many things, I left feeling that she would manage her colostomy quite well in the short period of time she would have it. It impressed me that people with temporary ostomies struggle with the same fears and anxieties that all of us who have permanent ostomies do. In addition to this, because the surgery was probably done on an emergency basis, they have absolutely no time to prepare themselves for the eventual outcome, the ostomy.

Do I sound like an all-knowing and understanding saint? Well, I don't feel like one on some of these visits. In general, I find most of those who have just had surgery resulting in a temporary ostomy to be very upset and unusually angry. They just hadn't expected this!

I would like to remind some of the people who have to live with temporary ostomies that their surgery likely saved their lives and that a few months is really not such a long time to live with an ostomy. But, I also have to remember how very frightening this surgery can be. So, I internalize my thoughts and sympathize and try to make the patient feel better about coping with their new situation.

### **Short-term Ostomate: A Point of View**

By Katy Duggan; via Pomona Valley (Upland, CA) News and Views; and Chippewa Valley (WI) Rosebud Review

One day I was on vacation in New York and simply feeling constipated. The next day I was in a Seattle emergency room signing a consent form for a resection (surgical removal of part of my bowel) and a possible ostomy. As an RN, I took care of many a child with a colostomy and could only remember the awful skin breakdowns that many of the kids had on their abdomens. I remembered the struggles to keep the old style appliances on their fragile bodies. I was feeling scared, confused and incompetent to take care of one on my own body. My surgery resulted in no ostomy, and I was relieved. I had only a colon cancer diagnosis to deal with post-operatively.

Five days later, I found myself again faced with a consent form for emergency surgery for complications. This time there was no doubt that I would have an ostomy — an ileostomy. The surgeon assured me that it would be only for eight to ten weeks, and then it would be closed. The assurance vanished with the first visit of the oncologist. He did not want me to have a third surgery, recover from that operation, and then start chemotherapy.

Now my challenge was to face nine to ten months of taking care of the ostomy on my body. Even as professionally trained as I was, I had all the same fears as those who must face living a lifetime with an ostomy. I kept telling my family I just wanted to pay a nurse to come in each week to deal with the bag change and any problems. I wanted someone else to deal with "it." I had to have help for several weeks but gradually became less "scared," not as "confused," more "competent" as each week passed. Although, as I write this, I am closer to the surgery date to reconnect my bowel, I have walked the road each ostomate walks. Between chemotherapy side-effects and learning new skills for managing an ileostomy, I am a stronger, more competent individual.



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**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](http://www.ostomy.org/ostomy_awareness_day_2014.shtml)

**World Ostomy Day**  
which will be  
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

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**Toll Free 800 741-0110**

WE ARE ON THE NET

[www.ostomymcp.com](http://www.ostomymcp.com)

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To: