

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**

Brenda Holloway—President
282-8181
Ronald Perry—Vice President
744-4082
Beth Carnes - Treasurer
786-2359
Patti Langenbach - Secretary
396-7827
Contact: Patti Langenbach
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(904)396-7827

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**Please plan to join us
Sunday Apr 27th
starting at 3 p.m.**

The
**United Ostomy Association
41st Annual UOA Conference
Las Vegas, NV
August 10-13, 2003
www.uoa.org**

Medical Care Products, Inc
Toll Free 800 741-0110
WE ARE ON THE NET
www.ostomympc.com

A MESSAGE FROM THE PRESIDENT

I would like to thank everyone for attending our March meeting. We had Patti from Medical Care Products speak to us about Cymed and about stoma barriers. It was very informative. She will be speaking again about Cymed because they did not send us any of their sample products to show so she was limited to that product but did her best.

I would like to invite you to our **April 27, 2003** because this is going to our Visitation Training and we need certified visitors. I also would like to invite you to come whether you want to be a certified visitor or not because this will be very informative and you never know when you may face a person with an ostomy and they just start asking questions. It happens to me all the time once people find out what association I am president of they start with the questions. This training will also help you with this kind of situation. I will have by the time you get this newsletter have phoned your home and asked you to attend. I urge you to whether you want to become a certified visitor or not, please come.

Please keep in mind the 41st Annual United Ostomy National Conference in Las Vegas from August 10–13, 2003. We plan on sending someone to this conference this year and monies are need to this. If you would like to donate toward this cause please contact me at (904) 282-8181. Thank you.

Thank you for your time and hope to see you at the meeting on **APRIL 27, 2003**. (PLEASE NOTE: This is the 4th Sunday due to Easter)

Sincerely,
Brenda L. Holloway, President
UOA, Jax Chapter 211

**Mark your calendar as
the chapter meeting will
meet the forth Sunday
April 27th because
Easter falls on our
regular meeting date.**

**2003 UOA YOUNG ADULT
CONFERENCE**
July 17-19 2003
Holiday Inn East
St. Paul, MN
<http://www.uoa.org/yan/yacflyer.pdf> (Adobe PDF,
95kB)
<http://www.uoa.org/yan/>
Contact: info@uoa.org

Minutes of the March 16th Chapter Meeting

The meeting was brought to order at 3:10 by president, Brenda Holloway. .

Brenda told the group about the meeting that she and Eugene attended of the Crohn's & Colitis support group. She said that there was a very good turn out but that they did not have time to discuss the UOA so they were invited back to their April meeting. Brenda asked if Beth would also attend. She wants at least one person from each type of ostomy to attend.

Brenda went over the visitations for last month. (see the visitation report this issue).

Brenda reminded everyone of the UOA conference in August. Using the internet, Patti and Brenda will probably be able to save money for the hotel and airfare.

Brenda also reminded everyone of the Visitation Training set for the 4th Sunday of April at 3:00 pm. EVERYONE is invited even if you do not want to be a certified visitor. It will be lead by ET Nursing Services and will be VERY informative!!!!

Patti Langenbach, Medical Care Products, spoke about Cymed and other new products on the market. She promised to speak about Cymed products again after they send her samples.

John asked about the new HIPA law regarding privacy and what the UOA should be doing in that regard. Patti explained that the law requires any medical entity to take certain safeguards to insure privacy of individual's care, insurance information, etc. Brenda volunteered to call the national UOA to ask what their policy is.

The meeting was adjourned at 4:15 for refreshments.

Minutes respectfully submitted by Patti Langenbach, Secretary

VISITATION COORDINATOR REPORT

I received a call from Genira Home Healthcare with regard and a request for any documents and any Chapters in the panhandle. I was able to give them a couple of names and contacts over there and send them one of our packets that we pass out to patients. I also referred them to the national website.

I also received a call from a son of a lady that is 88 years old and is contemplating ostomy surgery. He requested any information I had to give him and I forwarded to him a colostomy packet for his review.

I received a call from a lady that was discharged from hospital with little to no knowledge of how to change her appliance. I talked to her for about an hour and we discussed the procedure and she then remembered what she was told in hospital. She just needs some support and refresher as she was medicated when they changed her appliance. This call was forwarded to me by Baptist Home Health, which we would like to thank for their support in our efforts to get the word out.

I hope you all attend the VISITATION TRAINING ON APRIL 27, 2003, as it will be informative and very valuable for our future plan for our association.

See ya on April 27, 2003.

Sincerely,
Brenda L. Holloway
Visitation Coordinator
Jax Chapter 211

Subject: From UOA: the Individuals with Disabilities Education Act

The United Ostomy Association Government Affairs Committee and the Parents Network want you to be aware of the proposed changes in the Individuals with Disabilities Education Act. Several of us have IEP's for our children at school or anticipate needing one to see that their special health and/or disability needs are met.

The following link will take you to the UOA Advocacy Web page so that you can take a look at the proposed changes and assist you in communicating your opinions to your elected officials in Washington: <http://capwiz.com/uoa/issues/alert/?alertid=1819541&type=CU>

The Individuals with Disabilities Education Act (IDEA) is the federal special education law. Congress plans to revise and reauthorize the IDEA statute within the next few months. The reauthorization bill was introduced on 19 March 2003. It is known as H.R.1350, "Improving Education Results for Children With Disabilities Act of 2003".

Remember - every citizen is entitled to voice their opinion to their elected officials about the way our government provides educational opportunities to children with disabilities in the U.S.

Thank you for your interest,

Linda Aukett - UOA Government Affairs Committee

Bonnie McElroy - UOA Parents Network (Parents of Ostomy Children & Pull-thru Network)

News from Inside the UOA Central Office

Chapter presidents will be receiving a personal invitation to join the **2003 Chapter Participation Challenge** to assist UOA national fundraising efforts. Chapters will be recognized at the national conference opening session, on the Wall of Honor and in print materials acknowledging our most generous donors. This program was wildly successful last year, and we again thank the 28 chapters and individuals that supported the program. We encourage all chapters to take on the challenge this year! Chapters that respond by June 1 will be entered into a drawing to win a limited edition wildlife photograph by Thomas Mangelsen which can be used for local fundraising activities.

UOA has received another Youth Rally grant! The Harold R. & Winifred R. Swanton Foundation, established in 1986 in California to support charities in the health care field, has granted UOA \$2,500. The 2003 rally will be held July 12-16 at the University of St. Thomas in St. Paul, MN. Applications for campers, counselors and nurses are available at: http://www.uoa.org/events_youth.htm. You can also support the Youth Rally with an online donation at: https://secure46.cedant.com/uoa/secure_youth_donations.htm.

Mary Sweeny, an ET nurse at Mercy Medical Center in Dubuque, IA, has been selected as the recipient of the **Archie Vinitzky Scholarship for WOC(ET) Nursing**. Mary, who will receive her training at M.D. Anderson in Houston, TX, has assisted her community by organizing an annual ostomy fair, presenting educational sessions on "Travel Tips for the Ostomate," initiating a nursing newsletter and has been honored by the Iowa Nurses' Association as Nurse of the Year. We congratulate Mary and wish her well.

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The first-ever **UOA Young Adult Conference** is now just four short months away. Please help spread the word about this July 17-19 event in St. Paul, MN, to those in the 18-25+ year range. Program, registration and lodging details can be found at: http://www.uoa.org/events_yan.htm and in a brochure available from the UOA office. Additional information was sent in the January chapter mailing.

From Stillwater-Ponca City (OK) *Ostomy Outlook* Mar 2003:

Not Everyone Knows

by Sharon Williams, RNET; via Abilene (TX) *Tomy Tabloid*

The experience of having a new ostomy can be quite frightening if one does not understand what is normal in stoma appearance and ostomy function and what is not normal. Although each ostomate is uniquely individual, there are some basic generalizations which can be cited in the postoperative period. For example, the normal, healthy stoma is bright red in appearance, resilient to the touch and may bleed slightly if rubbed when the peristomal skin is being cleansed. A marked change in stoma mucosa color or appearance should be reported to the physician or enterostomal therapist. Also, bleeding from inside the stoma (whether urinary or fecal) should signal a call to the physician for further testing.

It is normal for an individual with an ileal conduit or sigmoid conduit urinary diversion to have some mucus in the urine. Drinking sufficient amounts of water (8-10 glasses per day minimum) will help to keep the urine and mucus diluted.

It is normal for the skin surrounding the ostomy to be in the same condition as the skin on other portions of the abdomen. Redness, rashes, urine crystal buildup, etc., are not normal and should be reported to the enterostomal therapist or physician.

In individuals with colostomies and ileostomies who still have a rectum intact, it is normal to expel mucus through the rectum. The mucous membrane lining the rectum will continue to produce mucus, even though an individual is "re-routed."

It is normal for the stoma to change slightly in shape and size due to peristalsis (contractile motion of the bowel which propels contents through the intestinal tract). However, marked swelling, prolapse, or shrinking in size of the stoma should be checked by a professional.

It is normal for some colostomates and ileostomates to feel as though they still need to have a bowel movement (phantom rectal sensations) even though the rectum has been removed. The sympathetic nerves responsible for rectal control are not interrupted during surgery and therefore the sensations are still present. Knowledge of this fact may alleviate anxiety.

In summary, get to know your stoma and what is normal for you. Only by recognizing the norm can one know when and if a problem develops.

UOA Jacksonville Chapter is now on the Web

<http://www.ostomymcp.com/chapter/Jaxchapter1.htm>

2003 UOA YOUNG ADULT CONFERENCE

July 17-19 2003
Holiday Inn East
St. Paul, MN

<http://www.uoa.org/yan/yacflyer.pdf> (Adobe PDF, 95kB)

<http://www.uoa.org/yan/>
Contact: info@uoa.org

Check Out New UOA Website

United Ostomy Association has updated their Web site www.uoa.org.

IOA Today "A Quarterly Ostomy Related Newsletter" Bringing You Ostomy Related Information From Around the World www.ostomyinternational.org

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/chatroom.htm>

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\$25.00**. 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\$25.00

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 ,
 PO Box 10239 Jacksonville, FL 32247-0239



United Ostomy Association , Inc
www.uoa.org

UOA Jacksonville Chapter is now on the Web
<http://www.ostomymcp.com/chapter/Jaxchapter1.htm>

MEETINGS ARE HELD AT THE
BAPTIST MEDICAL CENTER
8TH FLOOR - MEETING ROOM C
3RD SUNDAY OF EACH MONTH
3 P M

UOA Jacksonville Chapter
PO Box 10239
Jacksonville, FL 32247-0239

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Fax: (904) 396-7829
Email: patti@ostomymcp.com

T O :

Join us
Sunday Apr
27th starting at
3 PM
Baptist Medical Center 8th
Floor
Meeting Room C
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