Ostomy Support Group EV/AZ

HAS MOVED!!!!!

New Address:

St. Bridget Catholic Church
2213 North Lindsay Rd, Mesa
Meeting in Collins Hall

The church is located on Lindsay Drive
(Between McDowell & McKellips Rd on the East side of the street)
Our Next Meeting is

Sunday, March 20, 2016
2:00 PM

Where:
Saint Bridget Catholic Church, Collins Hall
2213 North Lindsay Road, Mesa, AZ 85210
(On Lindsay between McDowell & McKellips)

Our WOC Nurses will present our March program. It's always a fun and informative meeting when the Nurses run the show! Come with your questions and concerns and be ready for FUN!

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UOAA: For information for ostomates and to view upcoming conferences and events, go to www.ostomy.org. You can join the discussion board and read the monthly Update letter. Click the “advocacy” tab to reach your elected officials and send a suggested message.

BE SURE TO VISIT OUR WEBSITE:
www.ostomysupportarizona.org

ET Advisors
We want to thank our WOC nurses for all they have done for us. They come to every meeting and help us with any problems we may have.

Banner Desert Medical Center
(Dobson Road)
Contact # 480 412-3449
Janet Schmidbauer, RN, BSN, CWOCN
Elaine Fox, RN, BSN, CWOCN
Angela Hukill, BSN, COCN, CWCN
Roberta Nixon, RN, MSN, CWOCN

Banner Baywood Medical Center
(Power Road) Contact # 480 321-4642
Karol Friend, BSN, RN, COCN, CWCN

Independent Nurses
Sandy Lane BSN, RN, COCN, CWCN
Miriam Jensen BSN, RN, COCN, CWCN

Support Group Meeting Dates through summer 2016. All meetings begin at 2:00 PM, Saint Bridget Catholic Church, Mesa.

March 20, 2016
April 17, 2016
May 15, 2016
June 19, 2016
July 17, 2016
August 21, 2016

Board Meeting: All meetings begin at 4:00 P.M. following the Support Group meetings in Collins Hall, St. Bridget Catholic Church
Officers and Directors

President: Roxanne Camp
480.524.4819
roxannerocksanostomy@gmail.com
VP/Program Coordinator: Georgia Lucas
480.587.4210
Leegeorgia3511@gmail.com
Secretary/Sunshine: Marilyn Justice
480.982.4862
codmeg@aol.com
Treasurer/Membership: Paula Nelson
480.276.3436
pdnelson1978@aol.com
Director: Bob and Vella Owens
480.657.6464
bovellaowens@gmail.com
Director: Maureen Hymel
480.730.5765
mhymel@msn.com
Director/Webmaster: Robert Miller
480.984.1195
K2RMAZ@gmail.com
Director of Projects: Gretchen Rodriquez
480.734-0427
Gabie68413@aol.com
Visitation: Bobby King
480.392.4352
Teacherlove40@yahoo.com
Greeters/Sign In: (vacant)
Newsletter Editor: Angelica Ontiveros
602.802.3862
angeleyva1127@gmail.com
Newsletter Circulation: Sandy Clark
480.835.1338
Refreshments: Florence Park
480.964.8953
ms.apark11@gmail.com
Ostomy Supplies: (vacant)

A letter from the President:

Welcome to March, a big month for our group! We are moving and the new facility is going to be great, there is a map on our website and information for you in this newsletter. Can’t wait to see you all at St. Bridget Church on March 20th.

Our WOC Nurses will present our March program, it’s always a fun and informative meeting when the Nurses run the show! Come with your questions and concerns and be ready for FUN!

Roxanne Camp our President is still having health issues but is on the mend, please keep her in your thoughts and prayers. She is hoping to be back with us this month, we sure miss you Roxy!!

Come ready with your Nominations for the Board. You are welcome to nominate yourself or someone you feel is right for the job. We had a great presentation from your Board Members in February to give you an idea of what it takes to run this group. Our goal is to offer support and reach out to any new or veteran Ostomate and those facing surgery. We welcomed two Ostomates to our Group in February.

See you all at St. Bridget
Gretchen Rodriquez
(filling in for our Prez Roxanne)

"The longer I live, the more beautiful life becomes."

-Frank Lloyd Wright
Ostomy Fair in Scottsdale  
By Georgia Lucas

My Hub Lee Lucas and I wish every ostomate could have attended the Ostomy Fair at La Casa de Cristo Lutheran Church at 6300 E. Bell Road in Scottsdale on March 5, 2016. I believe it was the best planned fair we have ever attended. All activities were held in one huge room. All the tables were arranged in two rows on one side of the room, and the dais was on the opposite side of the room with chairs arranged around it. That made it possible for all of us to man our tables and still hear all of the speakers.

There was a great variety of products, including some we had never seen before. For example, Edgepark Medical Supplies had undergarments with built-in ostomy barrier/support. The product is designed to virtually eliminate leakage and provide a flatter abdominal profile. And although we didn’t find the ostomate’s kind of Victoria Secrets underwear, we found Ostomysecrets stylish undergarments in black lace and manly designs which support the ostomy pouch and reduce the friction between the pouch and the wearer’s skin.

Speakers could be heard above the din at the tables. Yet nearly everyone in the room was silenced as their attention was riveted on “Ester,” a Holocaust survivor. She was only 15 in 1944, when she was separated from the rest of her family and forced to board a crowded boxcar to be sent to work in a German ammunition factory. She told of being stripped naked, reduced to wearing rags and fighting for scraps of food. She said she was transferred to Auschwitz when the Allied forces came near the first camp she was in and how she was separated from her best friend, never to see her friends or family again. When the Jews were finally liberated, they were told they could raid their captors’ quarters and take whatever they wanted. Ester was so hungry that she grabbed a jar of honey and devoured all the honey as quickly as she could.

Of course that caused her to vomit profusely and put her in a hospital for a week. She later married and was sent to Palestine along with other holocaust survivors. Eventually, she and her husband made their way to America.

Another outstanding speaker was Lois Fink of Colorado. She told of her struggle with Crohns disease from age 9, but how it went undiagnosed until she was 17. At age 17, she weighed only 62 pounds and had not yet matured to womanhood. Before that, she had been diagnosed as having various other ailments and told that her sickness might be all in her head. She got her illeostomy at age 36, wrote about her struggles and founded IBD & Ostomy Awareness Ribbon. Fink noted that the trend now is to treat Crohns disease with a variety of new medicines instead of so much surgery. Coloplast paid for her appearance at the ostomy fair.

Certified Ostomy Visitors 2016
Please contact Bobby King to schedule a visitor (480)392-4352.

Colostomy
Bobby King
Gretchen Rodrquez
Lee Lucas
Roxanne Camp

Ileostomy
Marilyn Justice
Bob Owens
Florence Park
Richard Fleming

Urostomy (Iliel Conduit)
David Nelson
Roxanne Camp
Maureen Hymel
**Visitation Report**
6 colostomies
1 ileostomy

**Sunshine Report**
Get well cards were sent to Florence Park, Sandy Clark, and Roxanne Camp

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**Important Contacts for Ostomates**

Coloplast__www.us.coloplast.com___1-877-726-7872
ConvaTec__www.convatec.com_____1-800-422-8811
Hollister__www.hollister.com_______1-888-740-8999
UOAA____www.ostomy.org_________1-800-826-0826

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**Look for the Suggestion Box on the Welcome table!**
Thanks for your suggestions put in the box at the meeting. These are suggestions the Board needs to consider; therefore they will not be published.

Do you have Tips for a better life for the Ostomate?

**Upcoming Events**

**Mid Atlantic Regional Ostomy Conference**
April 29 – May 1, 2016
Sterling, VA

**Sixth UOAA National Conference**
August 22-26, 2017
Irvine, CA

**RIP Jeanne 🙏**

Jeanne came to every meeting she possibly could. I knew she was terminal, but I did not know the end was so close. She always wore a sweet smile on her face. I had wondered how she was doing after I had not seen her for a while. She had the book *In Spite of Cancer* and said it helped her gain courage. I miss her and wish she didn't have to leave.

Note From Georgia, Interim VP

Jeanne came to every meeting she possibly could. I knew she was terminal, but I did not know the end was so close. She always wore a sweet smile on her face. I had wondered how she was doing after I had not seen her for a while. She had the book *In Spite of Cancer* and said it helped her gain courage. I miss her and wish she didn't have to leave.

Note From Jeanne's granddaughter

Today Heaven received a beautiful angel, my Grandma Ma Jeanne. She is the most strongest, and bravest person I know. She fought Cancer for 13 years and that's what makes her strong. I'm so grateful to have her in my life. When I was little Ma Jeanne helped raise me. She helped take care of me in every way possible. There are so many memories I have with Ma Jeanne that I will hold on to and cherish forever. Ma Jeanne always had a smile on her face through good times and bad. That's one of the things that made her brave. Yesterday when I went to visit her in Hospice my Mom told Ma Jeanne that I was there and she opened her arms out like she wanted a hug, and she opened her eyes. When it was time for me to say good-bye I kissed her cheek, I told her I love her and she opened her eyes again. I felt as if that were a sign. A sign telling me that she knew I was there. I'm happy that she's not in pain anymore and she died peacefully. I knew she held on as long as she could for us. I'm so happy and so grateful that I get to call her my Grandma. I appreciate everything she did for me. I know I have an angel looking out for me. I will always be your pea in a pod. I love you forever & always Ma Jeanne

(The left picture was the first picture we took together and the right picture was the last one we took together)
If You Have Internet Access . . .

Our website has been up and running. We have all kinds of information plus links to the national UOAA and Phoenix Magazine. Our current Mail Pouch is on the website in addition to archived ones. Our website address is: www.ostomysupportarizona.org

If you have any questions or suggestions about the website, send an email to:
webmaster@ostomysupportarizona.org

Useful websites:
www.uoaa.org   www.cancer.org
www.bcan.org    www.ccfa.org

Volunteers Needed
Greeters for monthly meeting

Maintain Membership List and update member information

Maintain Ostomy Supplies for monthly meetings

50/50 ticket sales

“You don’t always need a plan.
Sometimes you just need to breathe, trust, let go and see what happens.”
-Mandy Hale
Ostomy Support Group EV/AZ
APPLICATION FOR YEARLY MEMBERSHIP

Membership is open to anyone interested in learning about Ostomies, how to care for yourself or loved one after surgery and what to expect before surgery. We have Wound Care Ostomy Nurses at every meeting to answer your questions. Your membership includes a subscription to the chapter's monthly newsletter. We also have ostomy supplies FREE at every support group meeting! (Bring your product brand name, stoma size, etc with you). Be sure to visit our website for more information: www.ostomysupportarizona.org

Membership dues are $20.00 per year, due each August Complete this form and bring it to the next meeting or mail it with your check to:

Ostomy Support Group EV/AZ, c/o Paula Nelson
6712 Des Moines St.
Mesa, AZ 85205-6827

Member’s NAME:_________________________________________________

E-Mail___________________________ PHONE:_________________________

SPOUSE’S NAME:_________________________________________________

LOCAL ADDRESS:_________________________________________________

OUT-OF-STATE ADDRESS:__________________________________________

PLEASE CIRCLE ALL THAT APPLY: Colostomy  Illeostomy  Urostomy
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webmaster@ostomysupportarizona.org

Useful websites:
www.uoaa.org www.cancer.org
www.bcan.org www.ccfa.org

BE SURE TO VISIT OUT WEBSITE:  www.ostomysupportarizona.org