

The Mail Pouch

Ostomy Support Group East Valley Arizona

January 2011

Our Next Meeting . . .

Sunday, January 30, 2011

2:00 PM

Centennial Village

130 West Brown Road

Mesa, AZ 85207

Our Speaker will be:

Michael Buckmire, MD, FACS, FASCRS
Colon & Rectal Surgery & Colonoscopy
Advanced Surgical Assoc. Ltd
Phoenix Magazine 2010 "Top Doc"

Dr. Buckmire grew up in Milwaukee, WI. He attended Duke University for his undergraduate education and subsequently attended the University of Maryland School of Medicine where he earned his MD in 1993.

His surgical training was done in Philadelphia, PA. There, he developed an interest in colon and rectal surgery during two years of intensive lab research during his residency. He then spent a year at Washington University - Barnes Jewish Hospital, in St. Louis, MO, undergoing further training as a fellow in colon and rectal surgery.

Save this Date . . .

Product Fair

Sunday, March 27, 2011

11:00 AM to 3:00 PM

Banner Desert Hospital
Saguaro Room

There will be no entrance fee. We will have many door prizes. Check out future newsletters for more information. Volunteers are needed. If you can help, call Andrea Pinsker at 480.945.7322.



If you are a new ostomate (less than one year) and would like to attend the UOAA National Conference but can't afford it, the UOAA may be able to help. They have a limited number of sponsorships available.

More information and an application are available on pages 6, 7 and 8..

Since the application must be signed by our President, call Sheila at 480.451.3815 or Vella at 480.657.6464. **DO NOT SEND YOUR APPLICATION TO THE UOAA WITHOUT SHEILA'S OR VELLA'S SIGNATURE.**

Officers and Directors

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sshine203@aol.com

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bovella@cox.net

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codmeg@aol.com

Refreshments: Florence Park

480.964.8953

Advocacy: Sheila Kollenberg

480.451.3815
sshine203@aol.com

CWOCN Advisors

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

Banner Desert Medical Center (Dobson Road)

Janet Schmidbauer, RN, BSN, CWOCN
Elaine Fox, RN, BSN, CWOCN
Angela Rebottaro Hugel, BSN, RN, CWOCN

Banner Baywood Medical Center (Power Road)

Miriam Jensen, RN, CWOCN
Sandra Lane, RN, CWOCN
Karol Friend, RN, CWOCN

Support Group Meeting Dates for 2011

Sunday, January 30th at 2 pm
Sunday, February 27th at 2 pm
Sunday, March 27th (Product Fair)
Sunday, April 17th
Sunday, May 22nd. (This is the last meeting of the year. Officers will be installed and then we will break for the long hot summer.)

Board Meeting Dates for 2011

Saturday, February 12th at 1 pm
Saturday, March 12th at 1 pm
Saturday, April 9th at 1 pm
Saturday, May 14th at 1 pm

Every month our officers and directors meet to discuss the business of our support group. All members are invited to attend the board meetings. We appreciate your interest and need your support. These meetings are on Saturdays at 1 PM at Centennial Village.

A Message from Your Presidents

Hi,

Our December meeting was a delight as we enjoyed our yearly Christmas Dinner with all the delicious delicacies and holiday favorites so tastefully prepared by our very capable members. Ham and Fried Chicken provided by the group. Adding to the enjoyment was the festive décor always displayed at Centennial Village for their residents and any who walk in the door.

Sheila Kollenberg welcomed everyone, then introduced our Poets, Lee and Georgia Lucas, treating us to another 'fitting' Poem. We then got on with the 'business of the day' - that of enjoying the food and enjoyable visitation.

Everyone was given a ticket as they signed in for the day and numbers were called for the many special prizes donated for the occasion. The final prize was a very beautiful necklace created by Andrea Pinsker using Swarski Crystal. The lucky winner very jovially modeled the item. (This should have made a beautiful Christmas gift for his special person.)

Sheila's friend, Sheila Shlakter, was in town and brought laughter to all with her gift in the comedian world. Thank you, Sheila S.

Non-perishable food items were collected for Sandy Clark to take to her church for distribution for the needy.

Miriam Jensen, our wound care nurse from Banner Baywood was with us; we actually freed her of the question/answer time allowing her to just enjoy. Gifts were given for our most appreciated nurses, also from Banner Desert. A beautiful large Poinsettia was given to Centennial Village. Thanks to everyone helping to make this a most enjoyable day!

As the year 2010 is nearing its close, let us give thanks for folks who have had their lives made brighter because of whatever assistance / encouragement EV Mesa Ostomy Support Group has provided. May we also look ahead in 2011 as to how we can make this a better year for those finding themselves in the similar situation as us, already involved in the world of 'Ostomies'.

January 30th meeting should be very informative. Ask yourself, 'How can I help with the Products Fair March 27th being held at Banner Desert?'

Hope to see YOU at the January 30th meeting.

Happy New Year !!!!

Love,
Vella & Sheila

* * * * *

Why Cranberries Help Prevent Urinary Infections

The secret ingredient in cranberries, which is pivotal in preventing urinary infections, is concentrated tannins in the juice, also known as Proanthocyanidins. In a significant study conducted in Boston and published in the *Journal of the American Medical Association*, cranberry juice was found to be effective in reducing the incidence of urinary tract infections and the need for antibiotic treatments.

How does this special ingredient in cranberry juice work? The concentrated tannins from cranberry juice prevent E. Coli bacteria, the main culprit in urinary infections, from adhering to the cells that line the urinary tract. Scientists believe that the substance blocks the growth of the part of the bacteria that is necessary for it to stick to the walls of the bladder and kidney.

What are the implications of this for persons who may be more susceptible to urinary tract infections? Scientists in the Boston study state that the addition of cranberry juice to dietary regimens in circumstances, where urinary tract infections have a high incidence, would be sensible. In addition, it would probably reduce both the incidence of infections and need for antibiotic treatments and be a useful adjunct to treatment in high-risk groups.

Courtesy of North Central Ostomy Outlook, Edited by B. Brewer, UOAA 1/2011

A thoughtful way to honor or memorialize a loved one:

_____ In memory of; _____ In honor of; _____ Get well to:

Name: _____

Please send Tribute Card to:

Name: _____

Address: _____

From: Donor's Name _____

Address _____

Enclosed is my tax-deductible contribution of \$_____. Credit Donation to the following account:

- _____ Julie Hungling ET Scholarship Fund
- _____ Richard Wilkinson UOA Youth Rally Fund
- _____ Newsletter Printing & Distribution Fund
- _____ General Fund

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

We support various causes with our membership fees and donations. The Julie Hungling, ET Scholarship Fund sponsors a Registered Nurse to take the special courses to be certified in Wound Care to the benefit of all ostomates. Our support group; is especially fortunate to have nurses who are specially trained and take the time every month to attend our meetings and answer our many questions.

The UOA Youth Rally Fund is used to sponsor as many young people as we can afford to attend the Ostomy Camp which is held every summer for the benefit of young ostomate nationwide. It is one week of the year where the young ostomates are "just like everyone!"

Any donation you can make is sincerely appreciated.



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

50/50 Winner:

There was no 50/50 Raffle at our December meeting. However, there were some great prizes given away at our Christmas party.

Donations:

No donations last month

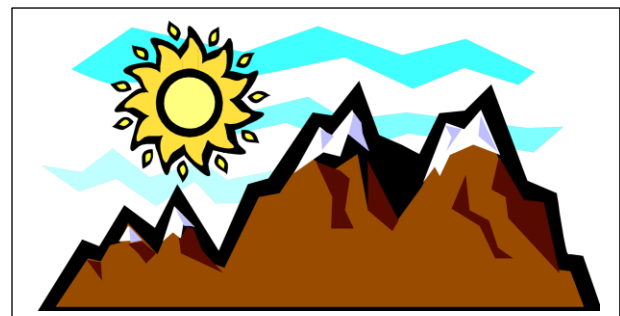
Visitation:

No visits last month.

Sunshine Report:

No cards sent last month.

Please call Marilyn Justice at 480.982.4862 if you know someone who could use a card.



The following is an article obtained from the TSA website:

Orthopedic Shoes, Support Appliances and Other Exterior Medical Devices

- Advise the Security Officer if you are wearing orthopedic shoes, support appliances or other medical devices and where the devices are located.
- If you are wearing an exterior medical device and are uncomfortable with going through the metal detector or be hand-wanded, you may request a pat-down inspection and visual inspection instead.
- You should be offered a private screening if clothing is required to be lifted to complete the inspection process.
- Security Officers should not be asking you to remove your orthopedic shoes, or medical device (insulin pump, feeding tube, ostomy or urine bag, or exterior component of cochlear implant) at any time during the screening process.
- Advise the Security Officer if you have an ostomy or urine bag. You will not be required to expose these devices for inspection.
- If you have a non-invasive (exterior) bone growth stimulator or other device that operates under a specific magnetic calibration, which cannot be x-rayed because the calibration of these units cannot be disrupted, you may request a visual and physical inspection of your device in lieu of being x-rayed.
- Transcutaneous Electrical Nerve Stimulator (TENS) and other exterior disability and medical related devices are allowed through the security checkpoint once they have been screened.
- At any time during the screening process, you can request a disposable paper drape for privacy.

Editor’s Note: Remember, if you ever feel uncomfortable with the screening process, ask to see a TSA Supervisor or Airport Supervisor.

Emotional Issues of Ostomy Surgery

As a new ostomate you can expect to experience a number of often conflicting emotions during the weeks and months following your surgery. Relief that the ordeal of surgery is over and that your recovery is progressing, joy because you’re still alive, and perhaps hope because you feel better than you have in years and new possibilities are opening for you. These are some of the more positive feelings you will experience. But you may also find yourself frightened and confused. It is a natural and nearly universal experience for a new ostomate to become frustrated with that new appliance and to worry about how life will change because of it. It is also common for a new ostomate to engage in a trace (or more) of self-pity (the “why me?” syndrome). These negative feelings can combine to cause introversion, depression and even a kind of immobilization where it is just too frightening to walk out the front door, and resuming your place in the world seems beyond all possibility.

First and foremost, as a new ostomate you should try to stay focused on the things that are positive in your life. I have yet to meet an ostomate who, given a choice between “ostomy” and “no ostomy”, would choose to have the surgery. But your decision was more complicated than that and probably involved choices between life and death or between a meaningful life and a life dictated by debilitating illness.

Courtesy of Ostomy Association of Cape Cod

Our Advertisers . . .

When reading our newsletter, be sure to read the advertisements in addition to the articles. These businesses offer many fine products and help defray the cost of publishing and mailing our newsletter. When you contact them, let them know you saw their ad in The Mail Pouch.

* * * * *

The Mail Pouch . . .

If you have any articles or information you would like included in our newsletter, please email them by the 10th of the month to:

ostomy@robertBmiller.com



Dear Applicant,

Thank you for your interest in the UOAA Conference sponsorship CARES Program. What an exciting time in your life! Going to a UOAA National Conference is life-changing event for a person with a new ostomy. It is the sincerest wish of the selections committee and the UOAA, that through this educational experience we can assist you in your adjustment to a healthy new life. This letter contains information you will need to apply for a sponsorship to the UOAA National Conference, to be held on August 7-11, 2011 in Reno, NV.

As part of our service to people with bowel/bladder diversion surgery, the UOAA offers Conference sponsorships in an amount up to \$650.00 to Affiliated Support Group (ASG) members who wish to attend a National Conference. The funds provided by UOAA help with the cost of conference registration, lodging and travel expenses. They are for your personal use only and not for expenses incurred by accompanying family or friends. A CARES selection committee, overseen by the UOAA Management Board of Directors, will review all applications.

Sponsorships are given in order of preference to people who:

- Have had surgery within the last year
- Are attending a National Conference for the first time
- Would be unable to attend without financial support

TIMETABLE:

Applications are to be filled out and returned to your ASG President. The ASG President must sign, and submit your applications to the UOAA CARES Program selections committee (c/o UOAA office), **no later than March 15, 2011**. Applicants who are selected as finalists may be required to provide further information documenting financial need. All applicants will be notified of the selection committee's determinations no later than May 1, 2011

APPLICATION REQUIREMENTS

- 1) Fill out the application form completely and sign.
- 2) In 500 words or less, clearly explain how attendance at a UOAA National Conference will assist you with your adjustment to ostomy surgery. State the benefits you are seeking from the National Conference. Essay must, also, include explanation of your need of the sponsorship funds. Essays must be typed or printed neatly and submitted with the completed application.
- 3) Applicant must have their completed application signed by the local ASG President.
- 4) Application and essay are to be mailed to

UOAA, Inc
Joan McGorry
PO Box 512
Northfield, MN
55057-0512

Emailed submissions may be sent to oa@uoa.org .

- 5) Applications must be postmarked by March 15, 2011.

For questions, please contact LeeAnn Barcus at 636.751.3899 leeann@uoa.org

LeeAnn Barcus, CARES Committee Chair, UOAA

C.A.R.E.S. Program
UOAA Conference Sponsorship
August 7 – 11, 2011 Reno, NV

APPLICANT INFORMATION

Last Name: _____ First Name: _____

Address: _____

City: State: Zip Code: _____

Email: _____

Daytime Phone: _____ Best time to call: _____

Surgery type and date: _____

What is your age category?

- 18-25 65-75
 25-35 over 75
 35-45
 45-55
 55-65

Do you have medical insurance? Yes No

What is the co-pay percentage required by your health Insurance? _____

Does this insurance pay for your ostomy prosthetics? Yes No

What is your average monthly out-of-pocket dollar amount spent on ostomy supplies?

What is your total, out of pocket, medical expense per month? _____

What is your Adjusted Annual Income, as shown on your Income Tax papers:

- Under 30,000
 30-45,000
 46-60,000
 60-75,000
 76-90,000
 Over 90,000

Do medical expenses create hardship on your ability to provide for your family?

yes, please explain No

Is cost the only factor that would keep you from attending the National Conference? If no, please give details: Yes No

If selected and if the need arose, would you be willing volunteer some of your time while at the Conference, such as helping out at the registration desk, etc? Yes No

If selected, would you submit an article for publication in your local newsletter and *The Phoenix* magazine about your conference experience? Yes No

Applicant Signature: _____ Date: _____

ASG Official's Signature: _____ Date: _____

UOAA ASG name: _____

Note: To aid in the selection process applicants may be asked to submit further financial information. Application deadline is March 15, 2011. Please attach your essay and mail or email application to:

UOAA,Inc
Joan McGorry
P.O. Box 512
Northfield, MN
55057-0512

What in the World is a CWOCN?

CWOCN is an abbreviation for Certified Wound-Ostomy Continence Nurse. Formerly known to all or most ostomates as an E.T. nurse or more formally correct as an Enterostomal Therapy Nurse, that area of nursing has greatly expanded.

A CWOCN is a Registered Nurse (RN) who has received extensive training in managing conditions related to complicated wounds, ostomies or problems related to fecal and urinary incontinence. Some RNs choose to become specialists in only one of these areas.

A CWOCN has a least a Bachelor's degree in nursing. In addition, the CWOCN has received extensive training in anatomy and physiology, wound, ostomy and continence management, patient teaching; prevention of complications, appliance fitting and refitting, and evaluation and consultation. The CWOCN must pass a rigorous certifying examination for each area of specialty and become certified by the national organizations. The CWOCN must also attend relevant continuing education sessions each year and be recertified every five years.

The following are some of the many ways that a CWOCN can help you:

- Consults with the physician to recommend treatment for complicated wounds.
- Can teach the patient and family how to manage wounds, ostomies and continence after they leave the hospital.
- Can evaluate and fit ostomy appliances. This is helpful for new ostomates and for long-term ostomates who can no longer find the appliances they have been using.
- Has received training to assist the surgeon in locating the best site on the abdomen for the ostomy to be placed during surgery. This is important to make certain the ostomy is not put in a location, such as a crease or fold, that could complicate pouch wearing.
- Can help identify the causes of incontinence and help manage it effectively while in the hospital and at home;;
- Is an expert at preventing skin irritation and pressure ulcers, and consults with doctors and other nurses to recommend the best approach for each individual situation.

CWOCNs are available not only in the hospital, but in outpatient settings, and when appropriate, in the home. Such services are usually covered by insurance, but normally only when referred by your physician. Services can be extended to temporary residents, but,

again, must be referred by a physician. Home services are not provided by hospital CWOCNs, but if the patient is covered, some home health agencies have CWOCNs on their staffs.

Courtesy of the UOAA via the Ostomy Association of San Diego, Inc.

A Note from an Old and Dear Friend:

Hello Everyone,

I just wanted to let you know that I miss you all, and think about you often - especially on meeting days.

I do enjoy the newsletter (great job Sandi) as this is my contact with all the Mesa Group, and of course the wonderful friends I do chat with on a regular basis.

The Mesa group is one of the most active, both socially and for the education of Ostomates. The Board is to be commended for carrying on these programs. Please support the Product Fair, by volunteering or attending. It takes a LOT of work and people to get this together. I would love to be there.

On a personal note, I am much better, have great doctors and the meds are working! I am not yet 100% (who is?) and don't expect to be. However, I am functional and that is all I can ask. It is good to be with family, my sister and her husband, and his family.

We had some snow yesterday (what is that white stuff?) I had not seen any for the past almost 20 years. I actually had to buy some gloves. I do enjoy North Carolina so much - the trees which line all roads, and are everywhere are a delight, along with the green grass and homeowner's flowers. The leaves changed to wonderful colors and have now dropped, but evergreens are mixed in so it is not entirely bare right now.

I hope you all had a great Christmas/Hanukkah and I wish you all a happy, healthy New Year. (Where did the year go!?!?)

I would love to hear from you.

Love,
Gloria Rose
4100 Stranaver Place
Raleigh, NC 27612
Phone: 919-226-0026

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I have had a colostomy for more than 3 years and excess air is uncomfortable. Burping or draining can be hazardous; there is always danger of soiling. I travel a great deal, air travel with a pouch is particularly testing. The Osto-EZ-Vent™ eliminated the restroom struggle all in a hygienic and safe manner. In short, your product has changed my everyday life for better."

Thanks and regards,
Arun P. S. / Doha, Qatar



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**UPCOMING MEETINGS: Sunday, January 30, 2011 at 2:00 PM
Sunday, February 27, 2011 at 2:00 PM**

APPLICATION FOR MEMBERSHIP

Membership is open to all persons interested in ostomy rehabilitation. MEMBERSHIP in the Ostomy Support Group EV/AZ includes a subscription to the chapter's monthly newsletter. ASSOCIATE MEMBERSHIP in the Ostomy Support Group EV/AZ is open to the spouse of a regular member, a member of another chapter who lives out of state, and includes a subscription to the newsletter.

Full Membership Dues are \$25.00 per year. Associate Membership Dues are \$12.50 per year.

I wish to make an additional contribution of \$_____ to support chapter programs.

NAME _____

Spouse's Name _____ Phone () _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Please check all that apply: Colostomy Ileostomy Urostomy/Ileo Conduit Continent Urostomy

Other No Ostomy. Birthday Month _____

Date & Location of initial surgery: _____

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