

The Mailbag

The Ostomy Support Newsletter Of Jacksonville, Florida

Support group meets the 3rd Sunday of each month 3 p.m. 4836 Victor Street

Contact Information:

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Next chapter meeting will be held on
Sunday April 17th. hosted by Kimberly
3pm, 4836 Victor Street.



Jacksonville Chapter is now a member of the United Ostomy Association of America. Please take the time and visit their Website <http://www.ostomy.org>.

Public TV Documentary Movie

UOAA entered into a contract for the publication of a five-minute ostomy public awareness movie that will appear on public TV; the National Medical Report as shown on cable; network and international TV as part of Voice of America.

This excellently produced project—coordinated by UOAA President Elect Kristin Knipp—can now be viewed on the UOAA Internet site at www.uoaa.org/uoaa_psa.shtml. One may also view the movie at <http://uoaa.wordpress.com/>.

We encourage you to send one of these links to anyone with an interest in ostomy surgery; i.e., our members, local medical professionals, family and even friends who you might want to have better understanding about our organization.

CYCLING FOR SCHOLARSHIPS

\$200,000. 3,100 miles. And one 72 year old champion for WOC nursing.



The journey has begun . . . If you haven't heard, Dr. Katherine Jeter has begun her WOCN's Cycling for Scholarship bicycle ride from California to Florida. She began her journey on Friday, March 4 to raise awareness of WOC nursing and scholarships for nurses interested in pursuing this specialty.

To date, the WOCN's Cycling for Scholarship Campaign has raised \$151,000 for the scholarship program. The goal is to reach \$200,000 by the time Dr. Jeter rolls into St. Augustine, FL on April 28, 2011.

FAET is showing our support by contributing to the Adopt-A-Stop, which means we are contributing towards every destination in Florida that Dr. Jeter will be stopping in. Our name will appear in the donor's box of each Florida City we adopt.

The WOCN office is making plans for activities at the end of the trip in Florida. **Robbie Sharp** is communicating with National about the details and as we know about activities we will keep everyone informed to support her and be a part of her journey as Dr. Jeter rolls into Florida! If you are planning any specific celebrations in your area please notify Robbie at rsharp9376@aol.com (850-508-9106) and we will help to spread the word.

You are invited to personally contribute to help fund the next generation of WOC education. 100% of the money donated for this fund will be used for scholarships! Go to <http://www.wocfoundation.org/cyclingforscholarshipsfor> more information.

Terry Barton, BSN, RN, CWOCN
FAET President

ITINERARY

Cross Country: The Southern Tier

March 3 - April 29, 2011

Please note that specific stopover towns and mileages are subject to change. We will send you an updated itinerary and lodging information as we confirm it.

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| Date | Overnight | Miles | Date | Overnight | Miles |
|----------|---------------------|-------|----------|----------------------|-------|
| March 3 | San Diego, CA | 0 | April 1 | Kerrville, TX | 0 |
| March 4 | Alpine, CA | 34 | April 2 | Blanco, TX | 65 |
| March 5 | Jacumba, CA | 47 | April 3 | Bastrop, TX | 93 |
| March 6 | Brawley, CA | 67 | April 4 | La Grange, TX | 41 |
| March 7 | Blythe, CA | 89 | April 5 | Navasota, TX | 69 |
| March 8 | Blythe, CA | 0 | April 6 | Navasota, TX | 0 |
| March 9 | Salome, AZ | 64 | April 7 | Cleveland, TX | 75 |
| March 10 | Wickenburg, AZ | 57 | April 8 | Silsbee, TX | 64 |
| March 11 | Phoenix, AZ | 67 | April 9 | Lake Charles, LA | 77 |
| March 12 | Apache Junction, AZ | 58 | April 10 | Lafayette, LA | 83 |
| March 13 | Globe, AZ | 49 | April 11 | St. Francisville, LA | 87 |
| March 14 | Safford, AZ | 78 | April 12 | St. Francisville, LA | 0 |
| March 15 | Lordsburg, NM | 75 | April 13 | Hammond, LA | 87 |
| March 16 | Silver City, NM | 47 | April 14 | Bogalusa, LA | 55 |
| March 17 | Silver City, NM | 0 | April 15 | Wiggins, MS | 60 |
| March 18 | Kingston, NM | 48 | April 16 | Pascagoula, MS | 68 |
| March 19 | Las Cruces, NM | 88 | April 17 | Dauphin Island, AL | 43 |
| March 20 | El Paso, TX | 67 | April 18 | Dauphin Island, AL | 0 |
| March 21 | Fort Hancock, TX | 47 | April 19 | Pensacola, FL | 60 |
| March 22 | Van Horn, TX | 76 | April 20 | Crestview, FL | 69 |
| March 23 | Ft. Davis, TX | 90 | April 21 | Marianna, FL | 94 |
| March 24 | Ft. Davis, TX | 0 | April 22 | Quincy, FL | 54 |
| March 25 | Marathon, TX | 60 | April 23 | Crawfordville, FL | 48 |
| March 26 | Sanderson, TX | 54 | April 24 | Crawfordville, FL | 0 |
| March 27 | Del Rio, TX | 111 | April 25 | Perry, FL | 54 |
| March 28 | Brackettville, TX | 43 | April 26 | High Springs, FL | 76 |
| March 29 | Camp Wood, TX | 49 | April 27 | Palatka, FL | 73 |
| March 30 | Vanderpool, TX | 39 | April 28 | St. Augustine, FL | 47 |
| March 31 | Kerrville, TX | 49 | April 29 | Shuttle to Airport | 0 |

(Rev. 2/1/11)

800.247.1444 • www.womantours.com • info@womantours.com • 2340 Elmwood Ave, Rochester, NY 14618

Follow updates via FaceBook

WOCN's Cycling for Scholarships
<http://www.facebook.com/WOCNCycling>

WOCN's Cycling for Scholarships
\$200,000. 3,100 miles. And one 72-year-old champion for
WOC nursing.

Blog: <http://cyclingforscholarships.blogspot.com/>

Recent Health Statistics on Weight

U.S. Department of Health/Center for Disease Control

If becoming healthy in our culture were easy, everyone would be doing it. Clearly, everyone is not. We have obtained a few statistics that may help persuade some people with ostomies to change their lives for the better enabling them to live life to the fullest.

- More than two-thirds of the U.S. population is currently overweight or obese. (The BMI rubric is used to determine these results)
- Only 26 percent of us eat anything close to the five servings of vegetables and fruits considered essential for decent health—and a far tinier fraction obtain the six to nine servings recommended for optimal well-being.
- Only about 30 percent of Americans report obtaining any kind of regular exercise. Studies suggest that fewer than 10 percent obtain daily exercise.
- About one in two adults are on one or more prescription drugs at any given time.
- The percentage of U.S. children and adolescents with chronic health conditions has nearly quadrupled in the past 40 years, from 1.8 percent in 1960 to 7 percent in 2004.
- One out of two men, and one out of three women, will be diagnosed with cancer in their lifetimes.
- The fiscal costs of coping with chronic lifestyle-related diseases currently absorb about 75 percent of our total healthcare spending and about 12 percent of the U.S. gross domestic product.
- Experts predict that in less than two decades, more than 85 percent of our population will be considered overweight or obese, with one in every six healthcare dollars spent on costs directly related to that epidemic.
- Within the next 25 years, the incidence of diabetes, specifically type two, is projected to double—and costs to triple. The CDC now estimates that by 2050 one in three U.S. adults (100 million of us) will suffer from diabetes.
- In 2009, annual healthcare costs for a family of four were about \$33,000, according to the Centers for Medicare and Medicaid Services, and these costs are projected to double in the next several years.
- §Chronic-disease-related losses in productivity from absenteeism and “presentee-ism” (people coming to work but not being capable, energized or focused enough to do good work) are even more staggering: Many experts estimate they are triple the direct medical costs.

These statistics use methods that are not completely accepted by all in the medical community. The methods of gathering information can be improved.

You Have Adjusted to Your Ostomy When . . .

By Fred Shulak via Stoma Life and Ostomy Outlook

- You stop spending all of your spare time in the bathroom waiting for your stoma to work so that you can empty the pouch right away.
- You can move about freely without holding onto your pouching system as though it might fall off at any minute.
- You make that first trip to the mailbox without taking along your ostomy supplies.
- You stop grabbing your abdomen when the grocery clerk asks if you need help to the car with your bag.
- You go out for the evening and realize too late that you left your emergency kit at home.
- You begin to think how lucky you are to be alive instead of how unlucky you are to have an ostomy on your tummy.
- You attend our monthly support group meetings with an expectation of helping yourself and others learn about living with an ostomy rather than staying at home worrying about it all.

(I have used this missive before, but it is so true that it makes me laugh every time I think of it.)



**Aug 7-11, 2011 • Third National UOAA Conference
John Ascuaga's Nugget Hotel,
Reno NV**

**For more information
please visit
UOAA www.ostomy.org**

http://www.ostomy.org/conference_2011.shtml

**Check Us Out On The Web
www.ostomymcp.com**

Other Websites Of Interest:
 United Ostomy Association of America: www.uoaa.org
 Your Ostomy Community Connection Center: www.c3life.com

Ostomy Chat Room Weekly Meetings

Yahoo Peoples with Ostomy2* - Mondays, 8:00 pm US Central time
<http://clubs.yahoo.com/clubs/peopleswithostomy2>

Community Zero (Ostomy) Support* - Wednesdays, 9:00 pm US Eastern time
<http://groups.yahoo.com/group/ostomatessupport/>

Yahoo UK Ostomy Support* - 1st & 3rd Sundays, 8:00 pm UK time / 3:00 pm US Eastern Time
<http://clubs.yahoo.com/clubs/ukostomysupport>

UOAA Chat Sundays 9pm ET / 6pm PT
<http://www.yodaa.org/chat.php>

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 __

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