

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.



Featured Product

ReliaMed ostomy pouch disposable bag, 8" x 8".

Bag is leak proof, odor reducing, and totally content concealing. The Bag's zip seal allows you to quickly dispose of your used ostomy bag with one sweeping hand movement

Sold by: BG of 60 EA



Jacksonville Contact Information:

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

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
(Newsletter will be in PDF format)

Support group meets the 3rd Sunday of each month 3 p.m.
4836 Victor Street
Next Meeting August 17th

Ocala Contact Information

Lynn Parsons
(352)245-3114

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!”

By Linda Blumberg AKA “Mrs. Lips”

July 2014: celebrated freedom...the choice to live (well) with an ostomy!...at our July 20 Jax ASG meeting, ostomates/family gathered, including prebie just ONE day prior to his eagerly anticipated surgery(!)...Many questions/helpful suggestions, discussing stoma placement/pouching systems’ stool/urine encasement, hernia confinement/body image realignment...we wished him well...to improve his IBD condition by stoma addition!...soon to become a “newbie!”...

Speaking of “newbies,” “Gutsy,” Linda’s ileostomy stoma, congratulated Patti on her 2 recent “additions” to MailBag format: 1) Encouraging personal ostomy story submissions, ostensibly for Ostomy Awareness Day in October...2) Kimberly’s delectable recipes...Gutsy’s “maturity” (at 7 2/3+ years old!) welcomes these fresh, revitalizing features...room for everyone to contribute to this newsletter!...It’s nearly August...time to learn something “augustly” new!...

SPOTLIGHT ON: August 2014: Linda’s work resumes (11th); Jax kids’ schooling looms (18th)...end of summer vacation...further your education!...Just one year ago, Gutsy met many stomas from all over US and beyond at the UOAA Jax conference, August 7-10, 2013 “Bridge to Acceptance”...truly informational and inspirational!...Now, she encourages the checking out of ConvaTec’s 24/7 “inspirational informational” social media website “Inspire.com”...compassionate good humor to build YOUR “Bridge to (ostomy) Acceptance!”

Of course, awareness precedes acceptance...Your “education” begins with: 1) checking for blood in stools/urine...Your “learning” continues when you: 2) choose life-saving colonoscopy, with follow up life-affirming ileostomy, colostomy, or urostomy surgery, if needed, rather than risking cancer...or premature death(!)...Gutsy says this makes YOU SMART!...

That’s “Grade” “A:” Ostomy Awareness!...when we CELEBRATE BEING ALIVE(!), realizing even with a stoma, WE are still normal, loveable, beautiful people who can feel EMPOWERED to live well with an ostomy, we are “promoting” Ostomy Acceptance! (See Linda’s 1st Phoenix article/photo, June 2011, p. 30)...

And, to illustrate real “class,” Advocate for Ostomy!...1) Share your ostomy “research”—at ostomy support group meetings, on Inspire.com, and with general public (family/friends, etc.) to dispel their preconceived notions. KNOWLEDGE IS POWER! 2) Drive your loved one to/from colonoscopy, and remain loving/loyal, especially if he/she has ostomy surgery...3) Advocate for YOUR stoma: Outfit him/her in pouch cover from Koolostomy.com...remember excitement of getting new school “clothes?”...b) Honor your stoma with its own name: email: Patti@ostomymcp.com or Linda: blumbergl@duvalschools.org for inclusion in future Gutsy’s Gab column...August proudly features: newbie “Walter” (Jax ASG); “Susie Jr.” and “Ruby the Super Pooper,” and RIP Reversals: “Mr. Frank Stoma” and “QUOTA” (Inspire.com)...cathartic and fun! (See Linda’s 2nd Phoenix article/photo, December 2013, p. 78)...

BOTTOMLINE/MARK YOUR CALENDAR: Speaking of “Higher Learning:” We are all “students” of LIFE...let’s further our ostomy “education” together!...our next Jax ASG meeting is Sunday, August 17, 2014, where we will reflect on the “augustness” of living (well) with an ostomy!...Join us to CELEBRATE BEING ALIVE!...“exam”-ine new ostomy products!...“test” Kimberly’s newest recipes!...make new stoma friends!...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

Bruschetta Appetizer

Crescent Rolls (or Puff Pastry)
 3 Plum (Roma) Tomatos
 1/3 C fresh Basil
 2t Olive Oil
 1 Clove Garlic
 1C Shredded Parmesan Cheese
 3 Green Onions
 1/2C Black Olives
 1/4 C Bacon Bits (optional)

- 1) Roll out Crescent Rolls and with fork dimple it to prevent bubbles. Bake at 350 6-7 minutes.
 - 2) Combine part of the Parmesan cheese and the rest of the ingredients (best to do this the night before so flavors can blend)
 - 3) Spread part of the Parmesan cheese on the partially baked Crescent Rolls (helps the tomato mixture stay on the Crescent Roll)
 - 4) Spread tomato mixture over the Parmesan cheese (you can reserve some Parmesan cheese to put on top)
 - 5) Bake another 6-10 min until cheese is melted and ingredients are warmed thru.
- Serve warm or cold - Do not bake the night before or the crust becomes too moist. .

Safe Travel Tips

by Joseph Rundle, Aurora (IL) Ostomy Group; via Metro Maryland

With the terrorist alert on high and many concerned about safe travel at this difficult time, I thought I would offer you some useful tips:

- Do not ride in an automobile. Autos cause 20% of all fatal accidents.
- Do not stay at home. That is where 17% of all accidents occur.
- Do not walk across the street. Pedestrians are victims of over 14% of all accidents.
- Do not travel by air, rail or water. People have 16% of all accidental deaths because of these activities.

However, only 0.0001% of all fatal accidents occur at our local ostomy support association's meetings. Moreover, virtually none of these happen during the business meetings. Obviously, the safest place to be is at your local ostomy association meeting. You'd better go to the next one, just to play it safe.

CONTINUING YOUR SOCIAL LIFE WITH AN OSTOMY

UOAA UPDATE 6/2014

Your social life can be as active as it was before surgery. You can enjoy all activities: meeting people, attending concerts, sporting events, civic and social club meetings, parties, religious occasions or whatever you enjoyed before. The first time you go out of the house after surgery, you may feel as if everyone is staring at your pouch, even though it is not visible under your clothing. You can feel your pouch on your body, but no one can see it. Keep those concerns in mind. Did you know what an ostomy was or where a stoma was located or what it looked like before you had surgery?

You may also worry about your pouch filling with gas and sticking out under your clothing. A quick trip to the restroom can take care of this problem. If you are worried about your pouch filling up immediately after eating at a social event, remember, people without ostomies often need to go to the restroom after eating and nobody will think it is unusual if you do the same! You will probably find that you need to empty your pouch less often than you need to urinate.

Friendship and love - You may be wondering about your relationship with others. Now that you have an ostomy, you may feel that it will change your present relationships and decrease new opportunities for friendship and love. True friendships and deep relationships on any level are built on trust and mutual understanding. These qualities depend on you and other persons. You have the same qualities you had before surgery and your ability to develop friendships is unchanged. If you care about yourself, others will feel your strength and will not be deterred. If your ostomy does cause a break in friendship, or relationship or even marriage, this relationship was not built upon trust and mutual respect and probably would have crumbled sometime in the future anyway.

AIRLINE ANNOUNCEMENTS!

UOAA UPDATE 6/2014

A United flight attendant announced: "People, people, we're not picking out furniture here; find a seat and get in it!"

On landing, the flight attendant said, "Please be sure to take all of your belongings. If you're going to leave anything, please make sure it's something we'd like to have."

As the plane landed and was coming to a stop at Ronald Reagan, a lone voice came over the loudspeaker: "Whoa, big fella, WHOA!"

A flight attendant's comment on a less than perfect landing: "We ask you to please remain seated as Captain Kangaroo bounces us to the terminal."

"As you exit the plane, make sure to gather all of your belongings. Anything left behind will be distributed evenly among the flight attendants. Please do not leave children or spouses...except for that gentleman over there."

"Your seat cushions can be used for flotation; and, in the event of an emergency water landing, please paddle to shore and take them with our compliments."



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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>



**Sept 1-6, 2015 • Fifth UOAA
National Conference •
St Louis MO**



[http://ostomycanada.ca/events/
biennial_conference_of_uoac](http://ostomycanada.ca/events/biennial_conference_of_uoac)

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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WE ARE ON THE NET

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To: