

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 6:30pm - Bapt Medical Center Nassau board room.
 Gainesville Support Group meets the 1st Sunday of each month (except Holidays) Hope Lodge 2121 SW 16th St Gainesville

**Patti Langenbach, will be conducting
 Amelia Island Sept 28th meeting.**

Product Description

- **Securi-T USA** No Sting Wipe
- Barrier Protective Dressing
- 50 per box

Additional Info

Provides an extra layer of skin protection with a no-sting formula. The liquid dries to a slightly wet tack.

New **Securi-T USA** No Sting Wipe Now Available



Medical Care Products, Inc.
 (904) 733-8500
 (800) 741-0110

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 Aug 16th

Gainesville Support Group
 meets the 1st Sunday of each
 month (except Holidays)
 Next meeting: **Sept. 13th at
 2pm** at Hope Lodge 2121 SW
 16th St Gainesville, FL 32608
Contact info:
 Brinda Watson (352) 373-1266
 Nelson Griffiths (352) 376-8703

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 13th
Contact info:
 Lynn Parsons (352) 245-3114
www.ostomyocala.com

**Amelia Island Area
 Ostomy Support Group**
 meets last Monday of each month at
 6:30pm (except May, June, July &
 Aug) Bapt Medical Center
 Nassau board room.
 Free parking (904) 310-9054
Next Meeting Sept. 28th



“Gutsy’s Gab:” “Speak Out and Be Heard!”

By Linda Blumberg AKA “Mrs. Lips”

July 2015: celebrated *freedom of choice* to live well with an ostomy! Kathy Johnson the ostomy nurse spoke at our July 19 Jax ASG meeting. Our meeting room was over flowing with ostomates and family. Kathy has promised to attend at least one meeting each year. It’s almost August...time to learn something *augustly* new about living well with an ostomy!

SPOTLIGHT ON: August 2015: Linda resumes work for year 36(!) (17th), Jax kids schooling looms (24th)...end of summer vacation. *Bummer!* Time to further your *education* - but, not at school: it’s 2 years since Gutsy met many stomas at UOAA *august* 4th National Conference: Bridge to Acceptance, locally in Jax, FL...WOW!!...#5: Gateway to a New Life is coming up September 1-6, 2015 in St. Louis, MO. Gutsy encourages all stomas to “be cool, man, and get to this *stoma school* at The Arch...Hyatt Regency, NOT McDonald’s! (hahaha)...See, YOU DO need *education*! Find details at UOAA.org

Awareness involves: *educating* yourself to: 1) check for blood in stools/urine, with further *learning* to have: 2) life-saving colonoscopy, with follow up life-affirming ileostomy, colostomy, or urostomy surgery, if needed...only a *dummy* risks cancer.

Postsurgical Ostomy Acceptance occurs when we realize that even with a stoma, WE are still normal, beautiful, loveable people who can feel EMPOWERED to live well with an ostomy! STOMA ARRIVAL= YOUR SURVIVAL to CELEBRATE BEING ALIVE. *Knowledge* IS (em)power(ing)! Promote YOUR stoma acceptance, and nonostomates likely will, too! True ostomy acceptance is non-judgemental! (See Linda’s 1st Phoenix article/photo, June 2011, p.30)

Show real *class* by Advocating for Ostomy(!): Gutsy saved Linda’s life; but, humor and a (com)passion for writing/others continue as her salvation! 1) Share YOUR ostomy journey: a) at support group meetings, b) on Inspire.com, c) by submitting your unique experiences/perceptive perspectives/humor, in writing, to this (or YOUR local) newsletter, or publications, e.g., Phoenix Ostomy mag, and d) by educating general public to dispel their negative preconceived notions; 2) drive loved ones to/from colonoscopy, remaining loving/loyal if he/she has ostomy surgery; 3) Advocate for YOUR stoma: a) Out *class* other stomas in a beautiful pouch cover from Koolostomy.com, b) Make your stoma a STAR!...email his/her name: Patti@ostomymcp.com or Linda: blumbergl@duvalschools.org for inclusion in future Gutsy’s Gab column...in August, Gutsy rates A+ to: “Sugar” and “Sparkle” (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...our next Jax ASG meeting is Sunday, August 16, 2015...join us to CELEBRATE BEING ALIVE!...for contagious camaraderie...caring/sharing ostomy concerns/experiences...enjoying Kimberly’s Konfections...and each other...catch the “augustness” at Patti’s MCP store!...See YOU there!!...

Kim's Version "Red, White & Blue Parfait"

Recipes served at Jacksonville Ostomy Support Group Meetings

Ingredients:

- 1 Sm bx of blue Jello
- 1 Sm bx of red Jello
- 1 Sm container of Cool-whip
- 1 Sm container of vanilla yogurt

Direction:

Make each box of Jello per direction. Mix Cool-whip & yogurt. Layer blue Jello, Cool-whip/yogurt mixture then red Jello in a cup then top with a dolup of Coolwhip.

World Ostomy Day
Saturday October the 3rd 2015.
The theme for WOD 2015 will be
"Many stories, one voice."



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ENGAGING! LEARNING! CARING!
INSIGHT!.....SHARING! RELAXING!.....
FUN!...CELEBRATIONS!

•**When?**
...September 1-6, 2015

•**What?**
...UOAA's 5th National Conference
Celebrating UOAA's 10th Anniversary

•**Where?**
...St. Louis, Missouri
Hyatt Regency at the Arch

Inside the Hotel Amenities =
"Red Kitchen Restaurant"
"Ruth's Chris Steakhouse"
"Brewhouse Sports Bar"
"Starbuck's"

May 15th ~ 105 days to go
[Reserve your Hotel room and Register NOW!](http://www.ostomy.org/2015_National_Conference_page.html)
www.ostomy.org/2015_National_Conference_page.html

UOAA
GATEWAY TO A NEW LIFE
5TH NATIONAL CONFERENCE
Sept. 1-6, 2015
Hyatt Regency,
St. Louis

Summertime...and the Living is Easy

by Bobbie Brewer, Greater Atlanta Ostomy Association

Summertime fun may include many outdoor activities and travel, but may also lead to some concerns about ostomy management. Let's review:

Swimming is an excellent exercise and activity you can enjoy with family and friends. So, why are so many of us afraid to get back into the water? Check out these tips:

- Don't go swimming immediately after you have put on a new pouching system.
- Make sure your pouch is empty and has a secure seal.
- Picture framing your wafer with water-proof tape isn't necessary, but may give you the extra confidence you need.
- Take precautions against sunburn. Besides being bad for your skin; a bad sunburn can result in diarrhea and sometimes vomiting, thus depleting electrolytes.
- When sitting and soaking up the sun, protect/shade your pouching system by placing some covering across the outside area (e.g., hat, towel, magazine).
- Monilia is a common summer problem. This raised, itchy, red rash on the peristomal skin is uncomfortable and keeps the pouches from holding well. If you suspect a monilia rash, consult an ostomy nurse.

Fluids and More Fluids are needed during the hot summer months. Review the following:

- Water is an essential nutrient needed by each and every body cell. Up to 75% of the body's mass is made up of water. Water controls body temperature, serves as building material and solvent, and transports nutrients. Thirst is a signal that the body needs fluids. Daily losses must be replaced. Encourage fluid intake of eight to ten (8 oz) glasses of liquids each day.
- Any liquid containing water (soda, milk, juice, etc.) helps to meet your daily requirement. You can also get water from the food you eat (e.g., tomatoes have a total of 94% water content). [North Central OK Ed. note: And don't worry if liquids contain some caffeine. It's a [myth that caffeinated drinks are dehydrating.](#)]
- Water is an excellent natural beverage; however, over-consumption of water can wash away electrolytes in the body. Drink a combination of water and electrolyte beverages. The glucose ingredient in electrolyte drinks aids in the absorption of electrolytes. [North Central OK Ed. note: To emphasize this point, runners in marathon races have collapsed, and sometimes even died, due to [hyponatremia—low blood sodium caused by drinking too much plain water.](#)]

Summer Diets

- Remember the fiber content of those fresh fruits and vegetables—enjoy but chew, chew [ileostomates, especially].
- Add only one new food at a time to determine the effect (if any) on your output.

Tips for Traveling with Medications and/or Ostomy Supplies

- Keep your medicines (and emergency pouches) with you—not in the checked luggage.
- Bring more than enough medicine and/or ostomy supplies for your trip.
- Keep a list of all your medicines and/or ostomy supplies with you.
- Do not store ostomy supplies in your car, especially under the hot summer sun.

Short-term Ostomate: A Point of View

by Katy Duggan; via Pomona Valley (Upland, CA) *News and Views*; and Chippewa Valley (WI) *Rosebud Review*

One day I was on vacation in New York and simply feeling constipated. The next day I was in a Seattle emergency room signing a consent form for a resection (surgical removal of part of my bowel) and a possible ostomy. As an RN, I took care of many a child with a colostomy and could only remember the awful skin breakdowns that many of the kids had on their abdomens. I remembered the struggles to keep the old style appliances on their fragile bodies. I was feeling scared, confused and incompetent to take care of one on my own body. My surgery resulted in no ostomy, and I was relieved. I had only a colon cancer diagnosis to deal with post-operatively.

Five days later, I found myself again faced with a consent form for emergency surgery for complications. This time there was no doubt that I would have an ostomy — an ileostomy. The surgeon assured me that it would be only for eight to ten weeks, and then it would be closed. The assurance vanished with the first visit of the oncologist. He did not want me to have a third surgery, recover from that operation, and **then** start chemotherapy.

Now my challenge was to face nine to ten months of taking care of the ostomy on my body. Even as professionally trained as I was, I had all the same fears as those who must face living a lifetime with an ostomy. I kept telling my family I just wanted to pay a nurse to come in each week to deal with the bag change and any problems. I wanted someone else to deal with “it.” I had to have help for several weeks but gradually became less “scared,” not as “confused,” more “competent” as each week passed. Although, as I write this, I am closer to the surgery date to reconnect my bowel, I have walked the road each ostomate walks. Between chemotherapy side-effects and learning new skills for managing an ileostomy, I am a stronger, more competent individual.

Celebrate!

*UOAA's 10th Anniversary at
Our National Conference
September 1-6, 2015
in St. Louis, Missouri*

http://www.ostomy.org/2015_National_Conference_Page.html

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To: