

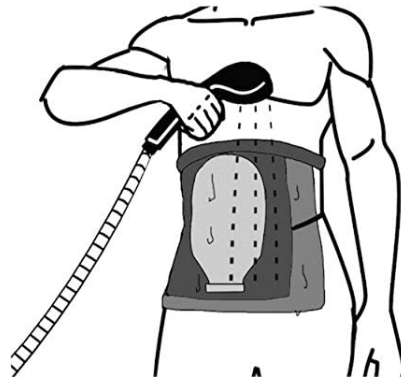
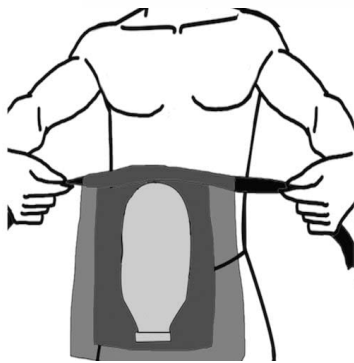


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Ostomy Shower Guard designed as a unisex product, made of durable TPU material. The Shower Guard will prevent 98 percent of the ostomy bag, the skin barrier from getting soaking wet, by encasing the ostomy bag and covering the middle abdominal to the pelvis region.

There is an open pouch in the middle, where you place your ostomy bag inside the shower guard, to prevent from getting soaking wet.

The Shower Guard elastic belt comes in small, medium, large, extra-large and custom-size. The elastic strap stretches around the middle abdominal to become more water-resistant.



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Find all the past issues of the MailBag at <http://ostomymcp.com/id6.html>

**Jacksonville  
 Contact Information:**

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

[patti@ostomymcp.com](mailto:patti@ostomymcp.com)

Support group meets the 3rd Sunday of each month 3 p.m.  
 4836 Victor Street  
 Next Meeting: **TBA**

**Gainesville Support Group  
 Contact info:**

JoAnne Bell at 352-284-4214  
 Meets the 1st Sunday of each month (except Holidays)  
 at Hope Lodge 2121 SW 16th St  
 Gainesville, FL  
 Next meeting: **TBA**

**Ocala Support Contact info:**

Karen Franco 352-304-1309  
[www.ostomyocala.com](http://www.ostomyocala.com)

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: **September**

**Citrus County Support Group**

Meets third Sunday of each month at 2:00 PM in the Seven Rivers Regional Medical Center, 6201 N. Suncoast Blvd., Crystal River, FL 34428, in the Community Room of the Medical Office Building  
 Next Meeting: **TBA**

**Amelia Island Area  
 Ostomy Support Group**

(904) 310-9054

Meets second Monday of each month at 6:30pm UF North Campus  
 UF Health North 15255 Max Leggett Parkway Jacksonville, FL 32218 (Meeting Room 3-4)  
 Free parking  
 Next Meeting: **TBA**

**The Villages Ostomy Support**

We meet on the 2nd Tuesday evening of each month at 6:00 PM at (except July & August

Saddlebrook Recreation Center  
 3010 Saddlebrook Lane  
 The Villages, Florida  
 Linda Manson  
 tvostomy@gmail.com  
 865-335-6330

Next Meeting: **via Zoom**

**Contact Linda tvostomy@gmail.com**

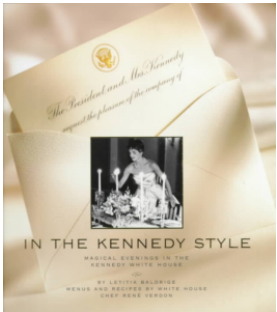
...Continued from the June & July Issues of the MailBag

## Loretta Young



Loretta Young was an American actress who won the Academy Award for Best Actress in 1948 for her role in *The Farmer's Daughter*. She had her own show, *The Loretta Young Show* from 1953 – 1961, for which she received three Emmy Awards. In 1986 she won a Golden Globe for "Christmas Eve." It is confirmed she had an ostomy, although it is not documented *when* she had her ostomy surgery.

## Letitia Baldrige



Letitia was Jacqueline Kennedy's social secretary and head of staff in the White House. She was also an American etiquette expert and public relations executive.

She was diagnosed with colon cancer in 1978 and had ostomy surgery. After recovering, she continued to be President of Letitia Baldrige Enterprises in New York, then went on to open Baldrige & Lewis in Washington DC, which is company that offered coaching in all things proper, portraying a good image, and manners. She passed away in 2012 at the age of 86.

\*Image of Baldrige's book, [In the Kennedy Style](#), from [Amazon](#).

## Ann Sothern



Ann Sothern was a famous actress for six decades. Over her career she was in 64 movies and more than 175 TV episodes, including guest appearances with Lucille Ball on the *Lucy Show*. She was well known for her "Maisie" character. Ann suffered an injury while working on a stage production when a prop tree fell on her and fractured her spine and left her with nerve damage. She also contracted Hepatitis from an impure shot. Many years of treatment and surgeries followed these two accidents. It is confirmed she had an ostomy, although it is not documented when or why she had her ostomy surgery.

## Nancy LaMott



Nancy was a cabaret singer in New York in the 1990s. She performed at the White House twice during the Clinton administration. Nancy was diagnosed with Crohn's Disease when she was 17 and passed away in 1995 at age 43 from uterine cancer.

\*Image of Nancy LaMott from [The Cultural Critic](#).

## Finding Confidence With an Ostomy

If you are struggling to come to terms with the idea of having an ostomy, you are not alone. Whether you are deciding to have a surgery or have just gone through one, adapting to this change can take time. Have patience with yourself and with your body. Like all new things, there is much to learn, and trial and error can feel discouraging. One of the ways to gain some control of the situation is to gather information. While you are in the hospital, ask as many questions as possible of your doctor or healthcare professional. The more you know and understand about your body – and your stoma! – the easier it will be to adapt to your new routine.

Learning to love your body, stoma and all, might take time. It's possible that, before your surgery, you were living with a debilitating illness that prevented you from living life to the fullest. Many people with an ostomy have said that this is the reason they have learned to love their stoma – it has given them a new lease on life and they are able to live freer. The sooner you are able to accept and appreciate yours, the sooner your confidence can grow.

### Confidence Begins With Finding the Right Solution for You

After your surgery, you will already be wearing an ostomy pouching system. Your nurse or other healthcare professional will demonstrate how to empty and change it. As you figure out what your daily routine will look like, you will become more and more familiar with your stoma and how to use your ostomy pouching system. One of the most important things is figuring out what system works best for you. There are different styles and systems to choose from depending on body type and specific needs, and the better the fit, the more confident you will be wearing it.

There are also many other products to aid in your daily routine. If you are an active person, you will be happy to know that you can resume your active lifestyle. If you are worried about making sure your pouching system stays put, you might want to look into an ostomy support band or belt. If you are noticing leaks in your system, there are protective seals and pastes to help keep your skin healthy and dry. Having access to all of these different products will help you feel at ease in your daily life.

If finding the unique combination of products (pouching system and supporting products) to fit your body profile and lifestyle seems daunting, it's okay! It may be helpful to discuss your lifestyle goals and activity level with a healthcare professional or [Care Advisor](#) to help you find the right fit for your body.

### Feeling Confident in What You Wear

What will you be able to wear with an ostomy? The answer: Anything you want! It's normal to initially feel self-conscious about wearing your pouching system, but the reality is that others won't even notice it. When it comes to pants or skirts, you may notice that certain waistbands or particular styles and fits might not be as comfortable depending on your stoma placement. Finding comfortable styles that you like is one way to boost your confidence and help you feel comfortable in your skin.

While no one will most likely notice your pouching system underneath your clothing, there are some tips and tricks should you feel you need more discretion. Layering can be a helpful tool for both keeping things in place as well as hiding your pouching system. Camisoles or tight-fitting tank tops work well for women, and t-shirts or undershirts for men can give that extra protection. High-waisted elastic underwear or shorts will help hold your pouch in place close to your body. Most active wear already has elastic waistbands to give you the support you need for times when you are active. If you are playing a contact sport like basketball, you may want to consider wearing a stoma guard to keep your pouch protected from impact.

### Stories of How Others Found Their Confidence

Feeling alone and isolated can stir up feelings of inadequacy and doubt. While it is very important to have the support of family and close friends, there may be times where you need to feel even more understood. Joining a group or network of other ostomates is a good way to feel connected to others who share a similar story. If you're not quite ready to do that yet, there are many [inspiring stories](#) online of ostomates who are overcoming fears and living life to the fullest.

Confidence comes from within and is built on positive thoughts and energy. Be patient with yourself as you go through this transition. Be proactive in finding the right pouching system, supporting products, and clothing that make you feel comfortable in your daily life. And remember that others have gone through this before and you are not alone.

Editor's note: This educational article is from one of our digital sponsors, Coloplast. Sponsor support helps to maintain our website [www.ostomy.org](http://www.ostomy.org) and the free trusted resources of UOAA, a 501(c)(3) nonprofit organization.

## Stress and Coping

Excerpts from [www.cdc.gov](http://www.cdc.gov) via *It's in the Bag*™, Niagara Ostomy Association

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

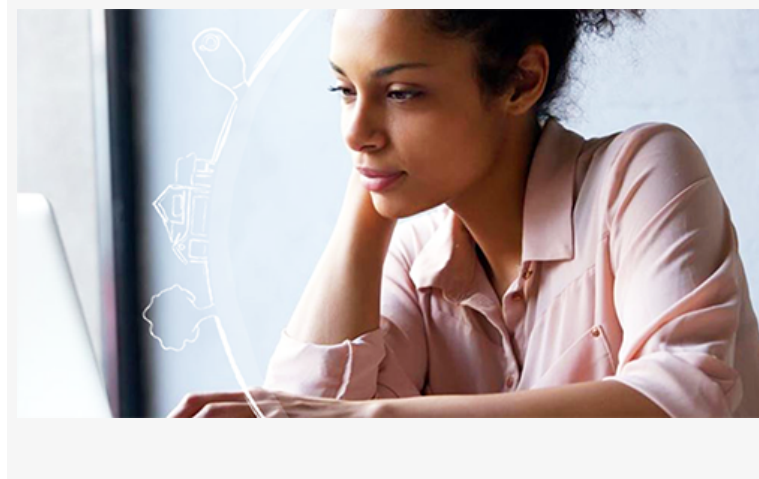
Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

### Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs
- People with pre-existing mental health conditions should continue with their treatment and be aware of new or worsening symptoms

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger. Things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeated can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balance meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling. Call your healthcare provider if stress gets in the way of your daily activities several days in a row.



## UOAA's 8th National Conference

AUGUST 5, 2021 - AUGUST 7, 2021

HOUSTON, TEXAS

<https://www.ostomy.org/event/uoaa-8th-national-conference/>

## Preparing for a Disaster with an Ostomy

Whether you are living in an area often affected by natural disasters or not, it is important to plan ahead if you are living with an ostomy. These tips may help you to feel more confident in the event of a disaster or severe weather.

- The Federal Emergency Management Agency (FEMA) suggests that if you take medicine or use medical supplies on a daily basis, be sure you have what you need on hand to make it on your own for at least 7-10 days.
- If you don't already use a moldable skin barrier, consider trying one now. In the event you do not have access to scissors, moldable skin barriers may be easier to manage when displaced from your home.
- Keep a copy of your prescriptions, dosage or treatment information, specific order number and name of ostomy products used, healthcare provider contact information and medical insurance information with your emergency supplies.
- Hydration is important. If you have advance notice of a potential disaster situation, make sure you have enough clean drinking water on hand for at least three days. If you do not have advance notice, consider water sanitation devices available from camping or outdoor equipment retailers.
- If possible with your personal dietary needs, find some non-perishable, ostomy-friendly foods to keep with your emergency supplies. For suggestions on what foods may work for you, consult with your healthcare provider.
- Disposable cleansing wipes may be helpful if your normal pouch change routine is altered due to lack of clean water. Consider keeping cloths with your emergency supplies.
- Review your emergency preparedness plan with your family and friends. Having a support system in the event of a disaster may increase your confidence in handling various situations.

Editor's note: This educational article is from a UOAA digital sponsor, ConvaTec. Sponsor support helps to maintain our website [www.ostomy.org](http://www.ostomy.org) and the free trusted resources of UOAA, a 501(c)(3) nonprofit organization.

### UOAA COVID-19 UPDATES

UOAA will update this blog post with any information that may affect our community.

<https://www.ostomy.org/coronavirus-effects-on-the-ostomy-community/>

Visit the Peristomal Skin Assessment Guide for Consumers

<http://psag-consumer.wocn.org/#home>



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