

UOA Jacksonville Chapter #211

The Mailbag



Meetings are held at the Baptist Medical Center
8th Floor - Meeting Room C - 3rd Sunday of each month 3PM

Brenda Holloway --
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A MESSAGE FROM THE PRESIDENT

We would like to thank everyone who attended our meeting on November 21, 2004. We actually had two speakers, Kyle from the Ronald McDonald House, who put on a fantastic presentation. We have enclosed some of the items that the Ronald McDonald House in Jacksonville collects and needs. We also had Paul from Hollister, who introduced the newest supplies on the market for his company. We would like to thank both for coming.

Our next meeting is **December 19, 2004**, which is our Christmas party. It will be at:

**LONGHORN STEAKHOUSE
4401 ROOSEVELT BLVD OR US 17
JACKSONVILLE, FL
(904) 388-5520**

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**Please plan to join us
Sunday Dec. 19th
starting at 3 p.m.**



We would like to thank in advance, Mamie Davis, Brenda Holloway and Eugene Summerville for helping with our telephone list to call to see who will be attending. So far we have about 15 people. Everyone is invited. You may also bring anyone with you just add them to your count either when you call Brenda or when one of us call you. This will be everyone pays for their own meal. We will be exchanging gifts so everyone brings a gift wrapped with a \$5.00 limit. This gift can be generic both he or she can use. If you are bring a child we ask that you bring them a wrapped gift so they do not feel left out. Thank you in advance for attending and I hope we pack the place. Brenda stopped by and told them to expect about 20 to 25 so by December 10, 2004, she has to call and tell them a closer number. ET nurses, Doctors, vendors (Convatec and Hollister etc.) are invited too. **Just call Brenda (904) 282-8181 with your number of people.**

Thank you,
Eugene Summerville, President
Brenda L. Holloway, Vice President

Treasurer report: \$1,231.62
Patricia Langenbach, Treasurer



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Ronald McDonald House

Our House

Ronald McDonald Houses offer temporary lodging for families who have a child being treated in a medical facility. Whether a family's home is close by or far away, Ronald McDonald Houses offer friendly, welcoming environments to help families through stressful times.

This November will be the thirtieth anniversary of the first Ronald McDonald House in Philadelphia. Today more than 240 Ronald McDonald Houses can be found all across the country and around the world, each independent not for profit corporations with their own board of directors. The Jacksonville House opened in 1988 and has been a valuable addition to the city's medical community ever since. Families from all over the United States and the world stay with us, and they continually share their appreciation of our services. We provide temporary lodging and support for families, and we also operate a microcosm of the House program right in the Wolfson Children's Hospital, which allows us to touch the lives of even more families. It is called the Ronald McDonald Family Room.



With changes in healthcare in Jacksonville, pediatric critical care has consolidated on the campus of Wolfson Children's Hospital and Nemours Children's Clinic. More and more children themselves are needing lodging as they are outpatients for chemotherapy, radiation and post surgery follow-up.

We are proud that our new Ronald McDonald House opened November 19, 2001. It is the final jewel in the crown of medical care for children, right on the campus of Nemours Children's Clinic and Wolfson Children's Hospital. Our 42,000 square foot House now has thirty bedrooms, a large kitchen, dining area, laundry and playrooms. It also has special rooms for bone marrow transplant patients, day rooms for clinic visit respite and an elevator for accessibility. Parents are able to carry on business in our family business center and work off stress in the exercise room. A community room allows support groups and others to meet in the comfortable setting of the Ronald McDonald House.

This six million dollar construction project has included corporate and private support, in-kind support from construction industry and friends of the Ronald McDonald House in every area of the community. There are many ongoing needs to maintain this wonderful House. For more information [contact our office](#).

Mission

The Ronald McDonald House of Jacksonville offers support to critically ill, chronically ill and seriously injured children and their families.

Vision

We are a home away from home for children and their families. We offer a sense of community, compassion and service in support of any family whose child receives medical care in Jacksonville, regardless of their ability to pay.

Programs

The Ronald McDonald House of Jacksonville offers temporary lodging and support services to families of children being treated in local medical facilities. Families from near and far stay with us through the ups and downs of their children's treatments.

Our spacious, thirty-bedroom House offers families all the comforts of home plus the added support of being near other families in similar situations. Caring and dedicated volunteers and staff members are also available for support. In addition to our lodging program, we run an official Ronald McDonald Family Room at Wolfson Children's Hospital, staffed completely by Ronald McDonald House volunteers. See more below.

Continued on next page

Family Room

Located on the fifth floor of Wolfson Children's Hospital, the Ronald McDonald House Family Room is a welcoming respite within the hospital. Full of snacks, games, and videos, the Family Room is a place to take a break from the stresses of the hospital. Volunteers add a special touch to the room as they offer refreshments and services and chat with families. Open to anyone with a child in the hospital, the Family Room strives to make time in the hospital a little easier for families. Local families especially enjoy the break they get from the stresses of being at the hospital for long periods of time. They may not need the overnight lodging at the House, but the refreshments and listening ear of our volunteers can often provide just what they need!

History

Ronald McDonald House began as the vision of Dr. Audrey Evans, the director of the children's hospital in Philadelphia in 1974. She saw parents living in waiting rooms, or out of their car - and even worse, being split apart as one went home with siblings while the other stayed at the hospital with the critically ill child. With the help of the Philadelphia Eagles and local McDonald's promotions the first House became a reality. Now there are over 235 Ronald McDonald Houses all over the world, organized by caring volunteers who saw the need for a home away from home for such families.

The Ronald McDonald House of Jacksonville opened in 1988, at 1440 Jefferson Street, near what was then University Medical Center (now Shands Jacksonville). Since our opening over 18,000 families have been served by our programs. There has also been a shift in pediatric specialty care to the campus of Nemours Children's Clinic and Wolfson Children's Hospital, across the river from the original Ronald McDonald House. The community generously supported the move to this location for a [new Ronald McDonald House](#).

FAQ's About RMH

Q: Who can stay at the Ronald McDonald House of Jacksonville?

A: Families who have a child 18 years of age or younger who is being treated in a local medical facility may stay with us. A doctor, nurse, or social service worker at the hospital must refer the family to us and provide basic information such as the child's diagnosis, the family's home address, expected length of stay, etc.

Q: How do I make a gift to the Ronald McDonald House of Jacksonville?

A: Checks made out to Ronald McDonald House can be mailed to 824 Children's Way, Jacksonville, FL 32207 and include any specific information (i.e. if the gift is in honor of or in memory of anyone special and to whom we should send an acknowledgment card). Gifts by credit card (VISA, MasterCard and **NOW American Express**), gifts of stock, [Wish List items](#) and pop tab collections are also welcome.

Q: How do I make arrangements to stay at another Ronald McDonald House?

A: Each Ronald McDonald House is independently managed, so we recommend you contact the specific House directly or the social worker at the appropriate hospital.

Q: Do you need volunteers at the Ronald McDonald House of Jacksonville?

A: There are many [volunteer opportunities](#) at the House and at the Ronald McDonald House Family Room. Please fill out the [application](#) to get started.

Q: Does the canister money at my local McDonald's go to the Jacksonville Ronald McDonald House?

A: The canister money goes to the Ronald McDonald House Charities of N.E. Florida and S.E. Georgia, a non-profit organization dedicated to area children's charities including the Ronald McDonald Houses in the area.

Q: How is the Ronald McDonald House funded?

A: The Jacksonville Ronald McDonald House depends almost entirely on the local community for funding, primarily corporate and individual donations. The Ronald McDonald House licensing from McDonald's provides opportunities for relationships with a variety of its corporate partners, especially for in-kind donations, but not general operating dollars. Private donations are necessary to run our programs.

Be Careful of High-Protein Diets

High-protein diets may help you lose weight quickly, but they can also cause you to become dehydrated—A special no-no for ostomates. According to a study released by the University of Connecticut, even very fit athletes on a high-protein diet can become so dehydrated it puts a strain on their kidneys. These diets call for menus packed with steak, bacon, fried eggs, and other high-protein foods, while forbidding most carbohydrates, including potatoes, pasta, vegetables and fruit. Study author William Forrest Martin recommends a daily protein intake of not more than 2 grams per kilogram of body weight. While many dieters have hailed the high-protein diets as a sure and quick way to shed pounds, they have been assailed by the American Heart Association, which insists there is no scientific evidence that the weight will stay off over the long term. Common side effects of protein loading include fatigue, dizziness and bad breath.

Martin and his colleagues studied the effects of low-, medium- and high-protein diets on endurance runners. The more protein they ate, the more dehydrated they became. Increased protein leads to a build-up of nitrogen in the blood. "In the end, the nitrogen ends up at the kidney in the form of urea which needs to be filtered out and excreted in the urine," Martin told Reuters. And that places an extra strain on the kidneys. Scarier still, the runners did not feel thirsty – even though their hydration levels had sunk below what is considered healthy. Bottom line: If you must go on a high-protein diet, increase your fluid intake. (CompuServe News)

Dream Diet or Gimmick

While it's easy to question the merits of a weight-loss plan promoting a daily eating regimen of pineapples and potato chips, not all "quack" diets are as easy to spot.

Much of the \$33 billion Americans dole out each year on weight-loss programs, products and pills is spent on fad diets, says the American Dietetic Association (ADA). According to the ADA, fad diets generally:

- Promote quick weight loss
- Bill themselves as "cure-alls"
- Recommend or require supplements
- Specify what should be eaten at what time, with no exceptions
- Limit or avoid certain foods
- Are designed for the short term

Contrary to fad diets, healthy eating plans start with slow, gradual changes, include a wide variety of foods and emphasize exercise.

Claudia Gonzelez, M.S., R.D., spokesperson for the ADA, says fad diets deplete the body of muscle tissue and nutrients, leading to an overall increase in body fat. And they are difficult to follow for long, so any positive results are lost when the dieter does back to "normal" eating. She recommends would-be dieters consult their doctor or a registered dietitian before starting a weight-loss plan.

"There is no one diet that will apply to each of the millions of men and women in America," says Gonzelez. "A diet should be individualized according to your needs, your daily schedule and your eating habits."

Though many fad diets promote speedy weight loss, Margaret Strehl, R.D., owner of Utica Michigan.-based Health Awareness, Inc., says most health professionals recommend a loss of one-half to one pound-per week.

"Decreasing your total caloric intake by 500 calories per day could result in a one-pound-per-week weight loss," says Strehl. You can cut 500 calories from your daily net intake by passing up a piece of cake, saving yourself 400 calories, and going on a one-mile walk, burning 100 calories.

Ostomy Chat Room Weekly Meetings

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

StuartOnline Ostomy Chat* - Tuesdays, 8:00 pm US Central time
<http://www.stuartonline.com/id10.html>

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

Shaz & Jason's Chat* - Saturdays, 8:00 pm UK time / 3:00pm US Eastern Time
<http://www.ostomy.fsnet.co.uk/chat.html>

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

Use this form to join our chapter! Annual dues are **US\$25.00**. If you cannot afford to pay dues at this time, you may still be accepted as a "local-only" member.* **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 __

Please bill me for annual chapter dues of US\$25.00

Dues payment enclosed - make check payable to **U.O.A. Jax Chapter #211**

Master Card, Visa or Discover # _____ expiration _____

I cannot pay dues now and wish to be a local member only*

You may use my name in chapter Newsletter & Directory: Yes __ No __

Mail to: Patti Langenbach, Treasurer, UOA Jacksonville Chapter ,
 PO Box 10239 Jacksonville, FL 32247-0239



United Ostomy Association , Inc

www.uoa.org

MEETINGS ARE HELD AT THE
BAPTIST MEDICAL CENTER
8TH FLOOR MEETING ROOM C
3RD SUNDAY OF EACH MONTH
3 PM

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T O :

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