

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



***December Holiday Party will be held 3rd Sunday Dec 16th at 3pm at Patti's Condo in Riverside. Call 733-8500 to RSVP and for address and directions.***

To help offset the mailing cost you may now receive the MailBag Newsletter via email.

Please contact:

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

(Newsletter will be in PDF format)



## **“GUTSY’S GAB:” “SPEAK OUT AND BE HEARD!”**

**December 2012 issue: MailBag-Jax, FL**

**By Linda Blumberg AKA “Mrs. Lips”**

Last month, “Gutsy,” Linda’s ileostomy stoma celebrated her 6<sup>th</sup> birthday on November 17, 2012! 6 years!!...In November, as ostomy veterans (of Crohn’s Colitis...like Linda...cancer, war, injury, or emergency surgery...like returning newbie colostomate—YAY!), we were all hugely grateful to be alive to celebrate upcoming Thanksgiving holiday with family and friends...which we did. But , first, our Jax ASG met November 18, 2012. Upon arrival, Linda was seated in an elegant, throne-like chair, and asked to introduce herself last. Suddenly, Kimberly emerged bearing trays of sweet-smelling mini cupcakes, wafting in the room, and a larger one given to Linda with small banner “Happy Birthday, Gutsy!” Linda was moved to tears. Gutsy gurgled with delight at this recognition. While munching on Kimberly’s delicious delicacies, we were regaled with tales of ostomy products and services by a handsome, hunky Hollister rep. A good time was had by all: ostomates, spouses...and one very stoked stoma! Gutsy gushes her thanks to Kimberly for incredible edibles, and to Patti for just being incredible for bestowing this honor!

**SPOTLIGHT ON:** December: celebrations, festivals galore. Gatherings with family, friends, and co-workers...good times, camaraderie. Holidays with various names, meanings, and origins: Christmas, Chanukah, Kwanza, Ramadan. Different “wrappings” and “trappings” tied up with pretty sentiments, ribbons, brightly colored attitudes and paper. As ostomates/spouses, we have already received the greatest gift of all: LIFE saving/affirming ileostomy, colostomy, or urostomy surgery that allows us even 1 more day to attend these holiday gatherings, exchange presents, and be with our loved ones, friends, and co-workers. The greatest gift we can all give at this time of year, AND all year long is of course, LOVE: that includes tolerance and acceptance of ourselves...ostomates and nonostomates alike...yeah, like the “normal” people we already are! Happy Holidays from Linda and Gutsy! And “Seasons Speechings” from “Mrs. Lips!”

**BOTTOM LINE/MARK YOUR CALENDAR:** Time to celebrate, indeed! Our next Jax ASG meeting/soiree, is Sunday, December 16, 2012. All are welcome! No matter what your denomination...or abomination (if you are yet a snowman Yeti!)...affiliation...or “a-Phillyation” (like Yankee transplant Linda!)...bet you could MANUFACTURE a good time...if you want to...It’s HOLLISTER Day time!...Come have a ColopBlast!...We are ConVatec-ing you right here and now to come!...You are our Nu Hope!...KOOL and the Gang will be there!...Well, maybe Verna Griffin, owner and creator of KOOLOSTOMY pouch covers! (Man, Gutsy digs those designs and fabrics!) ”C-e-l-e-b-r-a-t-i-o-n Times...Come on!”... Oh yeah: BYOB: Bring Your Ostomy, Baby! (hahahaha!)...Well, some of us don’t have a choice, eh?..You can celebrate (acceptance of) your stoma... dress him/her up in a beautiful pouch cover when you come to this gathering...or like the guy in Gutsy’s November issue, consider NAMING YOUR STOMA!...he named his “BOB”...for “Bag On Belly!”...bet you could devise something decadent about your little working wonder!...Gutsy LOVES all her names...viewable in the Stoma Registry online...Let us know yours for the holidays or just everyday use...Your PRESENCE at this gathering is the BEST PRESENT of all!...See you there!!!!

## **CONTINUE YOUR SOCIAL LIFE WITH AN OSTOMY**

via Green Bay, WI, The Pouch, N. VA & GB News Review

Your social life can be as active as it was before surgery. restroom after eating, and nobody will think it is unusual if 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 appliance, even though it is not visible under your clothing. You can feel your appliance on your body, but no one can see it. Keep these questions in mind: Did you know what an ostomy was or where a stoma was located or what it looked like before you had surgery?

For those with colostomies or ileostomies, 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 that people without ostomies often need to go to the restroom after eating, and nobody will think it unusual if you do the same! You probably will find that you need to empty your pouch less often than you need to urinate.

You may be wondering about your relationships 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, a relationship, or even a marriage, this relationship was not built on trust and mutual respect, and would have crumbled some time in the future anyway.

One of our members and his wife (Jim & Diane McVety) run the **St. Francis Soup Kitchen** in the downtown Jacksonville area. This is a very worthy organization that helps feed and clothe our city's homeless. Please join **Medical Care Products** in giving to this worthwhile cause for the holidays. Below is a list of items they are in need of at this time. We will gather all the donated items and deliver them to the St. Francis Soup Kitchen. Any monetary donations will be used to purchase wholesale toiletry items in bulk.

**Men's items: Jeans, Long sleeved T Shirt, Sneakers, White Socks, Back Packs, Belts, Jackets, Underwear, Sweatshirts, Razors, Skull Caps, other toiletries.**

**Womens items: Large/XL 1,2,3X Pants and Sweatpants, socks, underwear and small toiletries.**

Thank you and Happy Holidays!!

**August 7-10, 2013 • Fourth UOAA National Conference • Jacksonville FL**

Jacksonville is where Florida begins—and where the UOAA's next national conference will gather attendees from across the US (and hopefully beyond). We have secured a great nightly lodging rate for our attendees at the [Hyatt Regency, Jacksonville Riverfront](#) – just \$99 (guaranteed for 2013). Please feel free to take a [virtual tour](#) of the hotel and see what the [Jacksonville area](#) has to offer. Learn some [history and an abundance of other facts](#) as well. And plan to join us in 2013.

Once the hotel has given us a code for the group rate and added it to their reservation system, we will post more information here and announce it to our support groups and in other ways. Program information and other details will be added as well, so check back here occasionally!



[http://www.ostomy.org/conferences\\_events.shtml](http://www.ostomy.org/conferences_events.shtml)

**Check Us Out On The Web**

[www.ostomymcp.com](http://www.ostomymcp.com)

**Other Websites Of Interest:**  
 United Ostomy Association of America: [www.uoaa.org](http://www.uoaa.org)  
 Your Ostomy Community Connection Center: [www.c3life.com](http://www.c3life.com)



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

Medical Care Products, Inc  
**Toll Free 800 741-0110**  
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[www.ostomymcp.com](http://www.ostomymcp.com)

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