

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.

Welcome Gainesville Chapter to the monthly Mailbag!

Meets the 1st Sunday of each month
(except Holidays)



**Announcing the December Holiday
Party on the 21st (3rd Sunday)
at my condo (3pm). Call RSVP
904-733-8500 to get address and
directions.**

(Meeting will return to regular meeting place next month)

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

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.

Patti's Condo*

(*Please note this month only)

Next Meeting Dec. 21st

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 Dec. 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

No Meeting In December

Next Meeting Jan. 26th

Gainesville Support Group

meets the 1st Sunday of each month
(except Holidays)

Next meeting: **December 7th at 2pm**

at Hope Lodge

2121 SW 16th St

Gainesville, FL 32608

Contact info:

Brinda Watson (352) 373-1266

Nelson Griffiths (352) 376-8703



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

By Linda Blumberg AKA “Mrs. Lips”

November 2014: Time of “rebirth/giving thanks”...at our November 16 Jax ASG meeting, ostomates/family gathered, expressing our gratitude for being alive and having each other...Everyone warmly cheered “Gutsy,” Linda’s ileostomy stoma who with baited breath awaited celebration of her 8th birthday for next day, November 17, 2014!...caring/sharing ostomy concerns/experiences: cohesive adhesive remover wipes gripes, and innovative entre”manur”ial stoma belt/shower guards...for them we felt empowered regards!...enjoyed Kimberly’s Konfections...raved about ConvaTec’s 24/7 inspirational/informational social media Inspire.com for issues/answers, especially for newbies...it’s almost December...time for: “remembrance,” “giving gifts”...“celebrating life”...with an ostomy!!...

SPOTLIGHT ON: December 2014: Remember Pearl Harbor (7th), Bruce’s Birthday (15th), Chanukah (17th), Linda’s WinterBreak (19th-January 4th), Winter begins/Patti’s Party(!) (21st), Christmas (25th), NewYearsEve(31st)...The greatest gifts come from the heart, lovingly wrapped “packages:” Awareness, Acceptance, and Advocacy...

Awareness involves “remembering” to: 1) check for blood in stools/urine, 2) choose life-saving colonoscopy, with follow up life-affirming ileostomy, colostomy, or urostomy surgery, if needed...so, “chill out” with friends/family...but, don’t get caught in the “icy grip” of premature death from denial/avoidance of responsibilities!...

Postsurgical Ostomy Acceptance occurs when we CELEBRATE BEING ALIVE...realizing 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 “party hearty!” Accept YOUR stoma, and nonostomates likely will, too! (See Linda’s 1st Phoenix article/photo, June 2011, p.30)...

In this “festive” mood, Gutsy encourages all to Advocate for Ostomy: 1) Share YOUR ostomy journey: a) at support group meetings, b) on Inspire.com, c) by submitting your unique experiences/perspectives/humor, in writing, to this (or your local) newsletter, or publications, e.g., Phoenix 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) Wear a festive 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 December, Gutsy rings in the New Year doubling our treasures: “StomaLinda” (Jax ASG); “Hazel/WitchHazel” and RIP reveal “Olley” to JPouch “Loopy Lou” (Inspire.com)...cathartic and fun! (See Linda’s 2nd Phoenix article/photo, December 2013, p. 78)...

BOTTOMLINE/MARK YOUR CALENDAR: December: time to CELEBRATE!...our next Jax ASG holiday gathering is Sunday, December 21, 2014 at Patti’s condo: reserve (733-8500)...you’ll be singing: “C-e-l-e-b-r-a-t-i-o-n times, come on!”...Join us to CELEBRATE BEING ALIVE...and Party Hearty!...The best “present” will be YOUR “presence!”...See YOU there!!...Happy Holidays from Linda and Gutsy...Seasons Speechings from Mrs. Lips!...

Kim's version Apple Pie Parfait

Recipes served at Jacksonville Ostomy Support Group Meetings

Mini Pumpkin Pie

Ingredients:

Filo Mini Cups
Lg can of pumpkin
2 eggs
1/4 c sugar
1-1/2 tsp cinnimon
1/2 tsp ground cloves
1/2 tsp ginger
1/4 tsp nutmeg

Directions:

1. Thaw and warm Filo cups per instructions
2. in sauce pan combine remainig ingredients and cook on the stove top until thickened and very little moisture remaining.

Friends of Ostomates Worldwide - USA

The modern ostomy supplies we take for granted in the U.S. and other developed countries may be unavailable or too costly in many areas around the world. People resort to plastic bags, rags, and duct tape, resulting in poor skin, odor, no jobs, and no school. Since 1968, the Friends of Ostomates Worldwide-USA (FOW-USA) has collected new supplies from U.S. individuals and groups and sent them overseas where needed. From Afghanistan and Cameroon to Zambia and Zimbabwe, to over 70 countries, our shipments have made a difference. You can too, with supplies and financial donations: FOW-USA, 4018 Bishop Lane, Louisville, KY 40218. Phone: 502-909-6669 Website: www.fowusa.org



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How the Ileostomy Changes Digestive Function

Some may wonder how it's possible to live without your colon (large intestine). The major functions of the colon and rectum are sorting intestinal contents, absorbing water and carrying waste to the outside. Although these functions are necessary for you to live, they can be taken over by the small bowel.

The major function of the small intestine is to absorb the body's nutrients and water. Enzymes released into the small intestine break food into small particles so that vitally needed proteins, carbohydrates, fats, vitamins and minerals can be absorbed. These enzymes will also be present in the ileostomy discharge and they will act on the skin the same way they work on foods. This is why the skin around an ileostomy must always be protected.

When the colon is present, the food you eat eventually reaches the large intestine, where it's stored and more water is absorbed. Many hours or perhaps days later, the mass is expelled through the anus in a formed stool. Peristalsis (muscle contractions of the colon) pushes the contents toward the rectum. When the stool reaches the rectum, the need to empty the large intestine occurs and nerve pathways from the brain initiate the process of defecation.

After removal of the colon and rectum, you no longer have control. Unlike the anus, the stoma has no shutoff muscle. Digestive contents pass out of the body through the stoma and are collected in an individually fitted pouch, which is worn at all times. Because the small intestine doesn't store and make intestinal contents solid, your stool will never get thicker than toothpaste. However, the soft stool in your ileostomy pouch should not be confused with loose stool and diarrhea.

Abdominal Noises

via GAOA & Chattanooga Ostomy Association *Coalesce* Newsletter

Abdominal noises happen! However, as ostomates, we are embarrassed and wonder if something is wrong. It is usually "sound and fury, signifying nothing" important. Any of the following may be the cause:

- 1 You are hungry. Peristalsis goes on whether there is anything to move through or not.
Empty guts growl. Eat a snack between meals. Or consider four small meals a day.
- 2 You are nervous, so peristalsis is increased.
Try to slow down. Try to eliminate some stress (especially at meal times).
- 3 Coffee and tea, cola and beer-all stimulate peristalsis. Beverages consumed on an empty stomach will produce gurgles as peristalsis redoubles its movements.
Add a little bit of food with your beverages. Try some crackers and/or bread.
- 4 Eating a high-fiber diet produces gas, so rumbles increase.
Mix with other foods. Reduce amount of insoluble fiber. Switch to more soluble fiber.
- 5 Intestines do not digest starches and sugars as easily as proteins and fats.
Reduce the amount of carbohydrates that cause you trouble. Mix with proteins and fats.

World Ostomy Day 3 October 2015



Many Stories, One Voice

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"Many stories, one voice."



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**

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

WE ARE ON THE NET

www.ostomymcp.com

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To: