



We are pleased to announce that the **Amelia Island Ostomy Group** will now meet at UF North Campus (Lobby area) on the second Monday of each month at 6:30 pm. This change, we believe, will make our group more accessible to those living north of the City and in southern Georgia. The change from the final Monday should result in less holiday interference with our schedule. We will attempt to arrange transportation for anyone who cannot make the drive from the Island. And, as always, Lynn and/or I are available to meet with, or call, anyone who cannot make the meetings.

UF North is located just east of the Airport Exit of I95A. It is also convenient to Rt. 17. There is ample, free parking. A number of our members are excited about the shopping and dining opportunities in nearby River City that can round out their evenings!

The first meeting will be January 9th at 6:30. Meanwhile, Lynn and I will be at Baptist Nassau on 11/28 and 12/26 at 6:30 (Lobby) to meet with anyone who may need information or support, or who attends based on meeting information in brochures we have distributed. We are printing new brochures with the updated information.

As always, we thank you for your support and remind you to share our information with your patients and colleagues.

We hope you have a wonderful Holiday Season and a great New Year!!

Eileen Widerman
Lynn Oakes

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(800) 741-0110

Check Out The MailBag Now On FaceBook

https://www.facebook.com/JaxUOAA/?ref=aymt_homepage_panel

**Jacksonville
Contact Information:**

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

patti@ostomymcp.com

Support group meets the 3rd Sunday
of each month 3 p.m.
4836 Victor Street
Next Meeting: **Jan. 15th**

**Gainesville Support Group
Contact info:**

Brinda Watson (352) 373-1266
Jean Haskins (352) 495-2626

Meets the 1st Sunday of each month
(except Holidays)
at Hope Lodge 2121 SW 16th St
Gainesville, FL
Next meeting: **Feb. 5th at 2pm**

**Ocala Support
Contact info:**

Lynn Parsons (352) 245-3114
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: **Jan. 8th**

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: **Jan. 15th**

**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
(Lobby area)
Free parking
Next Meeting: **January 9, 2016**



“Gutsy’s FAB Gab-About: Stories of Ostomy ‘Glories/Gories!’”

“Speak Out and YOUR WORDS WILL Be Heard!”

By Linda Blumberg AKA “Mrs. Lips”

[Kat/Tarjay: www.TheBagsCollection.com](http://www.TheBagsCollection.com)

I Draw Ostomy bags
My personal story in a poem
(Hey...and it's faster :)

I felt the ick
I knew I was sick
Food went in
But didn't come out

Well...eventually.
I had Gastroparesis.

My total stomach removed [But, could Kat “stomach” everything and go on? Yes, she's a fighter!]

I was in the shower
When I felt the pain attack
I don't even remember
Turning off the water
My gallbladder hated me
And I had gallstones...which kinda suck

My gallbladder removed [Who else would have the “gall” to go on after this? Kat, of course!]

I started feeling okay
But it ain't that easy
I remember my last “normal” meal
Mashed potatoes and a piece of chicken
It was definitely finger lickin

I thought I was better
But the symptoms came back

Damn.

I felt more icky
I knew even more sicky
More tests
More blood
What else can it be?

So, my colon wants to stop
It decides to get lazy
But at that point

Everything gets so hazy

I'm tired

Back and forth
Here and there
So many appointment cards
I can't even keep track
So, I buy a new wallet
I made it a big one

Why?

Because you're getting an ostomy

Excuse me?

So, you can keep your ostomy supplies with you.
Just in case, you need a new bag due to a leak?

Huh?

I laugh
I smile
I sigh
I leave

My colon is removed [Even without a colon, she still has lots of "intestinal fortitude!"]

So, here I am...organs removed but still making it...LIVING but hoping to show someone out there that life is worth living EVEN if it's not what you thought it would turn out like :)

That's my story

Kat



Enjoy!!!!

website: <http://www.thebagscollection.com/>

email: medicalzips@gmail.com

Gutsy met Kat/"Tarjay" on Inspire.com...Gutsy immediately saw the 'light' in Kat: of her generous gifts deep into her very soul through beautiful, eloquent poetry, perseverance, and positivity...not to mention the "Kat"-harsis of

creating cool cartoon images for simulated pouch covers [which she does NOT sell, sorry!...yeah, Gutsy wanted one, too!...]...Kat never let a “little” thing like multiple organ removal prevent her from pursuing her dreams!...and, neither should YOU, the reader!...

Gutsy encourages YOU to share YOUR heartfelt/”gut”-wrenching, sometimes teeth-clenching, but always thirst-quenching “story of ostomy ‘glory/gory’” for upcoming issue...if need be, we’ll supply the tissues...[not the “tp” kind-hahaha]...No story is beyond telling!!!...and sharing with Gutsy!...you’ll be “kvelling” [feeling the joy, whether Jew/Goy, girl/boy!...could be cathartic and even fun...who will be next to “ring out 2016 and ring in 2017?”... Spoiler Alert: next to regale us with her ostomy tale: Sue/”VeSUEvius”...another creative colostomate author who beat anal cancer: her website: www.analcancerisshitty.com... her email: Sue.Molenda@gmail.com...Shows real class for someone who survived cancer in her ass!...for January’s Jubilation!...

So, as 2016 draws to its inevitable, unavoidable close, our prayer is that upon reflection, interjection, and projection, that 2017 points us in the right [“write”] direction, to a New Year beyond compare for ALL of us, ostomates and nonostomates alike...globally and nobly!...It is also our fervent hope that YOU, the reader, will continue with us on this “ostomysome ostomate” journey of self-discovery and realize how good it feels to share YOUR story with Gutsy!...EVERY STORY IS WORTH TELLING AND SHARING WITH GUTSY!...and no worries...Gutsy will continue, with all due modesty, to maintain the “integrity of your celebrity” by compiling, composing header to entice reader to story, and footer to entice reader to become future contributor, where YOU supply the “gab,” and Gutsy, as the distributor, makes it “FAB!”...compacting but never “composting”...complimentary, complementary, completely complete!...

Advocacy News

Jeanine Gleba and Jay Pacitti, UOAA

This has been a busy year! We have engaged in initiatives and have begun building a foundation for an advocacy program that will allow you to have your voices heard on the issues that matter most.

Competitive Bidding Update

Earlier this year we opposed the Presidential FY 2017 budget proposal to expand Medicare Competitive Bidding to include ostomy and urological supplies. We are working with a coalition to ensure these supplies are not included in competitive bidding. Please [Click Here](#) to read our position statement as well as a letter sent from the coalition to the Senate Finance Committee and House Energy and Commerce Committee in the Spring.

We are pleased to report that as a result of these efforts and conversations at the committee level, the expansion of competitive bidding did not move forward. We continue to closely monitor this issue, and are diligently preparing with the coalition should this arise again, including creating a website that addresses access issues. We will let you know when this website is launched.

Progress in New York State

On a more local level, you may remember that in 2015 a state health mandate required all commercial health insurance policies in New York State to cover ostomy supplies. There remains only one health insurance plan in NY that does not cover ostomy supplies: Child Health Plus (CHP). Although the majority of the plans participating in CHP have volunteered to include ostomy supplies, they are not required to do so.

Earlier this year, Senator Kemp Hannon and Assemblyman Kevin Cahill introduced legislation (S01400/A01038) to ensure coverage of ostomy supplies in NY CHP program. Both UOAA and the WOCN Society have written letters supporting this legislation. ([Read the UOAA letter](#)). Please help us to close the last gap in coverage in New York

State. If you know of a child with an ostomy who is covered by NY CHP, it would be a great help for their parents to contact Advocacy Manager Jeanine Gleba advocacy@ostomy.org. One of the best ways to convince legislators to close this gap is to share real examples of the need for coverage. Meanwhile, we will continue to work with the WOCN Society and legislative staff on this issue in the coming months.

We Need Your Access Story

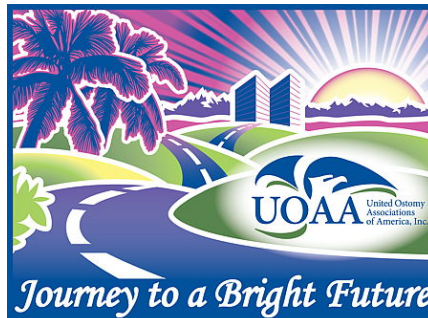
A reminder to all: if you have a story about access to ostomy supplies that will help us demonstrate why access to the proper supplies is critical for each individual living with an ostomy, please read about our initiative and share your story. [Share Your Story Now](#)

A New Year

Following the presidential election, we are carefully monitoring the transition team's plans and statements as they relate to health care coverage and costs. There is a good deal of uncertainty, and we will remain vigilant so that we can respond to issues that may arise.

This holiday season, UOAA is grateful for all of your support with our advocacy efforts whether you have joined our Advocacy Network, shared your story online for our #MyAccessMatters initiative, helped raise awareness on Ostomy Awareness Day, or made a donation to strengthen our advocacy program.

We look forward to working together with you to continue to address the issues facing people with an ostomy or a continent diversion, and to continue making a positive impact in 2017.



6th National Conference
Tues.-Sat., Aug. 22-26, 2017, Hotel Irvine, Irvine, California



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UOAA Discussion Board
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To: