

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 --
President 282-8181
Ronald Perry --
Vice President 774-4082
Patti Langenbach --
Secretary 396-7827
Beth Carnes --
Treasurer 786-2359
(800) 741-0110 (904) 396-7827
patti@ostomymcp.com
Contact: Patti Langenbach
(800)741-0110 or
(904)733-8500

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Please plan to join us
Sunday June 27th
starting at 3 p.m.

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WINNER'S CIRCLE



42nd National Conference
United Ostomy Association, Inc.
August 4-7 • Louisville, KY

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A MESSAGE FROM THE PRESIDENT
& VISITATION COORDINATOR

I would like to thank everyone who attended our May, 04 meeting. We all had fun playing UOA Jeopardy. I would like to especially thank Patti's niece, Amanda for helping out with the game. She made a game board and all the answers & questions for the game. It looked very professional. We learned lots of new things. I hope that next time we play, we will have a bigger group because we did learn new things. Thanks, again Patti & Amanda for the opportunity to play UOA Jeopardy.

This month I am going to try my hardest to obtain a Television and VCR to show a video on the SHARE program. This program takes our unused ostomy supplies and shares them with third world countries. This is very important because they do not have "ostomy supplies" available like we all do. They rely on the SHARE program for theirs. So this will be a very informative meeting. Then we will have a round table is question and answer time while we share our ideas and thought. This is a good time for anyone to come and maybe learn something new from one of the old timers.

*****THERE WILL NOT BE A MEETING IN JULY!!!!!!*****

Our next meeting is June 27, 2004, the fourth Sunday due to Father's Day. Please make a note of this.

I am trying to get Hollister back but they had a regional meeting to attend the month of June, 04. So I am going to see if they can come in September.

If anyone knows of anyone who would like to speak at our meetings, please notify me.

I have a speaker for August, Ronald McDonald House. As some of you know, we give presents to them at Christmas time and will start collecting them from September to December 04. The present must be wrapped and a tag on it for a Boy or Girl and the age that the gift is appropriate for. Also, we only ask that you spend \$5.00 on the gift. We will collect the gifts at our meetings or you may drop them off at Medical Care Products. Last year, some of you gave me \$5.00, and I collected about \$25.00 and got 5 gifts with it. It is exciting to see how full we can get the box so when we deliver it to the Ronald McDonald House, it make you feel good that you could help the children who are sick during the holidays.

We did have one visitation this month from Tandam Health Care Center. I send Ms. Judy Jackson on this visitation and she reported to me that the lady was doing fine with her ostomy and she shared her story with her which made her feel at ease. This is why the visitation program for the Chapter is very important even if we only get one visit a month. It is very rewarding.

I hope to see each and everyone on June 27, 2004 at 3:00 p.m. at Baptist Medical Ctr, 8th Floor, Function Room C.

Sincerely, Brenda L. Holloway, President & Visitation Coordinator.

Minutes of the May, 2004 meeting of the United Ostomy Association Jacksonville Chapter #211

Meeting brought to order at 3:07 pm by President, Brenda Holloway.

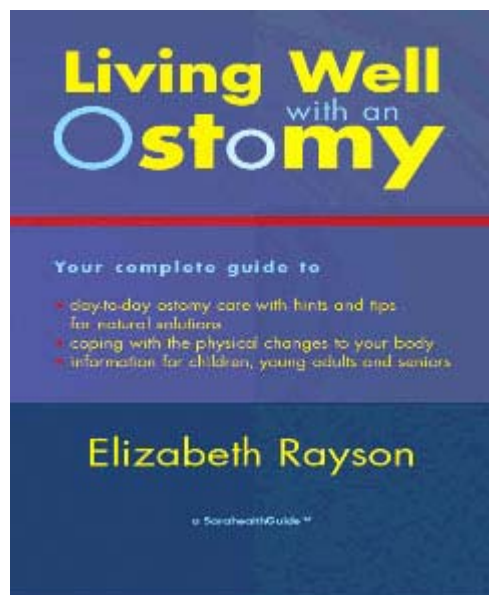
Brenda brought us up to speed on the meeting topics for the next several months. She also reminded us that the July meeting has been cancelled and the June meeting was moved to the 27th due to Father's day.

Eugene Sommerville, VP has visited Ron Perry (Co-VP) several times. He is doing a little better putting on some weight in anticipation of surgery. He will remain in the hospital for several months at least.

Patti and her niece Amanda facilitated the "Ostomy Jeopardy" game. New questions were added and all enjoyed the challenge. LaTanya McGruder, (Ms Cheseborough's granddaughter) won the grand prize! She has definitely been studying!! She won a new book called Living with an Ostomy. Patti will have the books available in her store around mid-June.

The meeting ended for refreshments at 4:40pm

Respectfully submitted
Patti Langenbach, Sec



2004 Young Adult Conference

August 4-7, 2004
Louisville, KY

For 2004, we have an amazing event planned for young adults to meet and share experiences. The first ever combined UOA National Conference and Young Adult Conference will provide educational programming and opportunities for informal social gatherings. Topics include College Life, Dating & Sexuality, Employment Issues, Insurance Concerns, Sports & Fitness and Nutrition. We are also excited to announce we will host the first inter-network softball game and the second edition of the "Ostomate Idol" contest, so be sure to prepare your best karaoke for a monetary prize. We look forward to seeing you there!

For more information, call 800-826-0826, ext. 104 or e-mail jsmith@uoa.org.

Heat Concerns for Ostomates

Summer Fluid Needs

Summertime is a time of increased physical activity and weather extremes. We can prevent life-threatening heat related injuries, such as the deaths from the heat wave Chicago experienced in 1995, by taking small precautions.

Risks:

Being out in the full sun.
An unusual amount of physical exertion.
High humidity.
Working or standing near furnaces or ovens.
Recent flu or high doses of water pills.
Decreased thirst sensation leading to lowered fluid intake.

The process by which your body fights heat:

During this process, extra fluids are needed to keep your important organs from being deprived.
You perspire losing salt and water.
Your body brings the circulation near the skin to release heat and cool off.

Early signs of trouble:

Dark, odorous urine
Profuse sweating.
Difficulty concentrating.

Signs of serious trouble:

Trembling or vomiting.
Headache or rapid breathing.
Pale, hot and/or dry skin
Confusion.
Lack of appetite.
Dizziness.

Treatment:

Go to the shade.
Lie down with your feet up.
Apply cold water to your body; i.e., cover yourself with soaked towels.
Remove excess clothing.
Call your doctor if the symptoms are not relieved in a few minutes.

Prevention:

An ileostomy requires two to four more cups of fluid each day because of high liquid output.
Drink fluids before going out to summer activities.
Favor water, fruit or vegetable juice and sport drinks, over alcohol and or caffeine beverages.
Choose cold drinks.
Bring liquids with you and take frequent sips.
Drink ten glasses of water each day, and even more if you have an ileostomy or urostomy.
Stay in the shade.

(Eileen Carter, RN/ET)

Summertime Travel with an Ostomy

Don't expect to get the same pouch seal-time as you do in the fall, winter or spring. If your wafer or ring skin barrier melts out faster, change the pouch more frequently. If wearing times are very poor, have your ET Nurse recommend a different skin barrier.

If plastic against your skin is uncomfortable or causes a heat rash, purchase or sew your own pouch cover.

Continued on page 4.

If you are wearing a two-piece system and are participating in very active sports, use an IV strip of 2" or 3" tape to secure the pouch and the barrier to your abdomen to prevent the pouch from "popping off" the barrier.

Be sure to drink plenty of liquids so that you won't get dehydrated or constipated. For extra security during swimming and water sports, use waterproof or "pink" tape to "picture-frame" your pouch.

Monilia is a common summer problem. This raised; itchy, red rash on the peristomal skin is uncomfortable and keeps pouches from holding well. If you suspect a monilial rash, contact your physician as soon as possible for a prescription for anti-monilia powder.

Never pack ostomy supplies in your suitcase. Pack them in your hand luggage and take them with you. Keep this in mind even when traveling by car.

Never keep your equipment in the car trunk where excessive heat can damage appliances, dry out cement, etc.

SPORTS AND EXERCISE

An Ostomate Looks at Sports: Practical Advice for All

Sporting activities are some of the most exciting things for any ostomate to participate in. Good muscle tone and increased strength are important for anyone who has suffered a prolonged illness, but for ostomates, there is the added pleasure of doing something which, because it is a challenge, adds to our emotional strength.

When I was ill, I had no desire to do any kind of vigorous physical activity. After my operation, while I felt better, I was still worried about taking part in any activities, especially athletic ones. I was afraid that my appliance would fall off, that I would strain my abdomen, and that I would feel inhibited from really throwing myself into a sport. But, by starting to do various exercises, and by taking a certain number of precautions, I not only have enjoyed vigorous activity, but have also found myself doing many sports I had never done even before my illness. This successful activity has in turn increased my courage and made it easier for me to accept my ileostomy. It has certainly brightened my outlook many times over.

Swimming is one of the first sports an ileostomate should try. It is a gentle form of exercise that uses all your muscles and should get your body into good enough shape to start any other sport. I would suggest to ostomates to wear waterproof tape around the appliance. No water will seep under it to loosen the appliance. (I have worn a temporary appliance to the beach and found this perfectly satisfactory.) I also suggest wearing some sort of reinforcer (a stretch panty, the panty part of pantyhose, or a gentle support belt) under your bathing suit. This will keep your appliance from moving around, loosening or causing discomfort.

(Barbara Hurewitz)

UOA Jacksonville Chapter is now on the Web
<http://www.ostomymcp.com/chapter/Jaxchapter1.htm>

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/chatroom.htm>

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

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

UOA Jacksonville Chapter
PO Box 10239
Jacksonville, FL 32247-0239

Phone: (904) 396-7827
Fax: (904) 396-7829
Email: patti@ostomymcp.com

T O :

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