

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

Eugene Sommerville
President 646-1723

Brenda Holloway-
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**Please plan to join us
 Sunday June 26th
 starting at 3 p.m.**

Newsletter is starting a new feature.

We are soliciting contributors to.....**MY STORY**.

We welcome any Ostomates who would like to contribute an article telling their story. We feel this would be an inspiration to others. Please email those to Patti patti@ostomymcp.com

Medical Care Products, Inc
 Toll Free 800 741-0110
 WE ARE ON THE NET
www.ostomymcp.com

Our Mom, **Mrs. Lillian Langenbach**, known to most as "**Mom L**", crossed through the portals of this life on May 17, 2005, after a lingering illness. She was born in Johnson County, Texas, to a family of eleven. She moved to Chicago in her early 20's and was employed by the Rock Island Railroad. She also served as a Gray Lady during World War II. The family moved to Jacksonville in 1968.

She found her sole mate in our father "Bill". They had been married just under 50 years when he passed away in 1999. She then moved into the Park Lane to live with her daughter Patti where she enjoyed watching all the activity on the river. Every boat, airplane, contrail and bird was an event. Mom L and Patti started as mother and daughter but she left as best friends.

Mom L went everywhere with Patti over the last 6 years. She attended many United Ostomy Association meetings that Patti and Medical Care Products supported. She enjoyed all her UOA friends at the local Jacksonville Chapter and also traveled with Patti when she spoke at the Gainesville and Ocala chapter meetings.

We used to say that Mom was the president of our fan clubs. She was so proud of her children, five grandchildren and three great-grands.

God finally took her from us when it became time for her to join our father "Bill" and our cherished brother "Billy", already in heaven.

We miss her terribly, this woman who provided texture to our lives and gave us purpose. Mom's laughter and smile still enters our minds and hearts each day.

- Tom, Patti, and Jerry

A MESSAGE FROM THE PRESIDENT

I would like to thank everyone for attending our May's meeting.

Our May 15, 2005 meeting, we had Mr. David Hill and his wife with Home Instead, Inc. They were very informative speakers.

Our June 26, 2005 meeting (which is the 4th Sunday due to Father's Day), we will be having just a support group meeting.

In July 17, 2005, we will be having Paul from Hollister.

I would also like to thank each and every one of you that has contributed to the Ronald McDonald "Pop Top" collection. I emptied the bags that I received from the February meeting and I can't see the bottom of the jug. So I think we just might fill that gallon jug up. Please keep on saving them and either bring them to a meeting or give them to Medical Care Products.

We would like to give our sincere sympathy to the Langenbach family (Patti) as their mother Lillian L. Langenbach went to be with the Lord on May 17, 2005. We will keep the family in our thoughts through this time. Patti will be return to our meetings in the near future.

If anyone knows of a speaker that may like to speak at our meetings, please contact, Brenda L. Holloway, Vice President at (904) 282-8181. I have put our several phone calls with one possible speaker, Mr. Holland of the Duval County Supervisor of Election. We are in the stages of when he is available and we will be doing UOA Jeopardy in the near future.

Also remember that we do have a donation closet at Medical Care Products. If you have any extra or unused ostomy supplies or medical supplies, please contact Brenda and she will be glad to coordinate with you to have them pick up or you can bring them to a meeting.

Once again, thank you for your cooperation in keeping this organization active because without YOU there would not be help for ostomates in this area. Thank you.

Brenda L. Holloway, Vice President

Eugene Summerville, President

MEETING WILL BE THE 4TH SUNDAY JUNE 26, 2005

**I HAVE RECEIVED THE CROHN'S & COLITIS "GOT GUTS" BRACELETS AND WILL
HAVE THEM AT THE NEXT UOA MEETING FOR .75 CENTS EACH.**

Get Your Guts In Gear IBD Benefit Ride

June 10 -12, 2005
210 miles - New York City to Saratoga Springs, NY
Riders, Crew and Volunteers are needed.

Register Online

2005 UOA Young Adult Conference
http://www.uoa.org/events_yan.htm
August 3-6 • Anaheim, CA

Register Online

2005 Youth Rally Applications
http://www.uoa.org/events_youth.htm?
July 10-14

HOLIDAY CONTENT

A Father

A Father is someone that is forced to endure childbirth without an anesthetic. A father is someone that growls when it feels good and laughs loud when scared half to death. A Father never feels worthy of the worship in his child's eyes. A Father is never quite the hero his daughter thinks; never quite the man his son believes him to be; and this worries him so he works too hard to try to smooth the rough places in the road for those of his own who will follow him. A Father is someone who gets very angry when the first school grades aren't as good as he thinks they should be. He scolds his son, though he knows it's the teacher's fault!

Fathers are what give daughters away to another man—an idiot who isn't nearly good enough—so they can have grandchildren who are smarter than anybody's. Fathers make bets with insurance companies about how long they will live. One day he loses, and the bet is paid off to the part of him he leaves behind.

I don't know where a Father goes when he dies, but I've an idea after a good rest, he won't just sit on a cloud and wait for the girl he's loved and the children she bore. He'll be busy there too, repairing stairs, oiling gates, improving streets and smoothing the way.

(Author unknown)

EMPLOYMENT ISSUES

Quick Tips for the Workplace

Back to work having a stoma has little bearing on your employment. Most people with ostomies return to their jobs after surgery. Though absence of work can be frustrating and isolating, you must allow sufficient time (usually 3-6 months) to recover fully from your operation. Deciding when to return to work should be determined by you, your doctor, surgeon, and ET nurse. You may tire more easily upon returning to work. If so, ask your employer if you can work part-time for the first few weeks back on the job.

On the Job: You will need good toilet and washing facilities at your work site, with privacy available for changing your pouch. Keep spare wafers, pouches and accessory products—plus another set of clothing—at work, just in case. If using closed-end pouches, put the used pouch in a plastic resealable baggie before disposing of it. After draining an open-end pouch in the toilet, spray some air freshener.

Job Performance: People with ostomies perform nearly every kind of job. However, some occupations, in which the work is physically uncomfortable or inconvenient, may require some precautions. If your occupation involves strenuous or repetitive physical work such as stooping, bending, or heavy lifting, be extra careful as you move about.

If your work involves handling food, there is no reason why you cannot continue to do so, providing you exercise good personal hygiene. The risk of spreading germs is the same for those with ostomies as for those without.

Work Rights and Responsibilities: Under the Americans With Disabilities Act, some employers may be required to make certain accommodations for you. Inquire about this with your human resources specialist. Individuals may, however, be required to undergo a pre-employment physical. Before accepting a position with a new employer, find out the name of their health insurance company and contact it directly to find out whether the plan covers your ostomy-related needs.

(Better Together Newsletter)

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.

Eighteen Great Low-Fat Snack Ideas

- Low-fat 1% non-fat milk.
- Low-fat cottage cheese with fruit.
- Fruit juices (100% juice).
- Fresh fruit/unsweetened applesauce.
- Dried fruit. (Small amounts – Chew well.)
- Fruit shakes (Blend banana or other fresh fruit with nonfat milk and ice cubes; flavor with cinnamon or nutmeg).
- Raw vegetables with low-fat dip. (Small amounts – Chew well.)
- Regular/frozen yogurt (low fat/nonfat).
- Ice milk.
- Frozen fruit bars.
- Graham crackers.
- Cold cereal.
- Oatmeal.
- Pretzels.
- Air popped or light microwave popcorn.
- Bagels.
- Nachos (Corn chips with sprinkling of low fat cheese).
- Water-based soup (or use low fat milk when you make milk based soups).

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\$7.50**. 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\$7.50 (LOCAL CHAPTER)

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 ,
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United Ostomy Association , Inc

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T O :

**Join us
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26th starting at
3 PM
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