

# 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 6:30pm - Bapt Medical Center Nassau board room.  
 Gainesville Support Group meets the 1st Sunday of each month (except Holidays) Hope Lodge 2121 SW 16th St Gainesville



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

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**Jacksonville Contact Information:**  
 Patti Langenbach  
 (800) 741-0110  
 (904) 733-8500  
[patti@ostomymcp.com](mailto: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](mailto:patti@ostomymcp.com)  
 (Newsletter will be in PDF format)

Support group meets the 3rd Sunday of each month 3 p.m. 4836 Victor Street  
**Next Meeting Oct. 18th**

**Gainesville Support Group** meets the 1st Sunday of each month (except Holidays)  
 Next meeting: **Oct. 4th at 2pm** at Hope Lodge 2121 SW 16th St Gainesville, FL 32608  
**Contact info:**  
 Brinda Watson (352) 373-1266  
 Nelson Griffiths (352) 376-8703

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 Oct. 11th**  
**Contact info:**  
 Lynn Parsons (352) 245-3114  
[www.ostomyocala.com](http://www.ostomyocala.com)

**Amelia Island Area Ostomy Support Group** meets last Monday of each month at 6:30pm (except May, June, July & Aug) Bapt Medical Center Nassau board room.  
 Free parking (904) 310-9054  
**Next Meeting Oct. 26th**



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

By Linda Blumberg AKA “Mrs. Lips”

September 2015: entered “Gateway to New Life” (alluding to UOAA conference 9/1-6 in St. Louis, MO)...at our September 20 Jax ASG meeting, ostomates/family gathered...caring/sharing ostomy concerns/experiences...munched on Kimberly’s Konfections...”Gutsy,” Linda’s 8 5/6 year old ileostomy stoma, encouraged everyone to check out ConvaTec’s 24/7 inspirational informational social media Inspire.com, as a “gateway” to ostomy issues/answers: for prebies poised to have ostomy surgery, recovering newbies’ needs, and to meet new ostomate friends globally(!)...it’s almost October...time to “discover” how to live well with an ostomy!...

SPOTLIGHT ON: October 2015: World Ostomy Awareness Day (3<sup>rd</sup>), Columbus Day (12<sup>th</sup>), Halloween (31<sup>st</sup>)...  
AAA (Awareness/Acceptance/Advocacy)...

Awareness involves: 1) checking for blood in stools/urine; 2) choosing life-saving colonoscopy, with follow up life-affirming ileostomy, colostomy, or urostomy surgery, if needed...time to “discover” your body’s “hallow(een)ed” needs... denial/avoidance could lead to cancer...or premature death...check out UOAA.org/local media for World Ostomy Awareness Day activities...help un“mask” ostomy’s “shroud” of secrecy!...practice ostomy awareness daily!...

Postsurgical Ostomy Acceptance occurs when we realize that even with a stoma, WE are still normal, loveable, beautiful people who can feel EMPOWERED to live well with an ostomy! STOMA ARRIVAL= YOUR SURVIVAL to CELEBRATE BEING ALIVE... Accepting YOUR stoma “ghosts” to show nonostomates to be less judgemental! (See Linda’s 1<sup>st</sup> Phoenix article/photo, June 2011, p.30)...

Help others “discover” ostomy awareness and acceptance by Advocating for Ostomy(!): Gutsy saved Linda’s life; but, humor and a (com)passion for writing/others continue as her salvation!... 1) Share YOUR ostomy journey: a) at support group meetings, b) on Inspire.com, c) by submitting your unique experiences/perceptive perspectives/humor, sharing YOUR stories of ostomy glories(!), in writing, to this (or YOUR local) newsletter, or publications, e.g., Phoenix Ostomy 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) “Costume” your stoma in a beautiful pouch cover from Koolostomy.com, b) Make your stoma a STAR!...email his/her name: [Patti@ostomymcp.com](mailto:Patti@ostomymcp.com) or Linda: [blumbergl@duvalschools.org](mailto:blumbergl@duvalschools.org) for inclusion in future Gutsy’s Gab column...in “Shocktober,” Gutsy “discovers”: “Wilson,” “Sugar Booger,” “Lil Squirt,” “Bleep” (Jax ASG); “Rhea,” “KermitEGR,” and “RIP Reversal: BlastedDThing” (Inspire.com)...cathartic and fun! (See Linda’s 2<sup>nd</sup> Phoenix article/photo, December 2013, p. 78)...

BOTTOMLINE/MARK YOUR CALENDAR:...”Shocktober:” time to “discover” how to live well with an ostomy...our next Jax ASG meeting is Sunday, October 18, 2015...join us to CELEBRATE BEING ALIVE!...(s)caring and sharing to un“mask” ostomy fears...enjoy Kimberly’s “goblin(g)s”...and each other...Be-witching to see YOU there!



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## New York Crumb Cake Kim's altered version of Marth Stewart's recipe

### Ingredients

- 2 tablespoons canola oil, plus more for pan
- 2 3/4 cups all-purpose flour, divided, plus more for pan
- 1/2 cup granulated sugar
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 large egg
- 1/2 cup milk
- 2 1/4 teaspoons vanilla extract
- 1/2 cup packed light-brown sugar
- 1 teaspoons ground cinnamon
- 1/2 cup unsalted butter, melted and cooled, room temperature
- Confectioners' sugar, for dusting

### Directions

1. Place rack in center of oven, and heat oven to 325°. Lightly brush a rimmed quarter sheet pan or a 9-by-13-inch baking pan with canola oil and line with parchment paper. Secure parchment to pan with binder clips. Brush parchment with oil and dust with flour, tapping to remove excess. Set aside.
2. In a medium bowl, sift together 1 1/2 cups flour, granulated sugar, baking powder, and salt; set aside. In a second bowl, whisk together egg, milk, canola oil, and vanilla. Using a rubber spatula, fold dry ingredients into egg mixture.
3. Spread batter evenly into prepared pan, and set aside. In a medium bowl, combine remaining 1 1/4 cups flour, brown sugar, and cinnamon. Pour melted butter over flour mixture, and toss with a rubber spatula until large crumbs form. Sprinkle crumbs over batter.
4. Transfer pan to oven, and bake, rotating pan after 10 minutes. Continue baking until a cake tester comes out clean, about 10 minutes more.
5. Transfer baking pan to a wire rack to cool. Dust with confectioners' sugar. Using a serrated knife or bench scraper, cut into 3-inch squares. Store in an airtight container for up to 3 days.

## How to Tell Someone You Have an Ostomy

Edited by B. Brewer

In this world of technological advances, there are all kinds of people clamoring for information about you. Here are some questions you should ask yourself when giving out personal information.

"How will I benefit from certain persons having certain information?" and "How will the person asking the questions benefit from my answers?"

Thinking back to those critical days of adjustment just after your ostomy surgery, you may only have wanted people around you that you trusted and loved. At that time, you may have needed the support of a spouse, friend, or children. In order for those people to support you, they needed to know about your ostomy surgery. By sharing this information you were helped through what for some was a very difficult time. Once you were home, friends and neighbors started to call, and then visit, when you felt up to it. The question arose as to "When do I tell them about my surgery?" Probably you thought about each person, the closeness you felt, and his or her relationship with you-and maybe the sincerity of that person's concern for you.

After considering these factors, you may have made a decision to tell the person about your ostomy. Based upon the reaction to your story, you made another decision-to either tell or not tell about your ostomy to those who inquired about your health.

As your health progresses and you return to work, the questions arise.

"Should I tell my employer about my ostomy?"

"Do I need support from my employer because of my ostomy?" and/or

"How does my employer knowing about my situation help me?"

This becomes situational. For example, if I work an assembly line and must take prescheduled breaks, and I'm still adjusting to emptying my pouch, I may or may not need a different schedule for breaks than those enforced. My employer needs to know that I'm not just breaking the rules, but have a real need.

How do you tell someone you have an ostomy? It becomes a matter of who has a right to know and how you will benefit from their knowing. To tell someone you have an ostomy becomes clearer when the benefits are weighed. Simply explain that you had some surgery for whatever reason you had your surgery, and it necessitated having an alternate route made for emptying either your bowels or bladder. By having had this surgery, you were given the chance to increase the length and quality of your life. Share with the person whom you have decided has a right to know about your surgery using pamphlets and brochures available from UOAA and other sources. Educate those persons you believe have a vested interest in your well-being.

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## 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.*

## Seeking Medical Assistance

via San Diego Newsletter

The most common problem after any ostomy surgery is the development of a hernia around the stoma site. This is manifested as a bulge in the skin around the stoma, irrigation difficulty, and partial obstruction.

Heavy lifting should be avoided immediately after surgery. Also, you should call the doctor or ostomy nurse if any of the following occur:

- Severe cramps lasting more than 2 or 3 hours.
- Unusual odor lasting more than a week.
- Unusual change in stoma size and appearance.
- Obstruction at the stoma and/or prolapse of the stoma (that is, it has fallen out of place).
- Excessive bleeding from the stoma opening or a moderate amount in the pouch.
- Severe injury or cut to the stoma.
- Continuous bleeding at the junction between the stoma and skin.
- Watery discharge lasting more than five or six hours.
- Chronic skin irritation.
- Stenosis (narrowing) of the stoma.

Your ostomy nurse (WOCN) is helpful in managing complications, should they arise.



Many Stories, One Voice

<http://wod.ostomyinternational.org>

**Medical Care Products, Inc**  
**PO Box 10239**  
**Jacksonville, FL 32247-0239**

To: