



HURRICANE IRMA OSTOMY ASSISTANCE PROGRAM

CORSTRATA wants to help ostomates impacted by Hurricane Irma! During this time, we are offering **FREE** access to our certified ostomy nurses.

Our nurses are ready to assist you with your ostomy related issues:

- Ostomy supply consultations & assistance
- Assistance in fitting ostomy appliances
- Assistance with ostomy irrigation
- Stoma & peri-stomal skin care
- Ostomate and Caregiver Education
- Community and virtual resources



Contact an Ostomy Expert:

www.corstrata.com

Ostomy@Corstrata.com

(800) 566-1307

www.corstrata.com

800.566.1307

ostomy@corstrata.com

Medical Care Products, Inc.

(904) 733-8500

(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: **Oct. 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: **Oct 1st 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: **Oct 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

Bld., Crystal River, FL 34428, in the

Community Room of the Medical

Office Building

Next Meeting: **Oct 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

(Meeting Room 3-4)

Free parking Next Meeting: **Oct 8th**

Martha Bennett will present a review of Dr. Steven Gundry's book, The Plant Paradox: The Hidden Dangers in 'Healthy' Foods that Cause Disease and Weight Gain.



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

“Speak Out and YOUR WORDS WILL Be Heard!”

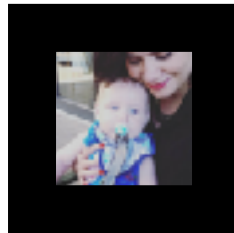
By Linda Blumberg AKA “Mrs. Lips”

Jonelle’s story/ongoing blog: website: tyrannyofpink.com...

“If you often find yourself thinking “if only I could...” but your self-doubt holds you back then this is the place for you.

Tyranny of Pink is about living intentionally, with a focus on living life positively, purposefully and authentically. It’s about being true to yourself and living unapologetically. Intentional living is a lifestyle based on values and a conscious attempt to live in accordance with those values. It’s about knowing what you value and doing what you do with that purpose in mind. To live with intention, you need to be aware of what matters to you and you need to make sure that your actions are in line with those values and purpose.

I want to empower you to design your intentional life and business by helping you figure out your values, your purpose, set goals and put plans in place to help you embrace who you are, believe in yourself and start living your empowered and authentic life!



Hi, I’m Jonelle, an empowerment strategist, story-teller, and writer with a Master’s degree in social development and a passion for helping individuals to design their intentional life. I provide guidance, advice and strategies for women who are ready to stop playing small and embrace their goals and authentic lives. I also help entrepreneurs, start-ups and new bloggers develop strategies for success and content that sells. If you’re ready to finally get that project started, I can help you with planning and help remove that feeling over being completely overwhelmed!

Why I decided to follow this path

In October 2014, I found myself unhappy with my life and the path it was leading me down. I was that person trying to make everyone happy, living a life that no longer served my purpose. So I quit my full-time job and decided it was time to do things that make me happy!

In September 2015, I had my first child, Oden. His journey into this world nearly killed me and I found myself in ICU and on life support. I woke up post-surgery with an unexpected stoma and my whole life completely changed. I found myself fighting desperately not to die. I realised in that moment, that I am finally living my authentic life and being exactly who I am meant to be. I made a promise to myself to never try to live up to anyone else’s expectations or try to be anyone I’m not. I’ve finally learnt the art of self-acceptance and I’ve never been happier. Never again will I subscribe to someone else’s dreams. Now, I want to empower you to do the same.

Jonelle xx

My Ostomy Journey



If I look at my life, so much has happened but few things change you as much as waking up after emergency lifesaving surgery with a stoma. Everything changed in that moment. I became an ostomate! Ostomate, noun The definition of an ostomate is a person who has undergone a surgical procedure to create an opening in the body that will be used to discharge wastes.

I went from being “perfectly normal” to living with a colostomy. It took me a while to accept that this was normal too, just my new normal. The only reason it felt weird at all was because I was so ignorant about it all. I had no idea just how common it was. Just how many others it happened to.

I was completely ignorant before my ostomy journey began. I didn’t even know what a colostomy bag was. I genuinely thought that Colostomy bags were something that only old people used. I didn’t know what a stoma was. I had never even heard the word before. And yet here I was – an Ostomate!

My journey with a stoma taught me so much about myself and others. Mostly though, it made me want to spread awareness. Tell everyone I knew about my experience. Educate and empower both people living with ostomies and others who like me, previously had no idea about it.

So I decided to share my story publicly and shamelessly. I chose not to live in shame. I chose to speak out loud and educate those who don’t know. I hope I make even one other person with an ostomy feel less alone and more normal.

[We are “write” with you, Jonelle!!!]

Ostomy Support in South Africa: There just isn’t enough support in South Africa for people living with Ostomies. I felt like I had no one to turn to for hand holding. My family was wonderful but they didn’t know what it felt like to be me. It was a constant struggle to find the right products and there just isn’t the same variety available in South Africa as there is internationally.

I started a Facebook Group for people living with Ostomies (and their families) in South Africa! So please feel free to join our tiny group if you need somewhere to go to ask questions. People in the group understand what you’re going through.

New Ostomates: If you’re reading this and you’re a new ostomate, please be patient with yourself. I promise you it gets easier over time! Even though it feels like life will never be the same again. It will – you will adapt.

There are products out there, like Lazarus, that make having your ostomy easier! Do your research and find the products that work for you! There isn’t a one size fits all solution with bags. Find one that works for you. If the one you try doesn’t work then keep searching until you find one that does.

My Reversal Journey



I was fortunate to be eligible for a reversal! If you'd like to read about my experience going through the reversal process, read these

Dear Francis the Stoma, I won't be sad to see you go!

My struggle with the decision

What it was like having my stoma reversed

My recovery – 6 weeks later

I'm now fully recovered and life almost feels like it did before I had this whole experience but I'm changed forever. Everything about how I see the world has shifted and become something new. I will always be an Ostomate.

I will always know what it felt like to be scared, to feel alone. To be angry with the entire world because this happened to me.

So thankful that I lived, that my stoma allowed me to spend more time with my son. If it wasn't for this emergency procedure, I wouldn't be here. I wouldn't have lived. I wouldn't be telling my tale.

What matters, is that I know what you're going through so please don't hesitate to contact me. Inbox me, email me, let me know you need me. I'm here. You don't have to feel alone. No one has to go through this alone!

Please spread the word, share this page, tweet it, link back to it and direct anyone who might benefit from learning more about my journey back to here!"

Gutsy met Jonelle in e-newsletter "Ostomy Connection"...and immediately checked out her sublime website/blog... what a kindred spirit!...In both Gutsy's Gab and Gutsy's FAB Gab-About columns, we are ALWAYS encouraging EMPOWERMENT by CELEBRATING BEING ALIVE...to thrive and not merely survive...to live well/better with an ostomy!!!...Jonelle is like a "sister from another mister!" [did NOT forget our "connection" with YOU, Trish!...]...even though we [Jonelle and Gutsy] are literally/figuratively a "world apart," it really does not matter...for it all comes from the heart!...and, how impressive and progressive that even with her reversal, Jonelle continues to reach out to her South African ostomy community.



Proper Care & Storage of Ostomy Supplies

from an article by Teresa Murphy-Stowers, Fort Worth, TX; via Dallas (TX) Ostomatic News

Ostomy supplies are not inexpensive, to say the least. So, it is important to understand how to apply them properly with the fewest errors possible and equally important to know how to take care of and store supplies until use. Proper care may avert the need to discard unused supplies and thus be as economical as possible.

- Be sure to read carefully the instruction sheet included in the box or guidelines on the container for specific recommendations for a given product.
- Generally, all ostomy supplies should be stored in a cool, dry location. Too much heat can melt or weaken many of the materials used in ostomy wafers, pouches, and accessory items. Avoid leaving supplies in a hot car or in direct sunlight.
- Review instructions periodically to refresh your memory and to see if any recommendations have changed over time.
- Keep supplies such as wafers and pouches in their original box. By doing so, you save the brand name, product identification number, and the lot and date information for those items. Perhaps you will never need this information, but in the event you do, the box you have saved will provide the information you (or someone helping you) will need for reorder or to report any quality control problems.
- Some ostomy supplies do have a “shelf life.” Be sure to check for dates that may be recorded on their containers. If you find you have a box with an expired date, check with the manufacturer, your local supplier, or an Ostomy nurse for advice on usage.
- While you do want to keep a “stock” of supplies so you are always prepared to change out your system, avoid the practice of stockpiling too much so your reserve will be as fresh as possible. This, of course, depends on factors such as the availability, proximity to a local supply house, or shipping issues.
- Purchase supplies from a trusted vendor—one you know will provide good service as well as stock/ship current stock. Reporting Defective supplies
- If you determine your supplies are defective in spite of proper use and storage, contact the manufacturer at their toll free number to report the problem and receive product replacement or adjustment.
- Let your supply source know of your report to the manufacturer. They need to be aware of problems; however, the complaint needs to be directed to the manufacturer to ensure the defect can be addressed.



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UOAA Discussion Board

<https://www.uoaa.org/forum/index.php>

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