

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

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**Please plan to join us
Sunday Sept. 19th
starting at 3 p.m.**



2005 UOA National Conference
August 3-6 Anaheim, CA

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

**A MESSAGE FROM THE PRESIDENT
& VISITATION COORDINATOR**

I hope everyone made it safely through Hurricane Charley; unfortunately, Ryan (my son) and I got caught in Orlando and could not leave. So we went through the hurricane, what an experience. I have lived in South Florida since 1970, boarded up once but it was thing like what we went through with this hurricane. But thank god we were safe.

Due to the weather, our speaker from the Ronald McDonald House decided to postpone is speaking engagement. Therefore, we did not have a meeting in August 04. I will be rescheduling him as soon as I find out when Hollister will be coming.

But we will start collecting Christmas presents earlier this year to try to get a lot for the children. So if you can bring a wrapped gift with age and girl or boy, with you to the meeting that would be great. That will show our speaker we care about the children. The limit monetarily is \$5.00. If you just want to send to Medical Care Products the \$5.00, you may and I will go shopping for you if you can't get out. We in the past have collected a lot for them. We thank Sandy and Ron Davis for their outstanding choose of charities to contribute too.

Our meeting for September 19, 2004 will be presented by Patti from Medical Care Products. Since the last time we did the deodorant test everyone enjoyed it. So this meeting is entitled "Put it to the Test". She will be putting all different kinds of items together to see which one pass the "no smell" test of different ostomy deodorants and some are home remedies. It was lots of fun so please come join us for this experience and great fellowship with each other.

Remember, if you have any extra ostomy supplies to contribute to our closet at Medical Care Products, please do not hesitate to contact me for pick up (904) 282-8181 or just deliver them to Medical Care Products and tell them that its for the donation closet and they will be glad to make sure it is put in it.

I look forward to seeing each and every one of you at our September 19, 2004 meeting.

Sincerely, Brenda L. Holloway, President

Need a great place to post your **Ostomy related questions** and receive replies from people around the world. Then take time to visit the

International Ostomy Association Discussion Forum
<http://www.ostomyinternational.org/cgi-bin/dcf/forum/dcfboard.cgi>
or
UOA Forum
http://www.uoa.org/discussion_main.htm

News From UOA National

More than **625** were in the Winner's Circle at the 42nd UOA National Conference held August 4-7 in Louisville, including over 150 "first timers." Attendees enjoyed many educational sessions and social opportunities, including a highly personalized keynote presentation by psychologist Dr. Stan Frager, an inspirational story from Ironman triathlete John Dermengian, a lively ice-cream social hosted by Coloplast and the very popular ConvaTec ConTucky Derby party. The Young Adult Conference was held in conjunction and sessions were included for the Parents, Teen, 30+, CDN and GLO Networks.

Some of the most exciting moments at the conference came when very special leaders were honored with UOA's most prestigious awards:

The **Sam Dubin Award**, our highest honor to a volunteer at the national level:
Dan Tyrrell, Past President

The **President's Award** given for a major contribution:
Bonnie McElroy, Board of Directors and Chair, Parents Network

The **UOA Spirit—Lifetime Achievement Award**:
Bobbie Brewer, Past President and Chair, Field Services

The **Pioneer Award** for over 50 years of service to ostomates nationwide:
Jane S. Walker, ET

The **ET Nurse of the Year Award**:
Joyce Rosenthal, RN, MS. ET

The **Partnership in Service Award**:
ConvaTec.

Congratulations to these very worthy winners!

Ninety-four campers from 27 states attended the 26th annual UOA Youth Rally at San Diego State University July 10–14. They acquired self-care skills, made new friends and learned that the only thing limiting them is their attitude, not their ostomy. Campers enjoyed a day at the beach, an amusement park, a poolside BBQ with karaoke, educational game shows and time to discuss their medical challenges. Forty-four counselors and six ET nurses, along with tireless rally cochairs JoAnne Sisco, Vickie Weaver and Liz Hiltabidel, donated their vacation time and paid their own expenses to be there for the kids. Most of the campers were financially supported by chapter donations, and we thank you for your kind heart and generosity!

Chapters recently received samples of our new "**Ostomate Food Reference Chart**" and "**How to Treat a Blockage**" card. We offer these handy laminated reference cards in packages of 10 for \$10 plus \$2 shipping. E-mail orders@uoa.org or call 800-826-0826 to order.

A new search function has been added to **UOA's Discussion Boards**, making it possible to locate all postings on a given topic in the current and archived boards. E-mail addresses are required in order to post a question or response. Currently, UOA enjoys over 2 million hits monthly on www.uoa.org and that number is growing daily.

Have you recently moved to a new location? Don't forget to give UOA your new address so you don't miss a single issue of the **Ostomy Quarterly**. The post office reminds us that even though you complete one of their forms to forward your mail to the new address, magazines are not included. Please call 800-826-0826 to update your current address.

UOA

Taking UOA for Granted

Prior to 1962, there was no **United Ostomy Association**. At one time there were no appliances to collect waste. Early ostomates tell how they cemented rubber gloves to their abdomen. We read about a lady who had a successful urostomy, but didn't know about the UOA. For three years she used gauze to absorb the fluid. She didn't leave the house.

It was the UOA that got manufacturers to develop appliances, belts and tape that we take for granted. It was the UOA that testified before Congress to get Public Law 92-603, dated October 20, 1992, to provide ostomy supplies through Medicare. They also removed the tax from all ostomy supplies. It was the UOA that was responsible in forming the 500+ chapters with membership of 40,000 in North America to help new ostomates as well as those who have had their ostomies for years.

When you have lived with a stoma five to ten years, it is just another chore like brushing your teeth. But think back to when you first found out you were going to be an ostomate! You had a hundred questions. Can I drive a car? Can I play golf? Or swim again? Will I ever be able to return to work? How will I live with this thing? Every hour you were awake you had another question.

At one time we had no chapters or ET nurses, and there was on one to provide you with answers. But thanks to UOA and thanks to many dedicated members through the years—this has changed.

Every ostomate who is living has a debt to repay to the persons who went before us to pave the way in improving our quality of Life. The debt is there, whether you pay it or not is up to you. **Think about it!** Attending monthly meetings and sharing with others is one way to repay the debt we all owe.

For All You Chocoholics!!

If you get melted chocolate all over your hands, you're eating it too slowly.

Chocolate covered raisins, cherries, orange slices and strawberries all count as fruit, so eat as many as you want.

Problem: How to get two pounds of chocolate home from the store in a hot car. Solution: Eat it in the parking lot.

Diet tip: Eat a chocolate bar before each meal. It'll take the edge off your appetite and you'll eat less.

A nice box of chocolates provides your total daily intake of calories in one place. Isn't that handy?

If you can't eat all your chocolate, it will keep in the freezer. But if you can't eat all of your chocolate, it may be a sign of a deeper problem.

If calories are an issue, store your chocolate on top of the refrigerator. Calories are afraid of heights and they will jump out of the chocolate to protect themselves.

The **UOA** is proud to offer seven special interest "networks." These groups cater to members with unique interests and needs and offer a place to connect, learn and share.

Membership * Parents & Children * Teens * Young Adults * 30+ * Continual Diversions * Gat & Lesbian Ostomates

www.uoa.org

Ostomate Bill of Rights (UOA version)

The Ostomate Bill of Rights was presented to UOA by the International Association for Enterostomal Therapy (now known as the Wound, Ostomy and Continence Nurses Society) at the UOA House of Delegates Meeting during the Annual Conference in 1977.

It is our goal to inform ostomates that all elements of quality care should be available to them.

Ostomate Bill of Rights

The ostomate shall:

1. Be given pre-op counseling
2. Have an appropriately positioned stoma site
3. Have a well-constructed stoma
4. Have skilled postoperative nursing care
5. Have emotional support
6. Have individual instruction
7. Be informed on the availability of supplies
8. Be provided with information on community resources
9. Have post-hospital follow-up and life-long supervision
10. Benefit from team efforts of health care professionals
11. Be provided with information and counsel from the ostomy association and its members

Adopted by the United Ostomy Association House of Delegates at the UOA Annual Conference 1977.

Ostomate's Bill of Rights (IOA version)

It is the declared objective of the International Ostomy Association that all ostomates shall have the right to a satisfactory quality of life after their surgery and that this charter shall be realized in all countries of the world.

The Ostomate Shall:

Receive preoperative counseling to ensure that they are fully aware of the benefits of the operation and the essential facts about living with a stoma.

Have a well-constructed stoma placed at an appropriate site, and with full and proper consideration to the comfort of the patient.

Receive experienced and professional medical support and stoma nursing care in the preoperative and postoperative period both in hospital and in their community.

Receive full and impartial information about all relevant supplies and products available in their country.

Have the opportunity to choose from the available variety of ostomy management products without prejudice or constraint.

Be given information about their National Ostomy Association and the services and support which can be provided.

Receive support and information for the benefit of the family, personal care givers, and friends to increase their understanding of the conditions and adjustments which are necessary for achieving a satisfactory standard of life with a stoma.

Receive assurance that personal information regarding Ostomy surgery will be treated with discretion and confidentiality to maintain privacy.

Issued by the IOA Coordination Committee June 1993, revised June 1997

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

www.uoa.org

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

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Sunday Sept.
19th starting at
3 PM
Baptist Medical Center 8th
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