

# The Mailbag

The Ostomy Support Newsletter Of Jacksonville, Florida

Support group meets the 3rd Sunday of each month 3 p.m. 4836 Victor Street

Contact Information:  
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Next chapter meeting will take place on  
Sunday September 16th  
***Come join us!***  
3PM 4836 Victor Street  
Speaker TBA



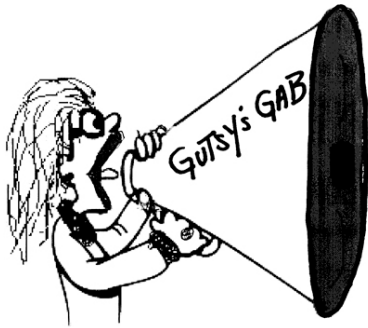
Jacksonville Chapter is a member of the United Ostomy Association of America.  
Please take the time and visit their Website <http://www.ostomy.org>.

## Public TV Documentary Movie

UOAA entered into a contract for the publication of a five-minute ostomy public awareness movie that will appear on public TV; the National Medical Report as shown on cable; network and international TV as part of Voice of America.

This excellently produced project—coordinated by UOAA President Elect Kristin Knipp—can now be viewed on the UOAA Internet site at [www.uoaa.org/uoaa\\_psa.shtml](http://www.uoaa.org/uoaa_psa.shtml). One may also view the movie at <http://uoaa.wordpress.com/>.

We encourage you to send one of these links to anyone with an interest in ostomy surgery; i.e., our members, local medical professionals, family and even friends who you might want to have better understanding about our organization.



## **"GUTSY's GAB!": "SPEAK OUT and BE HEARD!"**

By Linda Blumberg AKA "Mrs. Lips"

• Who is "Gutsy?" She is Linda Blumberg's stoma since 11/17/06! Who is Linda Blumberg? I wrote an article for Feb 2011 MailBag, eventually published in Phoenix Mag June 2011(!) about ostomates being "normal" and learning to accept ourselves to feel empowered.

• Jax support group meeting August 19, 2012: medical issues, new ostomates (yay!), and Gutsy's persistent insistent concerns divided the group: how much to tell about your stoma? 50/50 result: flipside of "Don't ask; don't tell": "Don't tell (too much) unless they ask!" Does it matter? You decide! The debate, alas, continues...Surgery made us victorious! Hopefully, no one spoils it for us!

- SPOTLIGHT ON: UOAA Volunteer Meeting and Leadership Conference August 25/26, 2012: Met with UOAA bigwigs very intensely Saturday to plan August 7-10, 2013 "Bridge to Acceptance" conference to be held at Jax Hyatt Regency. Don't you just LOVE the theme?! We need VOLUNTEERS! The more you help, the greater your \$ registration reimbursement! Regardless, we need YOU to attend because: uh, it is HERE, FUN, informative, and life-changing! Details to follow! Register early! See you there! Sunday, we met with support groups from FL, GA, SC, etc.: focused on each group's function and UOAA's role in supporting our respective collective ostomy needs.
- BOTTOM LINE for Jax support group: If you attended August 19, GREAT! What's next? Sunday, September 16, 2012 3 p.m. at Patti's store. What's in "store" for you? Ostomy supplies, sure! But, so much more! Where else can you FREELY discuss ostomy needs, concerns experience, in a NO EMBARRASSMENT ZONE? Nowhere (else), man! Whether you are "8 or 80," an ostomate or loving spouse/partner, YOU ARE WELCOME! Join us for light refreshments, wonderful camaraderie, our "expertease," and above all, heavy-duty humor, in a relaxed atmosphere. See ya soon!
- Also, MARK YOUR CALENDAR for Saturday, October 6, 2012: World Ostomy (Awareness) Day! Commemorate with \$2 bracelet! Call Patti to order (904) 733-8500!
- Finally, give your comments/suggestions to Linda (or Gutsy!) and YOU could be featured in next month's "Gutsy's Gab!"

### **UPCOMING ELECTION (UOAA)**

September 30, 2012 marks the final day to cast your ballots for the Management Board of Directors elections. On May 31, 2012, all ASGs in good standing were sent, via email, ballots and candidates information. We have received many but there are still some ballots not yet returned. I realize that many ASGs don't meet in the summer but please make sure this is on the agenda for your September meeting. For more information about the candidates go to: <http://www.ostomy.org/forum/viewforum.php?f=10>

2012 Candidate Information & Photos: <https://www.ostomy.org/forum/viewtopic.php?f=10&t=21847>

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## FOR IMMEDIATE RELEASE

### Largest US Non-Profit Ostomy Support Group Organization Announces World Ostomy Day October 6, 2012

#### “Let’s Be Heard”

On October 6<sup>th</sup>, 2012 the United Ostomy Associations of America, Inc. joins with ostomy associations around the globe to celebrate World Ostomy Day and Ostomy Awareness Day. “Let’s Be Heard” is the theme for the 2012 World Ostomy Day. It is a day of celebration for those who have had ostomy surgery, friends, family and caregivers. Its goal is to raise awareness about ostomies, and shine a positive light on this important, life-saving surgery.

During World Ostomy Day, support group organizations, ostomy supply manufacturers and members of the Medical Community across the world will hold special events including fairs, open houses, picnics and educational meetings. These events inspire, motivate and spotlight the active and rewarding life made possible through living with an ostomy.

There are over 700,000 people with ostomies in the United States, and over 100,000 ostomy surgeries are performed each year. Medical conditions resulting in ostomy surgery can be Crohn’s Disease, Ulcerative Colitis, Colon Cancer, and Familial Polyposis to name a few.

#### About The UOAA:

The United Ostomy Associations of America, Inc. (UOAA) is a national network for bowel and urinary diversion support groups in the United States. Its goal is to provide a nonprofit association that will serve to unify and strengthen its member support groups, which are organized for the benefit of people who have, or will have intestinal or urinary diversions and their caregivers. It is dedicated to the provision of information, advocacy and service to, and for, its affiliated support groups, their members and the intestinal/urinary diversion community at large. ☺

#### UOAA Magazine:

“**The Phoenix**” magazine, the official publication of the UOAA, is published quarterly and serves as a major source of funding for the organization’s activities. All interested individuals are encouraged to subscribe at: [www.phoenixuoaa.org](http://www.phoenixuoaa.org)

For more information about the UOAA and World Ostomy Day, or to participate in the Colontown Virtual Hope Picnic, or make a donation, go to: <http://www.ostomy.org>.

**VIRTUAL PICNIC** (<https://www.facebook.com/UOAAinc>)

On October 6, 2012 between the hours of 10 AM and 2 PM in all time zones, the UOAA Facebook page will host a “virtual” picnic for anyone who doesn’t have a local event to attend. Simply sign in during those times and join in the on-line festivities. Bring a “virtual” dish to pass and line up for the “virtual” dunk tank.

**August 7-10, 2013 • Fourth UOAA National Conference • Jacksonville FL**

Jacksonville is where Florida begins—and where the UOAA’s next national conference will gather attendees from across the US (and hopefully beyond). We have secured a great nightly lodging rate for our attendees at the [Hyatt Regency, Jacksonville Riverfront](#) – just \$99 (guaranteed for 2013). Please feel free to take a [virtual tour](#) of the hotel and see what the [Jacksonville area](#) has to offer. Learn some [history and an abundance of other facts](#) as well. And plan to join us in 2013.

Once the hotel has given us a code for the group rate and added it to their reservation system, we will post more information here and announce it to our support groups and in other ways. Program information and other details will be added as well, so check back here occasionally!



[http://www.ostomy.org/conferences\\_events.shtml](http://www.ostomy.org/conferences_events.shtml)

**Check Us Out On The Web**  
[www.ostomymcp.com](http://www.ostomymcp.com)

**Other Websites Of Interest:**  
 United Ostomy Association of America: [www.uoaa.org](http://www.uoaa.org)  
 Your Ostomy Community Connection Center: [www.c3life.com](http://www.c3life.com)



Use this form to join our chapter! 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 \_\_

You may use my name in chapter Newsletter & Directory: Yes \_\_ No \_\_

Mail to: Patti Langenbach, PO Box 10239 Jacksonville, FL 32247-0239

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