

The Mail Pouch

Ostomy Support Group EV/AZ

April 2015

Our Next Meeting is

**Sunday, April 19, 2015
2:00 PM**

Where:

**First Presbyterian Church
161 N. Mesa Drive /
Fellowship Hall
Mesa, AZ 85201**

April Program

Don't miss our enthusiastic speaker for the day, Breanna Reeser. She works in preventative wellness as a Health Coach for Canteen Corporation. She has some surprises for us in her presentation.

Be sure to come!

UOAA: For information for ostomates and to view upcoming conferences and events, go to www.ostomy.org. You can join the discussion board and read the monthly Update letter. Click the "advocacy" tab to reach your elected officials and send a suggested message

**BE SURE TO VISIT OUR WEBSITE:
www.ostomysupportarizona.org**

ET Advisors

We want to thank our WOC nurses for all they have done for us. They come to every meeting and help us with any problems we may have.

Banner Desert Medical Center (Dobson Road)

Contact # 480 412-3449

Janet Schmidbauer, RN, BSN, CWOCN

Elaine Fox, RN, BSN, CWOCN

Angela Hukill, BSN, COCN, CWCN

Roberta Nixon, RN, MSN, CWOCN

Banner Baywood Medical Center (Power Road) Contact # 480 321-4642

Karol Friend, BSN, RN, COCN, CWCN

Independent Nurses

Sandy Lane BSN, RN, COCN, CWCN

Miriam Jensen BSN, RN, COCN, CWCN

Support Group Meeting Dates through May 2015. All meetings begin at 2:00 PM at Mesa First Presbyterian Church

April 19, 2015

May 17, 2015

Board Meeting Date:

All meetings begin at 4:00 P.M. after the Support Group meetings at Mesa First Presbyterian Church

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2015 Ostomy Info & Products Fair

What a beautiful day we were blessed with in hosting this 'every two years' event.

Thanks Maureen & Vella, for 'getting the ball rolling' and all the support and volunteers taking part. It just shows 'if you put your mind to it, you can do it,' and that's what this group is known for.

The vendors taking part are always enthusiastic in being able to share hope and encouragement to those who have found themselves in the world of 'ostomies'; as does our WOCN's and everyone bringing added information available. It was well attended; however there was not the abundance of free samples to hand out this year; Suppliers make them available to you if you go on line or give them a call and ask for them. It's wonderful the networking that is now available to anyone in locating the Ostomy Support Groups available in the whole Phoenix areas.

Now that the Fair is done, let's NOT just forget it for 2 years, but keep in the 'back' of our mind (make a list) of ways we can make improvements for the next one. And there **will be leadership needed** to head the FAIR.

This is NOT the responsibility of our upcoming president. This is a need for Volunteers. This was an unexpected co-leadership position this year, but we're so glad to have been a part of it. It's amazing how the use of emails has simplified getting it together.

Much work has gone into updating the list of vendors & others connected with the function of the Fair.

THANKS AGAIN, EVERYONE !!!

Lots of new, exciting things are happening. Be sure to come and continue being a support in the ongoing of 'help in the world of Ostomies!'

Vella/Acting President

Important Contacts for Ostomates

Coloplast__www.us.coloplast.com__1-877-726-7872

ConvaTec__www.convatec.com__1-800-422-8811

Hollister__www.hollister.com__1-888-740-8999

UOAA__www.ostomy.org__1-800-826-0826



Look for the Suggestion Box on the
Welcome table!

We look forward to making this column a winner!



The Youth Rally is a summer camp that provides a non-threatening environment for kids between the ages of 11-17 with any sort of bowel or bladder dysfunction. The Youth Rally is designated to help campers understand that everyone has the same opportunities to achieve their goals regardless of medical or physical differences. In short, that they are not alone.

Boulders or Bust – Now Accepting Applications!!!

We are headed to Colorado in only a few months! The 2015 Youth Rally will take place July 13th - 18th at the University of Colorado Boulder in Boulder, CO. A beautiful campus, with a unique mascot (a real buffalo named Ralphie!) Rally at Boulder will be exciting and one you won't want to miss.

Applications for campers, nurses, and volunteers are all live on our Youth Rally website. Check our new application page below:

<http://www.rally4youth.org/applications.php>

COUNSELOR/CIT, and NURSING APPLICATIONS are due MARCH 15th!

CAMPER APPLICATIONS are due June 1st!

Note: new this year is a request to inform us of your intent to attend. This one page form should be completed as soon as possible by campers.



**UOAA CONFERENCE
SEPTEMBER 1 – 6
ST. LOUIS, MO
WELL WORTH THE TIME TO
ATTEND!!!!**

**Check at: www.uoaa.org
1-800-826-0826**



Oct 3, 2015

World Ostomy Day

Treasurer Report

We received \$90.00 for the youth rally fund from product fair

Visitation Report

1 patient with an Ilo,

"

Life's most urgent question is: What are you doing for others?"
Martin Luther King, Jr.

Why I Attend Support Group Meetings

by LeeAnn Barcus, St Peters, MO; via Chippewa Valley (WI)
Rosebud Review

No one wants to be pushed into a support group or made to feel that they have to be part of one, but the benefits are so tremendous it is a shame that many ostomates are missing them. Trust me, when I first went to an ostomy support group meeting, I was one of the youngest people there. The only other young ostomate there was with her mother. All the others were much older than I was. Talk about **not** fitting in. Well, I almost did not go back. I felt that this group could not offer anything to me in any way. Was I ever wrong!

I went back and continue to attend, because I get so much out of this group. There is a great age difference between most members and me. Many of them are old enough to be my grandparents, but like grandparents, they teach me so much, and not just about ostomies. They have taught me much about how to deal with diversity, life in general, and how to laugh at some of the most down-trodden things.

The older folks made me realize that I make a difference to them. For some, I am the reason they come to the meetings. I also make a difference to that young person who walks through the door on meeting night and sees that there are younger people there. I make a difference when there are topics other than colon cancer. I make a difference when I do the Relay for Life walk with them all. Making a difference is what it is all about, at least to me, and I feel like there is a reason for me to be there.

Certainly, there are times that I would rather not be the only young one at the meetings. I go anyway, and invariably, I am presented with an opportunity to help someone over a rough spot or to just put a smile on someone's face. When I look around and see those smiles and happy faces, I am again reminded that I had a purpose there. On this day, it was not all about me. On this day, my purpose was to be there for others, and my heart rejoiced because I was there!

A Loving Wife Speaks Out

by Sandie Storer, Warner Robins, GA; via Hemet-San Jacinto (CA)
Stoma-Life Newsletter

Family members experience a period of adjustment to ostomies just as ostomates do. I would like to share the process of adjustment I've undergone as a spouse, in order to encourage others. I hope other spouses or loved ones can benefit from knowing the process of change I have experienced concerning my husband Gene's ileostomy, and that they will realize any guilt or pain will pass to brighter days.

The change in our lives seems so much smaller than it did a year and a half ago when my husband had ileostomy surgery. Looking back on the process of acceptance, I can see different stages much as one experiences in bereavement:

DENIAL: For the year prior to Gene's surgery, we both denied its necessity. I tended to slip back and forth between denial and anger. I was angry that he was denying the inevitable--then I would deny it. When he actually had the operation, I tried to act like nothing had happened. I refused to look at his stoma and wanted nothing to do with the Ostomy Association. This was a mistake. Now I see there were avenues of emotional support the Association had to offer; but I was pretty stubborn.

ANGER: I had little support here in our home community as we were fairly new in the area and I got into some pretty traumatic emotional problems. I became very angry and withdrawn and had to rely on professional help to bring me around to the bargaining stage.

BARGAINING: I was angry with Gene for something he had no control over. Once I admitted that, I was willing to talk with him about compensating for his stoma. I was expecting him to somehow be a better husband to make up for "what he was putting ME through." When I could have been a staunch support for him, I was expecting HIM to consider ME. Thank goodness he had his ET nurse, the doctors, and the Ostomy Association to help him.

DEPRESSION: I finally reached the depression state and spent a lot of time sleeping. It was difficult to do housework. I started to feel guilty about not giving him more support and for being so upset with the procedure that would put an end to the dreaded ulcerative colitis he had suffered for ten years, a procedure which would probably save his life.

ACCEPTANCE: Now I am more accepting of his ileostomy. I will someday make some fancy pouch covers -- maybe a Santa Claus! Seeing how well other ostomates get along in the world has been encouraging to me. What has happened is not something terrible, but something life giving and wonderful.

Shingles Alert!

Shingles can cause long term pain and must be taken seriously and treated immediately. This is a viral illness that mainly affects your skin and nerves. The same virus causes chicken pox. It is not usually a serious illness but it may be very unpleasant. Sometimes it can affect your eyes or spread more widely over your body. If either of these occur, you must tell your doctor straight away. The symptoms are not always obvious.

Pain is normally on one side of the body only.

Pain generally begins as a deep, squeezing or stabbing pain and later becomes a burning, itching, or tingling sensation.

Areas of red spots which may resemble insect bites or blisters appear on the skin. The rash may be over your hip, your waist, your arm, or your face.

After about a week, blisters will develop into small scabs or crusts which will disappear after 2-3 weeks.

People with shingles feel different kinds of pain, and different levels of pain. Although your pain may be extremely uncomfortable, medication can help and it will diminish with time.

Acidic Urine -- A Must for the Urostomate

from Metro Maryland; via Tucson (AZ) *Courier*

Very often, a person with a urostomy is advised not to drink orange juice, but is not given an explanation as to why. The rationale behind it actually applies to everyone at one time or another. If you get a bladder infection, your urologist may give you the same admonishment, and for the same reason. Acidic urine tends to keep bacteria in check, thereby lessening the incidence of infection. Orange juice is not used by the body as acid, but as alkali. Alkaline urine can also cause crystal buildup around the stoma.

When the food that you consume is burned in the body, it yields a mineral residue called "ash." This ash can be acidic or basic (alkaline) in reaction, depending on whether the food eaten contains mostly acidic or basic ions.

The reaction of the urine can definitely be changed by foods like orange juice. Most fruits and vegetables actually give an alkalized ash and tend to make the urine alkaline, but there are some exceptions. Meat and cereals will usually produce an acidic ash that will acidify the urine.

Some acid-producing foods are breads (especially whole wheat), cheese, corn, crackers, cranberries, eggs, nuts, macaroni, pastries, rice, plums, prunes, meat, fish, and poultry.

Some alkaline-producing foods are milk, bananas, beans (lima and navy), beets, greens, and spinach. Some neutral foods are butter, cream, honey, salad oils, syrups, sugar, tea, and tapioca.

Normally, the urine in the bladder is acid in nature, so watch your diet. Nature knows what she is doing.

Summertime...and the Living is Easy

by Bobbie Brewer, Greater Atlanta Ostomy Association, July 2011

Summertime fun may include many outdoor activities and travel, but may also lead to some concerns about ostomy management. Let's review:

Swimming is an excellent exercise and activity you can enjoy with family and friends. So, why are so many of us afraid to get back into the water? Check out these tips:

- Don't go swimming immediately after you have put on a new pouching system.
- Make sure your pouch is empty and has a secure seal.
- Picture framing your wafer with water-proof tape isn't necessary, but may give you the extra confidence you need.
- Take precautions against sunburn. Besides being bad for your skin; a bad sunburn can result in diarrhea and sometimes vomiting, thus depleting electrolytes.
- When sitting and soaking up the sun, protect/shade your pouching system by placing some covering across the outside area (e.g., hat, towel, magazine).
- Monilia is a common summer problem. This raised, itchy, red rash on the peristomal skin is uncomfortable and keeps the pouches from holding well. If you suspect a monilia rash, consult an ostomy nurse.

Fluids and More Fluids are needed during the hot summer months. Review the following:

- Water is an essential nutrient needed by each and every body cell. Up to 75% of the body's mass is made up of water. Water controls body temperature, serves as building material and solvent, and transports nutrients. Thirst is a signal that the body needs fluids. Daily losses must be replaced. Encourage fluid intake of eight to ten (8 oz) glasses of liquids each day.

- Any liquid containing water (soda, milk, juice, etc.) helps to meet your daily requirement. You can also get water from the food you eat (e.g., tomatoes have a total of 94% water content). [North Central OK Ed. note: And don't worry if liquids contain some caffeine. It's a myth that caffeinated drinks are dehydrating.]
- Water is an excellent natural beverage; however, over-consumption of water can wash away electrolytes in the body. Drink a combination of water and electrolyte beverages. The glucose ingredient in electrolyte drinks aids in the absorption of electrolytes. [North Central OK Ed. note: To emphasize this point, runners in marathon races have collapsed, and sometimes even died, due to hyponatremia—low blood sodium caused by drinking too much plain water.]

Summer Diets

- Remember the fiber content of those fresh fruits and vegetables—enjoy but chew, chew [ileostomates, especially].
- Add only one new food at a time to determine the effect (if any) on your output.

Tips for Traveling with Medications and/or Ostomy Supplies

- Keep your medicines (and emergency pouches) with you—not in the checked luggage.
- Bring more than enough medicine and/or ostomy supplies for your trip.
- Keep a list of all your medicines and/or ostomy supplies with you.
- Do not store ostomy supplies in your car, especially under the hot summer sun.

If You Have Internet Access . . .

Our website has been up and running. We have all kinds of information plus links to the national UOAA and Phoenix Magazine. Our current Mail Pouch is on the website in addition to archived ones. Our website address is: www.ostomysupportarizona.org

If you have any questions or suggestions about the website, send an email to: webmaster@ostomysupportarizona.org

Useful websites:

- | | |
|--|--|
| www.uoaa.org | www.cancer.org |
| www.bcan.org | www.ccfa.org |
| www.nih.gov | www.ccalliance.org |



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APPLICATION FOR MEMBERSHIP

Membership is open to all persons interested in ostomy rehabilitation. **MEMBERSHIP** in the Ostomy Support Group EV/AZ includes a subscription to the chapter's monthly newsletter. **ASSOCIATE MEMBERSHIP** in the Ostomy Support Group EV/AZ is open to the spouse of a regular member or a member of another chapter who lives out of state, and includes a subscription to the newsletter.

Full Membership Dues are \$25.00 per year. Associate Membership Dues are \$12.50 per year.

I wish to make an additional contribution of \$_____ to support chapter programs.

NAME: _____

Spouse's Name: _____ Phone: () _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

E-MAIL ADDRESS: _____ BIRTHDAY MONTH & DAY: _____

PLEASE CIRCLE ALL THAT APPLY: Colostomy Ileostomy Urostomy/Ileo Conduit
 Continent Urostomy No Ostomy Other (please specify) _____

Date & Location of initial surgery: _____

Complete this form and bring it to the next meeting or mail it with your check to: Ostomy Support Group EV/AZ, c/o Paula Nelson, 6712 Des Moines St., Mesa, AZ 85205-6827

BE SURE TO VISIT OUR WEBSITE: www.ostomysupportarizona.org