

# The Mail Pouch

## Ostomy Support Group EV/AZ

P.O. Box 24705, Tempe, AZ 85285

May 2017

### Our Next Meeting is:

**Sunday, May 21, 2017**

**2:00 PM – 4:00 PM**

**St. Bridget Catholic Church  
Collins Hall  
2213 N. Lindsay Road  
Mesa, AZ**

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### May Meeting Program:

#### WOC Nurses

Our WOC nurses will guide us through a learning experience that will stimulate discussion about the experience of living with an ostomy. This is the meeting that will focus on the different types of ostomies; Colo, ileo, uro & continent diversion and with special attention also given to the caregiver.

#### 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

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**Support Group Meeting Dates through 2017. All meetings begin at 2:00 PM, Saint Bridget Catholic Church, Mesa.**

May 21

June 18 (may change due to Father's Day)

July 16

August 20

September 17

October 15

November 19

December 17

**Board Meeting: All meetings begin at 4:00 P.M. following the Support Group meetings in Collins Hall, St. Bridget Catholic Church.**

## Officers and Directors:

**President: Maureen Hymel**

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**Vice President/ Program Coordinator: Vacant**

**Web master: Bob Miller**

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**Secretary: Joyce Cole**

480.982.4596 [jwcole87@q.com](mailto:jwcole87@q.com)

**Treasurer/Membership: Paula Nelson**

480.276.3436 [pdnelson1978@aol.com](mailto:pdnelson1978@aol.com)

**Visitation Coordinator: Vacant**

**Newsletter Editor: Angelica Ontiveros**

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**Sunshine: Marilyn Justice**

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**Ostomy Supplies: Kathy Scoles**

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**Greeter/Sign In/Name Tags: Edward Brown**

480.365.8902 [az.woodworker@cox.net](mailto:az.woodworker@cox.net)

**Refreshments: Florence Park**

480.964.8953 [ms.apark11@gmail.com](mailto:ms.apark11@gmail.com)

**Directors: Bob and Vella Owens**

480.657.6464 [bovellaowens@gmail.com](mailto:bovellaowens@gmail.com)

**Director: Barbara McDowell**

480.362-0129 [bmc dello@cox.net](mailto:bmc dello@cox.net)

**Directors: Lee and Georgia Lucas**

480.587.4210 [leegeorgia3511@gmail.com](mailto:leegeorgia3511@gmail.com)

**Director: Royce Steiner**

480.895.3929 [roycesteiner517@gmail.com](mailto:roycesteiner517@gmail.com)

**Director: Roxanne Camp**

480.524.4819 [roxannerocksanostomy@gmail.com](mailto:roxannerocksanostomy@gmail.com)

## President's Corner *By Maureen Hymel*

What a great meeting we had on April 23<sup>rd</sup>. There were seven new visitors and most were new ostomates. It was difficult for me to spend much time with them but I trust that the group extended a warm welcome and reassured them of their continued recovery and return to a "normal" life. I hope that all of you newcomers return for the May meeting. It is a truly valuable experience (the nurse's program) for all ostomates and I always learn something new.

Many thanks to Dr. Erin Hill, TCM, for giving us a window into Traditional Chinese Medicine. The use of herbal medicines and various mind and body practices such as acupuncture and tai chi to treat or prevent health problems, originated in China and has evolved over thousands of years.

After much soul searching and reflection, Bob Miller has made the very difficult decision to resign from the position of Vice President/Program Coordinator. Bob has served on the Board for seven years in various capacities and will continue to serve as the Webmaster. On a personal note, I would like to thank Bob for his encouragement and support, but mostly for serving as a sounding board for my crazy ideas and thoughts about support group matters. Bob enthusiastically encouraged me to run for President and agreed to support and guide me while serving as Vice President. I will continue to seek his counsel.

If you are interested in throwing your name in the hat to serve as Vice-President, please let me know.

The duties of Vice President per By-Laws:

- Assume the duties of the President in the President's absence
- Assist the President
- Succeed to office of President in case of a vacancy there-in
- Be the Chair Person of the Program Committee
- Provide leadership to the visiting and publicity committees



**Welcome new members:**  
**Frank Romano**  
**Gary Hughes**  
**Janice (Jan) Hansen**

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**Volunteers Needed:**

**Ostomy Visitor Coordinator** needed to receive patient requests and refer to appropriate Certified Ostomy Visitor.

**Ostomy supplies donation table:** We really need help putting out supplies then packing them up.

.....  
Many thanks to the members of our Ostomy group who share their knowledge and experience with new ostomates and those who have questions and/or issues. I am amazed to learn how many ostomates don't change their own appliances and to learn that the expertise may actually reside with the spouse or care-giver. Look for a future "Visitor Training" session in the next few months.

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Look for the Suggestion Box on the Welcome table!

Thanks for your suggestions put in the box at the meeting. These are suggestions the Board needs to consider; therefore they will not be published.

Do you have Tips for a better life for the Ostomate?

**Resources:**

**Mission of Mercy Mobile Medical Clinic**

(Non-profit free medical program)  
Every Thursday, 8:00 AM to 3:00 PM (Clinic days may vary)  
Christ the King Community Center  
1616 East Broadway, Mesa  
(602) 486-7798

**Area Agency on Aging** is a private, non-profit organization that coordinates the planning, development and delivery of services for persons in Maricopa County who are 60 years of age and older and adults with disabilities. For these and services outside of Maricopa County, call the *Senior Help Line* at (602) 264-4357. [www.aaaphx.org](http://www.aaaphx.org)

**Elite Home Health Services** provides wound and ostomy care in the comfort of your home. Elite is Medicare certified & accredited by CHAP which certifies that Elite meets the highest recognized standards in healthcare.

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Office 602-626-8462  
[www.elitehhs.com](http://www.elitehhs.com)

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### Upcoming Events:

**May 4<sup>th</sup>, 2017** Bladder Cancer Awareness Day,,  
AmpUp Walk/Run to end Bladder Cancer

**July 17 – 22, 2017** Youth Rally Summer Camp,  
San Diego, CA (Camper applications are due  
June 1<sup>st</sup>!)

**August 22-26, 2017** UOAA National  
Conference, Irvine, California

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### What's Normal...Answers from Your Stoma to You

The statement below was published in the April newsletter but there was a strong response from Georgia Lucas (wife of Lee Lucas).

*“My color should be a healthy red. I am the same color as the inside of your intestine. If my color darkens, the blood supply might be pinched off. First make sure your skin barrier/wafer is not too tight (this can vary according to the barrier type, as some require a small gap between your stoma and the barrier material, while others are intended for a snug fit where the wafer material actually touches your stoma). If I should turn black (very unlikely – but it happens occasionally), seek treatment AT ONCE. Go to an Emergency Room if you cannot readily locate your doctor. (Be sure to TAKE AN EXTRA POUCH ALONG so you can remove the pouch for doctors to examine the stoma.*

Georgia's comments →

### From Georgia Lucas, wife of Lee Lucas:

...”The advice given for a black stoma will prolong the suffering of the ostomate. Lee had not had his stoma very long, and we didn't know that stomas change size. So one Sunday morning we were already running late for church when Lee needed his appliance changed. I did not cut the barrier 1/8th inch larger than the stoma because nobody told me or I did not remember being told that the barrier opening should be cut 1/8th inch larger than the stoma (unless it is self-fitting) and to measure the stoma each time for stomas change size and sometimes even change shape.

Shortly afterward, Lee began to complain of indigestion. He thought it was gas pain, so he took Gas-X and Tums. But all during church, Lee's pain was intensifying.

The first thing he did when we returned home was to take off his binding clothes. His stoma was twice as large as it should be and was a deep purple-blackish color! It looked like a mushroom! He stripped off the barrier and got a little relief, but not much.

We tried calling our support team, but nobody had heard of such a thing, so they told us to call 911 or go to ER. But I remember being told at an ostomy meeting that the ER usually does not have an ostomy nurse on staff, so help may be slow in coming.

I finally found an ostomate who had our dear ostomy nurse Sue Hill's home telephone number. She said, "Don't panic. Lee's problem can be fixed. Have him remove the barrier and his pants, too, if he hasn't already and lie down on his back. Massage the area around his stoma for two hours. If his ostomy doesn't start to look normal after 1/2 hour, then he should go to an ER that has an ostomy nurse available. But, don't worry, almost everyone gets quick relief by massaging. Just take turns massaging for two hours to make sure all circulation is restored and the stoma is a nice healthy cherry red."

Lee tells all new ostomates he visits about his experience. He even wrote a poem about it to help new Ostomates remember and never have to experience what happened to him.

## Dark colored stoma continued:

We don't know who gave that advice, but no where in it does it say to remove the barrier immediately! And it recommends taking only a pouch to the ER!

Talk to the present ostomy nurses before you make changes, but here's what worked for us:

- 1. Remove barrier and all restricting clothing.**
- 2. Have ostomate lie flat and massage around the swollen stoma. (Have tissue ready in case stoma tries to activate.)**
- 3. If stoma has not started to regain its healthy color within 30 minutes, go to an ER (preferably one with an ostomy nurse available.)**
- 4. Even if color is restored completely and there is no pain, continue to massage for 2 hours to make sure everything is functioning normally.**
- 5. Measure stoma, observing its shape, and cut each barrier 1/8<sup>th</sup> inch larger than the stoma.**

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## Antacid Users Beware

*By Elizabeth Smoots,*

Almost everyone has indigestion occasionally, and it is probably alright to take an antacid pill now and then; but many health authorities warn that taking antacids regularly may not be wise, especially for ostomates. Here's why: Magnesium hydroxide causes diarrhea and reduced absorption of vitamins and minerals. Aluminum hydroxide causes constipation, reduced phosphate levels leading to fatigue, poor appetite and bone loss. It also contains aluminum which has been linked to Alzheimers disease. Calcium carbonate may cause acid rebound where, when the antacid wears off, stomach acid suddenly shoots up. It may also cause constipation, a potential disturbance in the body's calcium and phosphate levels called milk-alkali syndrome, which in turn may lead to nausea, headache, weakness and kidney problems.

## You Have Adjusted to your Ostomy When

*Courtesy of the Saskatoon Ostomy Association and The Mailbag,  
Jacksonville, FL*

You stop spending all of your spare time in the bathroom waiting for your stoma to work so you can empty it right away.

You can move about freely, without holding your appliance as though it might fall off any minute.

You make that first trip to the mailbox without taking along your ostomy supplies.

You stop grabbing your abdomen when the grocery clerk asks you if you need help to the car with your bag.

You go out for the evening and realize too late that you left your emergency kit at home.

You begin to think how lucky you are to be alive instead of how unlucky you are to have an ostomy.

You attend the support group meetings with an expectation of learning more about your ostomy rather than staying at home worrying about it all.

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## Look for Joy in Small Things

Life can be so busy, and we sometimes take for granted the important little things that make us smile. Look at the sunset, share a cup of coffee with your best friend, or hear the wind rustle through the trees. Take some time to listen to life and feel the sun on your face. Stop to watch butterflies in your garden. - *Carol Schelling*



# Get Ostomy Answers!

The Phoenix magazine provides answers to the many challenges of living with an ostomy. From skin care to nutrition to intimacy, in-depth articles are written by medical professionals, ostomy experts and experienced ostomates. Subscriptions directly fund the services of the United Ostomy Associations of America.

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\*Based on cover price of \$9.95. \$19.95 for Canadian one-year subscription. U.S. funds only. \*\*Your contact information will be disclosed to third party companies to fulfill the request. Published March, June, September and December. If you are not satisfied for any reason, we will gladly refund the unused portion of your subscription.

ASG052016

## You Are Invited to UOAA's National Conference!

**All are Welcome....Come, Share, Learn  
August 22-26, 2017 in Irvine, California**

- Education Sessions**
- Motivational Talks**
- Stoma Clinic**
- Product Exhibit Hall**
- Special Events**

This year's conference takes us to Irvine, CA a place that boasts on average 280 sunny days per year. Abundant area attractions may inspire you to plan a vacation around the conference dates. After a day of inspiring talks, educational workshops and exhibits, lounge poolside under the palm trees while socializing with new friends from around the country, or explore all the area has to offer.

**UOAA National Conference Discounted Rate of \$129/night single/double + 10% tax and \$0.13/room/night CA State Assessment Fee. To get this rate reservations must be made before July 31, 2017 by calling a Hotel Irvine in-house reservation agent at 888-230-4452 or go online to <https://aws.passkey.com/go/UOAANatlConference2017>**

## **Ostomy Support Group EV/AZ APPLICATION FOR YEARLY MEMBERSHIP**

Membership is open to anyone interested in learning about Ostomies, how to care for yourself or loved one after surgery and what to expect before surgery. We have Wound Care Ostomy Nurses at every meeting to answer your questions. Your membership includes a subscription to the chapter's monthly newsletter. We also have donated ostomy supplies at every support group meeting! (Bring your product brand name, stoma size, etc with you). Be sure to visit our website for more information:

[www.ostomysupportarizona.org](http://www.ostomysupportarizona.org)

Membership dues are \$20.00 per year, starting in January. New membership later in the year is at a rate of \$2.00 per month.

Complete this form and bring it to the next meeting or mail it with your check to:

Ostomy Support Group EV/AZ  
P. O. Box 24705  
Tempe, AZ 85285

Member's NAME: \_\_\_\_\_

E-Mail \_\_\_\_\_ PHONE: \_\_\_\_\_

SPOUSE'S NAME: \_\_\_\_\_

LOCAL ADDRESS: \_\_\_\_\_

OUT-OF-STATE ADDRESS: \_\_\_\_\_

PLEASE CIRCLE ALL THAT APPLY: Colostomy Ileostomy Urostomy

Ostomy Support Group EV/AZ  
P.O. Box 24705  
Tempe, AZ 85285



### **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](http://www.ostomysupportarizona.org)

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

### **Useful websites:**

[www.ostomy.org](http://www.ostomy.org)

[www.bcan.org](http://www.bcan.org)

[www.nih.gov](http://www.nih.gov)

[www.cancer.org](http://www.cancer.org)

[www.ccfa.org](http://www.ccfa.org)

[www.ccalliance.org](http://www.ccalliance.org)

**BE SURE TO VISIT OUR WEBSITE: [www.ostomysupportarizona.org](http://www.ostomysupportarizona.org)**