

The Mail Pouch

Ostomy Support Group East Valley Arizona

December 2010

Our Next Meeting . . .

Sunday, December 12, 2010

2:00 PM

Centennial Village

130 West Brown Road

Mesa, AZ 85207

Happy Holidays!

Our December meeting will be our annual Christmas Party! No gifts to buy. Instead everyone will receive a raffle ticket when they arrive. Many items will be given away during the course of the party so hang onto your ticket! The items will include cash, gifts and special baskets. There will be no 50/50 raffle at this meeting but there will be great entertainment.

We ask that everyone bring a dish for the buffet. If your last name begins with A-H bring a salad, I-R bring a side dish or S-Z bring a dessert. The Board will be providing the main dish.

We will have large boxes in the stage area to collect non-perishable food for a Food Drive to be donated to Sandy Clark's church.

Come and celebrate the holidays with your friends at the East Valley Ostomy Support Group.

Save this Date . . .

Product Fair

Sunday, March 27, 2011

11:00 AM to 3:00 PM

Banner Desert Hospital

Saguaro Room

There will be no entrance fee. We will have many door prizes. Check out future newsletters for more information. Volunteers are needed. If you can help, call Andrea Pinsker at 480.945.7322.



Officers and Directors

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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)

Janet Schmidbauer, RN, BSN, CWOCN
Elaine Fox, RN, BSN, WOCN
Angela Rebottaro Hugel, BSN, RN, WOCN, COCN

Banner Baywood Medical Center (Power Road)

Miriam Jensen, RN, WOCN
Sandra Lane, RN, WOCN
Karol Friend, RN, WOCN

*** **

Support Group Meeting Dates for 2010 – 2011

Sunday, January 30th at 2 pm
Sunday, February 27th at 2 pm
Sunday, March 27th (Product Fair)
Sunday, April 24th
Sunday, May 22nd. (This is the last meeting of the year. Officers will be installed and then we will break for the long hot summer.)

Board Meeting Dates for 2010 – 2011

Saturday, January 8th at 1 pm
Saturday, February 12th at 1 pm
Saturday, March 12th at 1 pm
Saturday, April 9th at 1 pm
Saturday, May 14th at 1 pm

Every month our officers and directors meet to discuss the business of our support group. All members are invited to attend the board meetings. We appreciate your interest and need your support. These meetings are on Saturdays at 1 PM at Centennial Village.

A Message from Your Presidents

Our beautiful Arizona weather brought out so many of you to our November meeting. Looks like our winter residents are making an early comeback and we are happy to have you join us again.

We welcome Sandi Miller as our newsletter editor. The Nov. edition was spectacular, done on short notice and contained valuable info, for one thing, in dealing with ostomates in a hospital setting. How timely, since I was hospitalized recently and after looks of askance from nursing personnel, took care of my own. Keep your eye out for other articles in future editions that will enhance everyday living with an ostomy. By the way, there is always pertinent information on our website that Bob Miller has set up for us and it contains a chat room as well. Try it; there are always people to give you answers. Thanks you Bob and Sandi for all you do for us.

Our members have shown concern about traveling with an ostomy. Airport security scanning and pat downs have become a nightmare in many airports across the country, and fellow ostomates have told many a horror story. There is a Travel Communication Card available compliments of the UOAA that can be helpful. It is NOT a "pass" or "certificate" to help you avoid screening, but it is meant to be useful in simplifying communication with Federal Transportation Security personnel. You can request one by calling 1-800-826-0826 or emailing www.uoaa.org. It is also available on our website and on Page 7 of this Newsletter.

Our nurses Elaine Fox and Miriam Jensen did a great job playing Family Feud for Ostomates. What fun to laugh and learn at the same time! Thanks so much for your ingenuity and creativity and a special heartfelt thanks for your great generosity in donating to the Julie Hungling Fund. Our nurses are such a vital part of our group and we count our blessings always to have them available to us. It was good to see newcomers Andrew and Karen Totlis participate in playing Family Feud. Way to go to get involved!! Visitor, Marge Bush won the 50/50 and generously donated it to the Julie Hungling Fund as well.

Our Christmas Party planned for December 12th will be fun, fun, fun and food, food, food. Check elsewhere in this newsletter for what to bring. We have a surprise for you for entertainment, so come and celebrate the holiday season with us! Also please remember to bring some non-perishable food that will be donated to Sandy Clark's church. Juanita, we hope you will be able to come and share with us. We miss you!!

We hope you had a blessed Thanksgiving with abundant love and food to share and look forward to seeing you at our Party.

Love,

Vella and Sheila

* * * * *

I got a call from Centennial Village that somebody (somebodies) were smoking at our last meeting. They said residents complained that our group was smoking. Centennial Village enforces the following rule:

THERE IS ABSOLUTELY NO SMOKING ANYWHERE IN THE BUILDINGS OR ON THE GROUNDS OF CENTENNIAL VILLAGE.

Centennial Village enforces this rule to the point that they evict residents if caught smoking anywhere on the property. This applies to guests as well as groups such as ours who use their facilities. They are extremely gracious in allowing us to use their facilities and we don't want to jeopardize this.

Thanks,

Sheila

A thoughtful way to honor or memorialize a loved one:

____ In memory of; ____ In honor of; ____ Get well to:

Name: _____

Please send Tribute Card to:

Name: _____

Address: _____

From: Donor's Name _____

Address _____

Enclosed is my tax-deductible contribution of \$_____. Credit Donation to the following account:

- ____ Julie Hungling ET Scholarship Fund
- ____ Richard Wilkinson UOA Youth Rally Fund
- ____ Newsletter Printing & Distribution Fund
- ____ General Fund

Make check payable to: Ostomy Support Group EV/AZ, c/o Paula Nelson, 6712 Des Moines St., Mesa, AZ 85205-6827.

We support various causes with our membership fees and donations. The Julie Hungling, ET Scholarship Fund sponsors a Registered Nurse to take the special courses to be certified in Wound Care to the benefit of all ostomates. Our support group; is especially fortunate to have nurses who are specially trained and take the time every month to attend our meetings and answer our many questions.

The UOA Youth Rally Fund is used to sponsor as many young people as we can afford to attend the Ostomy Camp which is held every summer for the benefit of young ostomate nationwide. It is one week of the year where the young ostomates are "just like everyone!"

Any donation you can make is sincerely appreciated.



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

50/50 Winner:

Our 50/50 raffle last month was \$52. Our winner was Marge Bush who donated her \$26 to the Julie Hungling Fund. We also had a dried flower basket that was raffled off. The winner was Jim Carr. Congratulations Marge and Jim!

Donations:

Thank you to our **ET Nurses** for their donation of \$40 to the Julie Hungling Fund and to **Robert Huber** for his donation of \$100.

Visitation:

George Bernal, Ileostomy, visited by Bob Owens.

Sunshine Report:

No cards sent this month.

Please call Marilyn Justice at 480.982.4862 if you know someone who would appreciate a card.

In Memoriam:

It is with deep sorrow that we must report the passing of our dear friend and greeter, **Esther Beall**. Our heartfelt sympathy to her husband, **Ward**, and their family and friends.

UOAA Update – Special Advocacy Issue 23 November 2010

Concerning recent news stories about air travel security

On November 5, 2010, UOAA Advocacy Chair Linda Aukett attended the 9th annual conference presented by the Office of Civil Rights and Liberties of the Office of the Special Counselor, within the Transportation Security Administration. This conference is held to provide information and develop relationships with various organizations that serve members of the traveling public who have health concerns that pose special factors related to security screening.

During that event, UOAA received assurance that all Transportation Security Officers (TSOs) in the US have been trained to be sensitive to the privacy concerns of travelers who have an ostomy, and to understand what an ostomy is. Some of the information presented had been developed in coordination with the Cleveland Clinic and the UOAA. As much as we would like to believe that is true, it is apparent that this is not the case.

Recent news about a traveler with an ostomy

Within 2 days of that meeting, a man passing through security at the Detroit airport was subjected to the more intensive pat-down procedure that had been implemented by the TSA just days earlier. In the process, the wafer of his urostomy prosthetic device was dislodged, causing his pouch to drain urine into his clothing. This sort of thing is one of the worst nightmares of every person with an ostomy. A TSA apology is not enough.

What has happened since then

The man lodged a complaint with the TSA, and also took his story to the news media. It was publicized by MSNBC on Saturday, November 20, and has been carried in a number of newspapers, on blogs, on Facebook, and in many other places in the 2-3 days since then. Since this happened during the peak pre-holiday travel period – and at a time when air travelers who have no medical conditions are voicing their discontent with the more aggressive pat-downs -- the story has gained much more attention than it might have otherwise. It has been said that even negative stories provide valuable publicity, and we can hope that there is a silver lining in this case.

If you have not seen the article, you can read the most complete version in the Detroit Free Press here:

<http://www.freep.com/article/201011201935/NEWS06/101120044>

What UOAA is doing

The man who underwent this screening, with such a disastrous outcome, is part of an organization called the Bladder Cancer Advocacy Network (BCAN). When Linda Aukett learned of the incident, she consulted with BCAN's Founder and their Executive Director to offer UOAA's support and assistance. BCAN is presently drafting a letter to the TSA, and UOAA will be reviewing it to assess whether we can co-sign that letter, or perhaps write our own. We will also solicit other signers, such as the Oley Foundation, the WOCN, the Digestive Disease National Coalition, and more.

Meanwhile, you might want to raise your own voice to educate your Congressional delegation (your Congressman and the two US Senators from your state) about your concerns that the TSA – in particular the TSOs in Detroit - do not appear to be abiding by their own promise of sensitivity to travelers' needs and conditions. Let them know if you have experienced similar embarrassment while being screened for air travel. They cannot change the system if they do not hear about how it has gone wrong.

And please share those stories with UOAA as well, at: advocacy@uoaa.org. Please know that we are doing all we can to convince the TSA to treat travelers who have an ostomy with the utmost respect and sensitivity. At the moment it seems like pushing a boulder uphill, in light of the recent breeches in the safety net that is supposed to identify and negate threats to our security. We will keep pushing.

Traveler's Card

As the holiday travel season gets underway, you may wish to share the attached "traveler's information card" with your members. This was developed by the TSA to give all persons with a health condition the opportunity to advise the TSO of their health situation without having to disclose their situation verbally where others might overhear. We have been told that all the TSO's will recognize it ... and very limited personal experience bears this out. One has to wonder if this is going to be true 100% of the time, however.

The card can be printed front and back, or printed and folded, and perhaps laminated if desired – after filling some words in the blank space provided.

PLEASE understand that this card will NOT excuse any traveler from being screened using whatever technology is in use at the particular airport.

(Continued on Page 6)

A word about new screening equipment

By the end of 2010, the TSA hopes to have 500 "Advanced Imaging" scanners in airports across the US, and hopes to double that number by the end of 2011. Some of these are so-called "backscatter" scanners and others are "millimeter wave" scanners.

These are designed to identify non-metallic material underneath clothing, and most are being used as first-line scanners (earlier they had been only secondary, if someone set off the metal detector). Many people have concerns about the use of this "advanced imaging technology" or AIT, whether they have an ostomy or not.

It is important to understand your rights:

1. You do NOT have to go through the scanner is you don't want to, but if you elect not to, you will be patted down. That will be done by a person of the same gender as you.

-- If you go through the scanner and they note something under your clothing – which is very likely – they will need to ask what it is and will need to carry out a pat-down.

2. You have the right to ask that the pat-down be carried out in a private place. If you ask for such a private pat down, there will be TWO TSOs in the room with you. It may seem intimidating, but it is for your protection as much as theirs.

-- Please do not feel they are picking on you because of the pouch – all they know is that there is something there and they have to find out what it is. It could be a wadded handkerchief in a pocket, papers, a bandaged wound, or something more dangerous – but they have to find out. You can use this as a teaching opportunity, and overcome any embarrassment you might feel by showing pride in your status as a survivor against great odds.

(We have included a copy of the UOAA Travel Communication Card on Page 7)

Our Advertisers . . .

When reading our newsletter, be sure to read the advertisements in addition to the articles. These businesses offer many fine products and help defray the cost of publishing and mailing our newsletter. When you contact them, let them know you saw their ad in The Mail Pouch.

If you know someone who recently had an ostomy or will soon have one, invite them to one of our meetings and they also can become a member of the 5-P Club (People who P ee and/or Poop into Plastic Pouches).

Courtesy of the Charleston Area Ostomy Assn.

Who are Ostomates?

Men and women, rich and poor, all races, creeds and colors. No one is exempt – from new born babes to the very elderly. Some have felt very alone with their ostomy, apart from the rest of the world. Nothing could be farther from the truth since there are over one million ostomates in the U.S. and Canada alone. And our numbers are increasing at an annual rate of more than a hundred thousand. When we add the millions living in other parts of the world, we find that we are far from being alone.

Courtesy of the Tucson, AZ Ostomy Support Group

A Friend is Like a Good Bra . . .

- Hard to find
- Supportive
- Comfortable
- Always lifts you up
- Never lets you down
- Never leaves you hanging
- And is always close to your heart!!

Courtesy of Charleston Area Ostomy Association

Tips for Traveling with Medications

KEEP your medications with you – not in checked luggage.

BRING more than enough medicine for your trip

REVIEW your dosage schedule with your doctor or pharmacist before you leave and discuss whether you should make allowances for changes in time zones

KEEP a list of your medications and dietary supplements

Courtesy of the UOAA

**#1 Venting Device
for all Ostomy Pouches**

Osto-EZ-Vent™

"As a Mechanical Engineer I have been looking for a safer, convenient and reliable way to release air from my pouch. I used to wonder why bag manufacturers could not design such a mechanism in the bags. One day while surfing the net, I came across the Osto-EZ-Vent™ web site. That very moment I knew it is the answer to all my problems of excess air.

I have had a colostomy for more than 3 years and excess air is uncomfortable. Burping or draining can be hazardous; there is always danger of soiling. I travel a great deal, air travel with a pouch is particularly testing. The Osto-EZ-Vent™ eliminated the restroom struggle all in a hygienic and safe manner. In short, your product has changed my everyday life for better."

Thanks and regards,
Arun P. S. / Doha, Qatar



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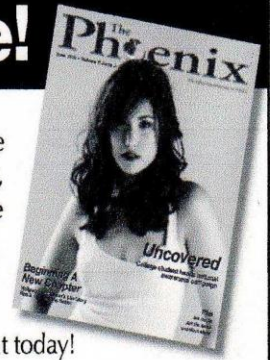
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NEXT MEETING: Sunday, January 30, 2011 at 2:00 PM

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, 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 _____

Please check all that apply: Colostomy Ileostomy Urostomy/Ileo Conduit Continent Urostomy

Other No Ostomy. Birthday Month _____

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