

The Mail Pouch

Ostomy Support Group EV/AZ

February 2012

Our Next Meeting is . . .

Sunday, February 26, 2012

2:00 PM

Centennial Village

130 West Brown Road

Mesa, AZ 85207

Our Program . . .

Dick Rogers of NPS (Night Pouch System) will be here to tell us about a new product for urostomates that solves the question, "where do I hang my night drainage container?".

Also a **night time issue**...

Have you ever experienced a failed pouching system or an overflow that resulted in pouch contents outside of the pouch in the middle of the night? Members will share some of the solutions that they use to protect bedding and your mattress.

Please join us for what will be a very informative program.

**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)

Janet Schmidbauer, RN, BSN, CWOCN

Elaine Fox, RN, BSN, CWOCN

Angela Hukill, BSN, COCN, CWCN

Banner Baywood Medical Center (Power Road)

Miriam Jensen, BSN, RN, COCN, CWCN

Sandra Lane, BSN, RN, COCN, CWCN

Karol Friend, BSN, RN, COCN, CWCN

Visitor Training:

A great big shout out **Thank You!** To those who completed the **Visitor Training** on January 14, 2012.

Bobby King
Andrea Pinsker
Darlene Kosman
Robert Miller
Laura O'Connell
Wilmer Groth
Morrie Patten
Florence Park
Kathy Scoles
Jean Clarkson
David Nelson
Bob Owens
Sheila Kollenberg
Marilyn Justice
Dick Clauson
Earl Kunstman
John Burns

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sshine203@aol.com

Support Group Meeting Dates for 2012. All meetings begin at 2:00 PM at Centennial Village in Mesa.

Sunday, February 26, 2012
Sunday, March 25, 2012
Sunday, April 29, 2012
Sunday, May 20, 2012

Board Meeting Dates for 2012. All meetings begin at 1:00 PM at Centennial Village in Mesa.

Saturday, February 11, 2012
Saturday, March 10, 2012
Saturday, April 14, 2012
Saturday, May 12, 2012

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 1:00 pm at Centennial Village.

Welcome to a new Advertiser

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A Word or Two from Your Presidents

Our first meeting in this new year, 2012, was extremely well attended. We were glad to see so many new faces (as well as our members), new ostomates and winter visitors.

New ostomateswe hope you join us and know we are always there to support you as you heal, grow and accept life's challenges. Winter visitorswe welcome you and are happy that you seek continued support and knowledge from groups other than your own. We learn from you as well and that is what makes UOAA work so well, we are united to reach out and help fellow ostomates enjoy a glorious, healthy, happy life. We thank our nurses, Elaine Fox and Angela Hukill for taking time out from their busy Sunday to come to our meeting. It was great to have Annette Golz, show us the new and innovative products Hollister has available for us.

We are heartbroken losing our Sandi Miller, who passed away suddenly Wed. Jan. 18th. To Bob Miller.... we cannot feel your pain losing your life's partner, but know that we loved Sandi, appreciated her devotion, will miss her warmth, charm and friendship and all she did and meant to all of us.

For your information, UOAA has revised their Board of Directors to include people from ostomy manufacturing to serve on the Board of Trustees, utilizing some of the best minds in the ostomy industry. The perspective of ostomates' needs continues to grow. March is Colon Cancer awareness month and UOAA has asked that we dress in blue on Friday, March 2, 2012 to help raise awareness about colon cancer and celebrate survivors. Things are happening all over the country to facilitate awareness of ostomies, like ostomy support groups meeting in Central Park in N.Y. for a rally and run on April 1, 2012. Ostomy Awareness Day and World Ostomy Day will be celebrated all over the world on Oct. 6, 2012. You too can do your part. Get the word out where and whenever you can so that the general public will learn who we are and what we are! Stay well and we hope to see you in Feb.

Stay well, stay happy, stay healthy and enjoy life!! It's so good to be alive!!

Love
Sheila and Vella

IN MEMORY OF :

SANDI MILLER passed away on January 18, 2012, after a very brief illness. Her passing leaves a void in many people's lives. The years she shared with Bob were filled with love, devotion and a deep commitment to each other's needs. Although Sandi was not an ostomate herself, she took advantage of every opportunity that came about to better an ostomate's life. Her newsletters contained helpful hints, news and humor. In appreciation for all that Sandi has done for us, our group has set up a Sandi Miller Memorial Fund to make sure that education, information and communication continue to be ever available. If you choose, donations can be made to that fund in her memory. We will miss Sandi, a special woman, whose lifetime of love to family, friends and ideals she believed in, inspire us all. We will be ever grateful that she touched our lives.

NEWSLETTER EDITOR NEEDED!!

With Sandi's passing, we need a new Newsletter Editor. Do you enjoy getting your newsletter? Do you learn from it? We certainly hope so. Our newsletter is the most important part of communicating with our members. It is YOUR publication. It is the **ONLY** way we have to reach all of our membership. Those of you who attend our meetings regularly and receive the newsletter, get full benefit of belonging to our group, but those of our members who do not or cannot attend on a regular basis miss out completely without our publication. With a membership of close to 200, surely there is somebody willing to do the newsletter. It takes some computer skills, but you don't have to be a Bill Gates to do it. We have paid advertisers who help our treasury. We have articles to share in how to educate, on nutrition to keep you healthy, as well as on social acceptance. Are YOU the angel we need to help us continue to guide an ostomate to live a full active and productive life??

If you have never done this before, we are ready to help you any way we can. Please, please, contact Sheila (480-451-3815) or Vella (480-657-6464). **WE NEED YOU!**

News from the 1/29/12 Meeting:

Announcements:

1. Members were reminded that I.C. International was seeking to interview ostomates who have had their surgery in the last 12 months. The study will close on February 17, 2012. More information can be found in the January Mail Pouch.
2. Vella Owens reminded everyone that two bills have been introduced in the U.S. House (House Resolution 152) and Senate (Senate Resolution (95) that would reclassify ostomy supplies as medical prosthetics and would ensure medical coverage for our Ostomy supplies. Links to the bills and further information can be found on our website, www.ostomysupportarizona.org. Please let your congressmen know that you support these bills.
3. Allison McBride has had to withdraw from the position of Recording Secretary. Maureen Hymel will fill the position for the rest of her term.
4. Due to the death of Sandi Miller, the Newsletter Editor position is vacant. If you are interested in the position, please contact Sheila Kollenberg 480.451.3815 or Vella Owens 480.6576464.
5. For our returning winter visitors, you may have missed a few changes that have taken place at our regular meetings. Ostomy supplies, meeting props & signs, and cooking equipment can longer be stored at Centennial Village. With that, Name tags are no longer stored so you are asked to bring yours to each meeting. The club will continue to provide name tags to new members.

Nurses

Elaine Fox, RN, BSN, WOCN and Angela Hukill, BSN, COCN, CWCN from Banner Desert Medical Center (Dobson Road) answered questions from attendees.

-Nurses stated that issues with leaking, poor wear time, and irritated skin was likely due to improper pouch fitting and/or improper wafer application. The nurses stressed that a newly changed wafer should always be warmed immediately after application to allow the adhesive to melt into and bond with the skin. The preferred method is to hold a warm hand over the

wafer for at least five minutes. Use of a hair dryer is strongly discouraged because of the possibility of injury to the stoma.

-Some ileostomates and colostomates claim that eating marshmallows can slow output.

-Excess gas production could be caused by a diet rich in gas producing foods, chewing gum or drinking carbonated soft drinks.

Program

Representative, Annette Golz introduced two new products that were launched by Hollister.

1. **Formaflex** is a barrier or wafer that can be shaped to fit a stoma of any shape.
2. **Convex Oval** fits oval stomas and is available in small, medium, and large.

Annette stated that Holister is active in lobbying for HR 152. They also supported the Ostomy community by sponsoring Katherine Greeter, a nurse who biked from the Pacific Coast to the Atlantic Coast to benefit a scholarship fund for WOCN nurses.

Holister was recognized by the group for their sponsorship of the UOAA Fashion show and dinner at the UOAA National Conference in Reno, August 2011.

Sunshine Report:

Get well cards were sent to Allison McBride and Wes Brennan.

A sympathy card was sent to the family of Sandi Miller.

Please call Marilyn Justice at 480.982.4862 if you know someone who could use some sunshine.

Visitation:

2 colostomies referred by Elaine Fox

1 ileostomy referred by Angela Hukill

50/50 Winner: Georgia Lucas won the 50/50 drawing in the amount of \$23.50 out of the \$47 collected.

Welcome New Members:

Gulian and Keith Brant
Dale and Nancy McKee
Lillian Cawley
Judy Vance

Ostomy Products for the Uninsured

Osto Group has been serving ostomates for many years. Osto Group is a non-profit organization that receives donations of unused products from all over the country. It is their objective and commitment to show respect, devotion, high quality and expeditious service while continuing to meet every ostomate's personal needs.

Products are FREE to the uninsured! All you pay is shipping and handling. Osto Group can be contacted at www.ostogroup.org or at 877.678.6690.

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:

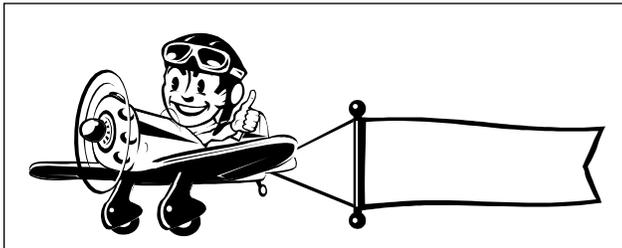
www.ostomysupportarizona.org

If you have any questions or suggestions about the website, send an email to:

webmaster@ostomysupportarizona.org

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.



Around the Valley

We are listing below the other Valley Ostomy Support Groups with their contact information and meeting dates.

- **Phoenix Support Group** meets on the 2nd Tuesday of the month at 7 pm at Chris Ridge Village, 6246 N 19th Av Phoenix, AZ (Multi-purpose room left of main lobby entry).
- **Paradise Valley Support Group** meets on the 3rd Thursday of each month from 12:30 to 2:30. They serve light lunch/snacks at 12:30 with the meeting starting at 1 pm at La Casa de Cristo Lutheran Church located at 6400 E. Bell Rd., Building C, Room 109 at the back side of the church. For more information contact Cheryl Simmons at 623.580.4120.
- **Sun City Support Group** meets on the 1st Thursday of each month at 2 pm at Sun Health Boswell, 10401 W Thunderbird Blvd, Sun City. For more information, contact Joe Musser at 623.935.7514 or e-mail him at: hjmusser@cox.net
- **Chandler Support Group** meets on the 2nd Tuesday of the month in Sept., Nov., Jan., March and May. Meetings are held in the Board Room of the Morrison Bldg. which is located on the Chandler Regional Hospital Campus. The address is 1875 W. Fry Rd., Chandler. Contact Richard Fleming at 480-895-7397 for more information.

Refreshments

The following members have generously volunteered to bring refreshments to our February meeting:

- Andrea Pinsker
- Lois Mekolajczyk
- Janet M.

That's it! If you can add to our refreshments, we would greatly appreciate it. Don't forget our diabetics. Please bring some healthy snacks, i.e. fruit, vegetables, diabetic baked goods.

If you can bring a snack this month, or any month, call Florence Park at 480.964.8953 and she'll add you to the list. She will also call to remind you a few days before the meeting.



NOMINATIONS OPEN!!!!

Nominations for new officers will be open at the next meeting, February 26. The vote will take place at the March 25th meeting. New officers will be inducted on May 20 (last meeting before summer break).

Upcoming Events

Saturday, February 25, 2012
American Cancer Society
Climb to Conquer Cancer
South Mountain Park, Phoenix
www.phoenixclimb.com

Friday, March 2, 2012
Dress In Blue Day
Colon Cancer Awareness

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____ Richard Wilkinson UOAA Youth Rally Fund

____ Newsletter Printing & Distribution Fund

____ Sandy Miller Memorial 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 UOAA 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 ostomates nationwide. It is one week of the year where the young ostomates are "just like everyone!"

Any donation you can make is sincerely appreciated.

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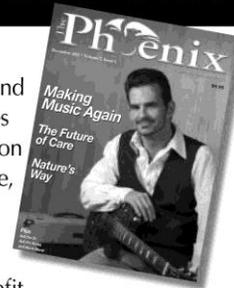
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11/11 SG HLFAC

Folliculitis - A Hairy Problem

By Kathy Dahn, RN, Riverside Health Care, Edited by B. Brewer, 12/2011 UOAA Update

This is an article about an annoying peristomal skin condition, folliculitis. This issue primarily applies to hairy men, as woman seldom have much hair on their bellies. In fact, abdominal wall hair can be so strong that it can grow out through a skin barrier or waterproof barrier tape sticking straight up like blades of grass. If I had not seen this myself, I would never have believed it. Needless to say, when you remove the skin barrier when the hair is caught like this, it is going to be painful. It is like those wax jobs you see on TV.

As if the pain is not enough, this type of hair removal can cause folliculitis, which is an inflammation within the hair follicle. Removing the skin barrier in a rough manner and dry shaving can also cause folliculitis. This condition presents itself as reddened bumps on the peristomal skin. This redness may be confused with yeast infection. However, if you look carefully, the redness is only present in the hair follicle. The bump may look like a pustule. What is the solution to this hairy problem?

Many men find they must shave the peristomal skin with each change of their skin barrier. In the past, the ostomy literature has always recommended using an electric razor. I personally have never had great success with this method, although I have heard that some folks do very well with the newer small razors that were designed for trimming mustaches and sideburns. If you use a safety razor, as we do in the hospital, be sure to apply sufficient shave cream so that this is not a dry shave. In addition, be gentle.

Most shave creams have emollients so you will need to wash the skin very lightly with a plain soap afterwards. Be sure to rinse your peristomal skin well so that no soap residue remains. If the skin is very irritated and itchy, we have found that Kenalog spray or Pesonide lotion is extremely helpful. This is a steroid (cortisone) solution, which decreases the itching and irritation dramatically. Apply these lightly, and then allow drying completely prior to putting on your new skin barrier. These medications have a slightly oily base, which means your skin barrier probably will not stay on as long as you are accustomed. This procedure will relieve the itching and promote healing.

Skin heals better covered by a skin barrier than it would if aired out. Do not use any steroidal spray as part of your regular changing routine. Steroids are absorbed into your system through the skin. Moreover, steroids will thin the skin, compounding peristomal skin issues. If there are actual pustules around each hair follicle, you may need to use an antibiotic powder such as Polysporin powder to clear the problem. All the products mentioned above require a prescription to obtain. Folliculitis is not as common a concern as skin breakdown or yeast infection, but it is very annoying when it happens. I hope that these hints will help.



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THIS MONTHS' MEETING: February 26, 2012
NEXT MEETING: Sunday, March 26, 2012

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: () _____

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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 OUT WEBSITE: www.ostomysupportarizona.org