

September 2017

PORTAGE COUNTY OSTOMY ASSOCIATION

www.pcostomy.org



Portage County Ostomy Association Mission Statement

We are a volunteer and non-profit organization:

1. To assist in the rehabilitation of persons who have or will have ileostomy, colostomy, urostomy or alternate procedures.
2. To be of mutual assistance to each other.
3. To provide trained ostomy visitors for both pre-operative and post-operative visits as requested by patients, physicians or ET nurses.
4. To provide emotional support and encouragement to the patient's family.
5. To promote better public understanding of ostomies and alternate procedures.
6. To cooperate with other organizations dedicated in whole or in part to similar objectives.

Meetings

The Portage County Ostomy Association meets the first (1st) Monday of the month at 7:00 p.m., in the Professional Building at University Hospital Portage Medical Center (formerly Robinson Memorial Hospital) in Ravenna.

There are no meetings in January, July and August.

Since Labor Day is the first Monday in September, we will meet on the second Monday in September ONLY.

Medical Advisors

Howard Minott, M.D., John R. Gusz, M.D.

*Please check with your physician or E.T. nurse
before using any hints or tips printed in this newsletter!*



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President's Notes

Hello friends!

It's September and time to start another year! I hope everyone enjoyed their summer break. I spent a good deal of time going to and from hospitals, rehab facilities and nursing homes. The week I got home with my new knee began a summer of Bill's dad getting pneumonia, then needing rehab, going home, and then doing it all over two more times. As I write this, he is due to be released tomorrow to go home. Prayers are said and fingers are crossed.

Our September meeting is going to be awesome! We will have five or six members of the Akron ostomy support group joining us! We will still have our welcome back buffet (with five or six different selections to choose from) and don't forget to bring your emergency kits. It will be very interesting to see what everyone thinks is important to carry, what brands of what supplies are being used, and the routine people use in their everyday lives.

Back-tracking – I would like to thank Tom Becker for volunteering to be vice president. I know that he will do a good job because he sends me periodic emails to keep me on the ball. I wasn't very focused on ostomy this summer and I apologize for that.

I did meet Karen Hanshaw in the Education Department of UH-PMC when I picked up supplies for FOW. She will be assisting when we need speakers.

Thank you all for your continued support! I'm looking forward to getting together in September.

~Vickie

DISASTER PREPAREDNESS

Ironically, the Phoenix magazine has an article about preparing for a true disaster...not just a one-time emergency kit. It includes some items I haven't thought about.

General Medical Information –

Reference numbers for all your ostomy supplies and your suppliers contact information.

A complete health history on paper to include your doctor's contact information and hospital affiliation, prescription drug list, medical conditions and allergies.

Written directions on how to change your pouching system in case you are physically impaired.

Contact number of relatives and/or friends.

This information is for catastrophic emergencies. They suggest a seven to fourteen days' worth of supplies including washcloths, scissors, disposal bags and hand sanitizer.

We will be discussing emergency kits at the September meeting. Even though this would be appropriate for the Texas flood victims, maybe some of this should be incorporated into our emergency kits?

Electrolyte Recipe to fight dehydration!

- 1 tsp. sodium
- 1 tsp. baking soda
- 1 tsp. white Karo syrup
- 1 6-oz. can of orange juice

Add water to make one quart (32 oz.), mix well.

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“Don't cry because it's over, smile because it happened.”

— Dr. Seuss

STOMA NOISES

Every ostomate has dealt with embarrassing noises from the stoma. There are several ways to combat the noise:

- Watch the foods you eat. There are a number of gas producing foods (asparagus, broccoli, cauliflower, dairy products, carbonated products, etc.) Taking an over-the-counter medication such as Beano or Lactaid will help aid in digestion.
- Don't skip meals. It's recommended to eat 4 or 5 small meals per day. An empty GI tract produces excess gas.
- Air is ingested with chewing gum, talking while eating, eating or drinking too quickly, and drinking through a straw. The excess air will be expelled through your stoma.
- Very loose output can create noises. Bananas, rice, mashed potatoes, smooth peanut butter and applesauce will thicken the output. Citrucel, a fiber supplement, could also be helpful.

The best way to handle a noisy stoma? Fold your arms over your stoma and say, "My stomach has been so noisy today." Most people won't know the difference!

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INFO UPDATE...If you have moved or changed phone numbers, please let me know at the September meeting. Also, if you have an email address that you would like on our membership list or on my email list, please let me know. Every now and then I have news to share – members in the hospital or getting out of the hospital!

I will make membership lists available at the October meeting.

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For our daughters 6th birthday we bought her a fish. We couldn't help laughing when on the way she announced "the fish's name is Springly." "How do you know?" I asked "look" she responded "it says "feed springly 3 times daily."

CALENDAR OF EVENTS

September 11th at 6:00 p.m. – Welcome Back Buffet – bring a dish to share and bring your emergency kits (or pouching system you use)

October 2nd at 7:00 p.m. – David Barry, Territory Manager for ConvaTec will be our guest speaker

November 6th at 7:00 p.m. – Looking for suggestions!!

PCOA tidbits...

If you need a complimentary certificate for **Enterostomal Therapy** at Klein's, please contact me (phone, text or email) and we will make the necessary arrangements.

Donations of extra **ostomy supplies** can be brought to any meeting. I will be shipping additional boxes to FOW-USA as needed.

Annual dues is due in September! The cost is \$10.00 per member. Please pay our treasurer, Jim Dean.

Refreshment host(ess) – Please sign up to host one of our monthly meetings. The host(ess) is responsible for set-up, paper goods (including silverware) and beverages. Members may bring an appetizer or dessert to share!

Meeting cancellations can be verified through the Medical Center's main operator at 330-297-0811. We will also make an attempt to call or email all members – please make sure we have your current contact information!

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This newsletter is also available online!

Go to www.pcostomy.org

and click on the newsletter button on the home page!