



SHORT CIRCUIT



Short Circuit

APRIL 2007 ISSUE

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If you have specific topics that you would like to see in the "Short Circuit" newsletter, please contact Katie at Fifth Avenue Medical.

Phone (319)298-0953

or Toll Free at (877)787-6790.

Email: katiedostal@careprohs.com

Website: www.fifthavenuemedical.com

Contact information for CR / IC Area Ostomy Support Group

Carol Haack

Home 319-337-6749

Cell 319-530-6749

email: haack@infionline.net

website: www.iowaostomy.org

*A Special Thanks to
Fifth Avenue Medical
for providing this newsletter.*

FUTURE MEETING & EVENTS:

*** Please note that you can tune into the following stations if a meeting is cancelled due to inclement weather: Radio KXIC 800 AM or KCJJ 1630 AM in Iowa City and WMT 600 AM or KCRG 1600 AM in Cedar Rapids. KCRG-TV or KGAN-TV.

APRIL

Thursday, April 26, 2007

Time: 6:30 p.m.

Place: Room 4638 JCP (John Colloton Pavilion), University of Iowa Hospitals and Clinics

Iowa City, Iowa

319-356-1616

www.uihealthcare.com

Host: Patricia Pezzella, RN, CWCN, COCN

1) Enter the hospital from either of the walkways on Level 2 of Parking Deck

2.) Go straight back into the Hospital, to the main corridor which goes to the left and right.

3) Depending on which walkway you took from the parking ramp, you'll turn left or right to go to Elevator H. Elevators are in alphabetical order, from left to right. (It's about the same distance, no matter which walkway you take from the parking ramp.)

4) Take elevator H to the 4th floor. Go across the hall from the elevator, and through the double doors. We'll put up signs from here on (if they let us!)

5) Turn left after the mailboxes. The room is down the hall on the right.

If you are at all hesitant about finding your way to the meeting, PLEASE give Carol or Vicki a call. We can arrange an escort to meet you, and show you where to go - and they can even find a wheelchair if it's too long of a walk!



Next Meeting we will talk about....

Discussion topic for April – “Here Comes The Sun” (along with sweating, skin rashes, swimming pools, bug bites and other warm weather woes for Ostomates!)

Laura Phearman will be our guest speaker and she is a nurse clinician specialist in the Pediatric Specialty Clinic at the University of Iowa Hospitals and Clinics will give a presentation on her work with the Youth Rally. The Youth Rally is a yearly event where children and adolescents aged 11 to 17 years old who have an ostomy, a continent procedure, inflammatory bowel disease, or bladder or bowel incontinence spend a week at a camp and receive education and psycho-social support that encourages independent living. Laura has volunteered a week of her time for the past several years to be a nurse/counselor at the Youth Rally. This year's Youth Rally will be July 7th-11th at the University of Colorado in Boulder.

*****Please make an effort to attend the April meeting at University Hospitals** – this meeting has historically had a fairly small attendance, and we'd really like to have a nice turnout to show the hospital's WOCN staff that we appreciate the effort they have made to host this meeting!

Welcome!

The CR-IC Ostomy Support Groups welcomes all persons who have, or will have, a temporary or permanent bowel or urinary diversion – caregivers, spouses, children and friends are all welcome, too! We meet bi-monthly to discuss topics and share information and items of interest. If you are unable to come to a meeting and have questions we can help with, or if you'd like to schedule a home or hospital visit from one of our members, give us a call:

Vicki Kee, Visitor Coordinator

319-338-2751

Carol Haack, Group Coordinator

319-337-6749 or 319-530-6749

Email Information

Our group has its own email address! We've created an email address for our group, and will be printing it on our new brochure. The email address will make it easier for new ostomates – especially “younger” people to contact us for information. Carol has agreed to monitor the email address and respond to inquiries. If anyone else would like to do this task for a while, please let her know!

Here is our email address:
info@iowaostomy.org

Notes from the February 26th Meeting:

Thanks to Penny Dullea, Susan Behrends and Tammy Detrich for hosting the February meeting at St Lukes Hospital in Cedar Rapids! We appreciate the support and expertise from these three caring individuals.

Our Sympathies to the Dick Ford and Cheryl Stewart. Both were long-time members of our group.

If you haven't paid your \$2 dues for the year 2007, please bring it to the next meeting, or mail it in care of Vicki Kee, P.O. Box 133, Oakdale, IA 52319. Payment of dues is on the honor system. Dues are forwarded to the UOAA, the national organization that provides us with education, support and advocacy.

Also at the February meeting, we discussed a draft copy of Bylaws for our group. In order for donations that are made to our group to be tax deductible, we are required to have certain documents on file with the UOAA. We'll be discussing the Bylaws, and also Articles of Incorporation at our April meeting.

Abby Beane, a pharmacy student at the University of Iowa, shared the story of her battle with Inflammatory Bowel Disease. As a young teenager, Abby was diagnosed with Ulcerative Colitis (later changed to a diagnosis of Crohn's Disease). Eventually her doctors were unable to control it with medication, and she had surgery to remove her colon and fashion a “J pouch”, an internal reservoir that collects and holds waste. Throughout her teen years and into young adulthood, Abby has maintained a positive outlook and has accomplished much. Many THANKS to Abby for sharing her fascinating story!

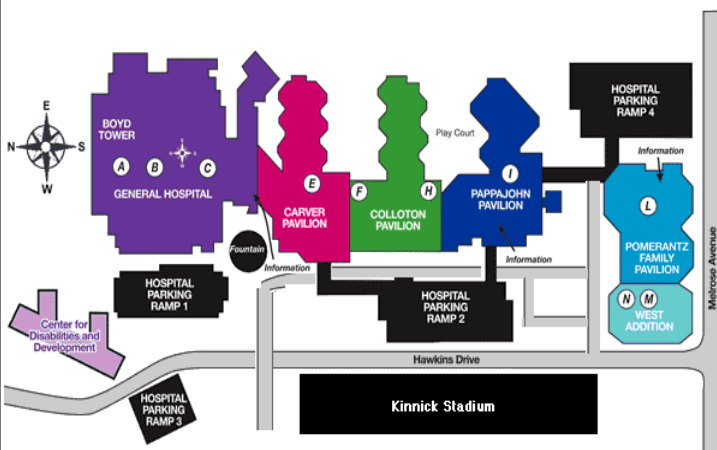
“The Flu & What to Do” is a packet of informational articles the was sent to our local group by our national organization, the UOAA. Copies were made available at the February meeting.



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Discussion topic for April – “Here Comes The Sun” (along with sweating, skin rashes, swimming pools, bug bites and other warm weather woes for Ostomates!)

Map of the University of Iowa Hospitals and Clinics:



Have you subscribed to the Phoenix?

The Phoenix is the official magazine of the United Ostomy Associations of America (UOAA). The UOAA receives a significant portion of its operating revenue from magazine subscriptions. The magazine contains regular features such as “Ask the WOC Nurse” and “Ask the Doctor”, as well as informative and inspirational articles by and about ostomates. A one year subscription is only \$25.

Need a ride to the next meeting?

Call Carol Haack 319-337-6749
 Or Vicki Kee 319-338-2751

Join us at the Annual Ostomy Fair
 at **Fifth Avenue Medical**
 402 10th Street SE
 Cedar Rapids, Iowa 52403
 Wednesday, May 2nd from 1-4pm
 Open House

Come enjoy refreshments and get all your questions answered by a WOCN.
 10% all Ostomy supplies purchased that day!

August 16-18, 2007 UOAA National Conference, Chicago, IL

Next year, the UOAA will convene its first National Conference at the Lincolnshire Marriott Resort situated 18 miles northeast of Chicago’s O’Hare airport. There will be educational seminars, new product information and a social evening sponsored by one of the leading ostomy supply manufacturers.

Have any old issues of The Phoenix?

If you’re ready to give up your old issues of The Phoenix, the award-winning magazine of the UOAA, we’d love to include them in the visitor packs we give to new ostomy patients. Please bring them to the next meeting, or give Carol a call to have them picked up.

Special Messages

The Cedar Rapids – Iowa City Area Ostomy Support Group #171 is an affiliate of the United Ostomy Associations of America (UOAA)

The UOAA – United Ostomy Associations of America -- was created in 2005, after the UOA (United Ostomy Association) disbanded after many years of service to ostomates and their caregivers. The UOAA is a “virtual” organization, with very little overhead and a volunteer Board of Directors. Our group, the Cedar Rapids – Iowa City Area Ostomy Support Group # 171, is affiliated with the UOAA. Membership dues are \$2.00 per member, per year. The UOAA’s primary source of income is The Phoenix Magazine. The UOAA provides information, support and advocacy to its member groups.

Have a newsletter item?

Our Short Circuit newsletter editor is Katie Dostal, the Sales Territory Manager for Fifth Avenue Medical in Cedar Rapids. Fifth Avenue Medical has been supporting our Ostomy group for many years by helping out with our newsletter. If you have an item for our newsletter, please call her at 319-298-0953 ext. 311, or you may email her at katiedostal@careprohs.com.

Looking for a Place to Donate Old Ostomy Products that you no longer have a use for?

Friends of Ostomates Worldwide (FOW) accepts donations of new, unused pouches, flanges (face plates), skin barriers, skin wipes, past, tapes, belts, pouch deodorant, pouch covers, scissors, wrapped soap (small hotel soaps are good), and pediatric supplies. FOW cannot ship flammables, liquids, aerosols, or used equipment. When donating, FOW asks that you include the donor’s name on both the inside and outside of the carton. A letter of receipt that can be used for tax purposes is mailed to each donor.

Donations can be sent to:
FOW-USA Project S.H.A.R.E.
4304 Regency Drive
Glenview, Illinois 60025-5200

For more information, you can contact FOW at info@fowusa.org



July 7-11, 2007 UOAA Youth Rally

University of Boulder, Boulder, CO. Youth Rally provides the opportunity for 11 to 17 year olds to be with others their age who have had, or will have, ostomy procedures, continent procedures, have IBD or have bladder or bowel incontinence. For more information, contact Linda Aukett at 856-854-3737 or laukettrally@snip.net, or on the web at www.rally4youth.org.

Hello from Jean!

Jean Kluesner, WOCN, formerly of St. Luke's Hospital in CR and a long time supporter of our Ostomy Group, sends her best wishes for 2007. She loves her new job at the University Hospital in Madison, WI.

Her address:

Jean Kluesner, WOCN
432 Juniper St
Brooklyn, WI 53521
608-455-5052
Jklues4132@aol.com

Saturday, April 21, 2007 Inflammatory Bowel Disease and Ostomy Care Patient Education Conference, Advances in IBD and Ostomy Care 2007

Mercy Medical Center Education Center –
East Tower, A Level
6th Avenue
Des Moines, Iowa
Registration - 7:30 a.m.
Physician Lectures: 8:30 - 10:30 a.m.
Key Note Speaker: Rolf Benirschke (former NFL star) - 10:30 a.m.
Lunch: 12:00 - 1:00 p.m.
Breakout Sessions and Exhibits: 1:00 - 3:00 p.m.
Register Online at www.ibdiowa.com or call the IBD Center at: 515.643-8528 by April 16, 2007

There is no fee associated with this program, but you must register in advance.

We're On the Web Now

Our website (www.iowaostomy.org) has been up and running for about 3 months. From there, you can get the most up-to-date meeting information, get information about our Patient Visiting Program, read book reviews of the books that are in our traveling library in case you want to check one out, read current and previous issues of our newsletter, visit related links, learn about our sponsors, send us an e-mail, or shop at Amazon.com to help us earn money for our organization. Please take a look and let us know if you have suggestions for other things you'd like to see there.

Back Issues of Newsletters Wanted

Do you have back issues of our chapter's newsletter? If so, please bring them to the next meeting. We have several back issues on our website and would like to get as many issues as we can on there. Each issue is electronically scanned and then posted online. We have all the ones from 2006 and 2007. We also have September 2005; March, June, and September 2004; and June, July, and September 2003. If you have any that we don't have, please bring them to the next meeting or contact us if you can't attend and we'll make arrangements to get them some other way. If you'd like to get them back, we will scan them and return them to you.

April showers bring May flowers



Shop Amazon.com through Our Website and Help Us Raise Money

At our last meeting, we discussed the Amazon.com affiliate program and voted to make this a part of our website. We are pleased to announce that we are now a part of Amazon.com's affiliate program and will receive a 4% commission on any Amazon.com purchase you make when you access Amazon.com through our website. On our website you will find several links to Amazon.com: on the main page, the Traveling Library page, and the Bookstore page. We receive a commission on anything you purchase from them, not just ostomy books. And they sell much more than books — you can purchase CDs, DVDs, magazine subscriptions, computer software, toys, electronics, toys, health/beauty/personal care items, and many other items. Whether you need something for yourself or a gift for someone else, please consider purchasing through our link to Amazon.com.

We've tested the process out, and it works! Purchases are made securely between the buyer and Amazon.com, so we do not see anything other than the purchase amount and the commission we earned. We do not see the purchaser's name, credit card information, other personal information, or what they ordered. All transactions are completely anonymous to us. Every time we accumulate \$10 in commissions, the Amazon.com will deposit the money directly into our bank account.

Please let all your family and friends know about this. The most important thing to remember is that in order for us to receive credit, you *must* click on a link on our website and make the purchase through that link. If you access Amazon.com through our website, put items in your shopping cart, exit Amazon.com without completing the purchase, and come back later to purchase them without going through our website, we will not receive credit.

We would like to keep membership dues to a minimum. Earning money through programs like this is one way we can achieve that goal.

Your Ideas and Talents Needed

Please let us know if you have any ideas for newsletter items or for our chapter in general. Do you have a special talent that our chapter could utilize or is there something you'd like to see us do? If so, let us know. Would you be willing to write a book review or article for our newsletter? Would you like to share your story in our newsletter? Do you have ideas for fundraisers so we can keep our membership dues low? Do you have suggestions for our website? Do you have suggestions on how we could increase meeting attendance? This is your organization and if you want to get more involved, we can put you to work! Just let us know what it is you'd like to do.

Stay in Touch by E-Mail

If you have an E-mail address that you'd like us to know about, please E-mail us at info@iowaostomy.org with your address or give it to us at the next meeting. We will not sell or rent your E-mail address to anyone.



**Cedar Rapids/Iowa City
Area Ostomates
c/o Fifth Avenue Medical
402 10th St. SE, Suite 600
Cedar Rapids, IA 52403**

**Reminder: April Meeting
Date: Thursday, April 26th
Time: 6:30pm
Look inside for details!**

☞ Medicare Coverage ☞
MONTHLY ALLOWABLES

- Drainable Pouches: 20 per month
- Urinary Pouches: 20 per month
- Closed pouches: 60 per month
- Irrigation sleeves: 4 per month
- Solid skin barriers and skin barriers with flange: 20 per month
- Ostomy belts: 1 per month

You are entitled to obtain 1, 2, or 3 months supply at a time if you live at home and 1 months supply if you are in a nursing home.

It is necessary to have a doctor's order or prescription in order to submit supplies to insurance.

If you need more supplies other than those allowed, you will simply be required to obtain a letter from your doctor explaining the medical reason for needing more supplies than the usual maximum quantities as listed above. Your supplier does not need to routinely submit this letter with your claim, but must keep it on file in your records as a copy may be requested.

From United Ostomy Association, "Medicare Policy for Ostomy Supplies Improved"



HELPFUL PHONE NUMBERS AND WEBSITES

AMERICAN CANCER SOCIETY 1-800-227-2345
www.cancer.org

CROHN'S & COLITIS FOUNDATION 1-800-343-3637
www.cdfa.org

CONVATEC 1-800-422-8811
www.convatec.com

CYMED 1-800-582-0707
www.cymed-ostomy.com

FRIENDS OF OSTOMATES WORLDWIDE (FOW-USA)
www.fowusa.org

HOLLISTER 1-800-323-4060
www.hollister.com

UNITED OSTOMY ASSOCIATION OF AMERICA
1-800-826-0826
www.uoaa.org

UOAA E-MAIL info@uoaa.org

WOUND OSTOMY AND CONTINENCE NURSES SOCIETY
1-800-224-WOCN (9626)
www.wocn.org

CEDAR RAPIDS/IOWA CITY AREA OSTOMY SUPPORT GROUP E-MAIL
info@iowaostomy.org

