

# SHORT CIRCUIT

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MARCH 2004 ISSUE

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If you have specific topics that you would like to see in the "Short Circuit" newsletter, please contact Jen at Fifth Avenue Medical. (319)298-0953 or toll free at (877)787-6790. Thanks!

## Officers

President  
Marilyn Cermak  
912 Brown Street  
Iowa City, IA 52245  
(319)337-2466

Secretary  
Jane Pasterski  
1017 Raney Street  
Hiawatha, IA 52233  
(319)395-0595

Vice President  
This position is open  
if anyone is interested  
in volunteering for it.

Treasurer  
This position is open  
if anyone is interested  
in volunteering for it.

## FUTURE MEETINGS & 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

Ostomy Brunch

Date: Sunday, April 25, 2004

Place: Bishops Buffet at Westdale Mall

2600 Edgewood Rd. SW

Cedar Rapids, IA 52404

1-319-390-4541

Time: 11:30am

### JUNE

Meeting Date: Thursday, June 24, 2004

Time: 6:30pm

Place: Mercy Medical Center, Cedar Rapids

### JULY

Ostomy Lunch

Date: Thursday, July 22, 2004

Time & place to be announced at a later time.

### SEPTEMBER

Meeting Date: Thursday, September 23, 2004

Time: 6:30pm

Place: St. Luke's Hospital, Cedar Rapids

### OCTOBER

Meeting Date: Thursday, October 28, 2004

Time: 6:30pm

Place: Mercy Hospital, Iowa City

### DECEMBER

Christmas Brunch

Date: Sunday, December 5, 2004

Time & place to be announced at a later time.

Please note that there are currently no scheduled events in March, May, August, or November. We will update you either by newsletter or postcard if there are changes.

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

## Direct Dues Billing Program

In January 2003, the UOA began billing and immediately accepting all payments for new memberships and renewals. Actually, the change is transparent to our members. You are still getting a bill and a pre-printed return envelope, but rather than having your payment directed to the local treasurer, your renewal is being sent directly to the UOA. The benefit is that the UOA will bill two additional times for renewals!



### MEMBERSHIP

To become a member of the United Ostomy Association:

\$25.00 UOA membership fee includes  
the Ostomy Quarterly:  
FALL, WINTER, SPRING,  
SUMMER  
(October, January, April, July)

For more information on becoming a member, contact:  
Marilyn Cermak in Iowa City  
(319)337-2466  
or  
Jen McEnany at Fifth Avenue  
Medical in Cedar Rapids  
(319)298-0953

## HELPFUL PHONE NUMBERS AND WEBSITES

AMERICAN CANCER SOCIETY 1-800-227-2345  
[www.cancer.org](http://www.cancer.org)

CROHN'S & COLITIS FOUNDATION 1-800-343-3637  
[www.ccfa.org](http://www.ccfa.org)

CONVATEC 1-800-422-8811  
[www.convatec.com](http://www.convatec.com)

CYMED 1-800-582-0707  
[www.cymed-ostomy.com](http://www.cymed-ostomy.com)

FRIENDS OF OSTOMATES WORLDWIDE (FOW-USA)  
[www.fowusa.org](http://www.fowusa.org)

HOLLISTER 1-800-323-4060  
[www.hollister.com](http://www.hollister.com)

UNITED OSTOMY ASSOCIATION 1-800-826-0826  
[www.uoa.org](http://www.uoa.org)

UOA E-MAIL [uoa@deltanet.com](mailto:uoa@deltanet.com)

WOUND OSTOMY AND CONTINENCE NURSES SOCIETY 1-800-224-WOCN (9626)  
[www.wocn.org](http://www.wocn.org)





**Upcoming Iowa City Area  
Ostomates' Brunch**

**Where: Bishops Buffet at  
Westdale Mall  
2600 Edgewood Rd. SW  
Cedar Rapids, IA 52404  
(319) 390-4541**

**When: Sunday,  
April 25, 2004**

**Time: 11:30am**

**Reserved Section for the Iowa  
City Area Ostomates Group  
No RSVP necessary.  
The more the merrier!  
Questions? Contact  
Marilyn Cermak in Iowa City  
at (319) 337-2466 or  
Jen McEnany in Cedar Rapids  
at (319) 298-0953**

**HOPE TO SEE YOU THERE!**



**In Our Thoughts**

At the end of 2003  
Helen Connor passed  
away. Helen was a  
long time member of the  
Iowa City Area Ostomates.  
Please keep Helen and her  
family and friends in your  
thoughts and prayers.

**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](mailto:info@fowusa.org)

## September 25th 2003 UOA Meeting Minutes

Meeting called to order by Marilyn Cermak, President at St. Luke's Hospital, Schwartz Center. A letter from the Kelley Family was circulated for members to read. If you would like to visit Ellen, she is at Manor Care, 1940 1st Ave. NE, or call her at 319-364-5151.

Treasury Balance: \$739.40

Jean Kluesner, RN, BSN, CWOCN, discussed in depth, options for control of gas odor in pouches. Thank you Jean for all the information. It was very informative.

Frank Morosky from Flat-D Innovations, Inc. presented products that serve as an option for gas control in pouches and flatulence control. Products available are charcoal activated 3-layered cloth disposable and reusable.

- Stoma Gas Deodorizing Patch
- Ostomy Vent Deodorizing for Osto-EZ-Vent
- Osto-EZ-Vent
- Ostomy Combo Package
- Deodorizing Disk
- Mask-D

You can also visit their website: [www.Flat-D.com](http://www.Flat-D.com) or [info@flat-d.com](mailto:info@flat-d.com), or call 1-866-354-0056. To see samples, stop in at Medicap Johnson, or Fifth Avenue Medical.

### Continued

Matt Daniels, Territory Manager for Convatec presented some new products.

- ESTEEM Synergy—One-piece discretion and two-piece versatility, together for the first time. Convatec's new 2-in-1 systems.
- Sur-Fit Natura Durahesive Moldable Convex Skin Barrier with flange.
  - Easily shapes to create a customized stoma opening
  - Provides deep convexity
  - Eliminates the need for scissors
  - Available in Sur-Fit Natura two-piece system
  - Requires minimal training
  - Features the security of Durahesive accommodated 1/2" to 1 3/4" stomas
- New Stomahesive Paste flexible 2 ounce tube. If your interested in obtaining free samples, STOP and see Jane at MEDICAP Johnson Ave., or stop in and see us at Fifth Avenue Medical.

December 7th Meeting will be at Bishop's West at 11:30am

Respectfully,  
Jane Pasterski  
Secretary



## October 2003 UOA Meeting Minutes

Meeting at Mercy Medical Plaza, Iowa City, chaired by President Marilyn Cermak.

### **Business:**

Attendance/introductions: 4 ostomates, 2 family members, and 4 health care workers.

Treasurer's Balance:  
\$713.75—there is a \$3.15 monthly bank service charge

Marilyn received a letter from the IRS regarding the association's tax-exempt status. She called the national UOA office for assistance. National UOA will forward a letter regarding our group's association with the national group. Hopefully, this will keep Marilyn and the other members out of jail. ☺

The positions of Vice President and Treasurer are still open and awaiting a member to step up to the plate.

Jean Kluesner, RN, CWOCN, has a number of sample stoma covers; if interested in trying call Jean at St. Luke's in Cedar Rapids. Jean is also looking for more copies of our UOA group brochure. To contact Jean call St. Luke's at 369-7211 or 1-800-368-5853.

Lori Wood, RN, CWOCN, would like to

### **Continued**

see the group sponsor a UOA official visitor training. If you would like to do this, please contact Lori at Mercy in Iowa City at 319-887-2849 or 1-800-637-2942, extension 2849. This recommendation was made in 2002 and we only had one person volunteer to take the training. Despite the availability of nurses with the wound, ostomy, continence certification, talking to a fellow ostomate can make a big difference for another person with an ostomy.

**Next Meeting:** Sunday, December 7, 2003, 11:30am. Brunch at Westdale Bishops, Cedar Rapids. There is not a private room available but a section for the UOA will be reserved.

**Program:** Erin Hawley, Convatec hospital representative, discussed the following products:

- Eakin Seals—designed to conform around stoma
- New Convatec Paste—in a plastic tube and much easier to use than the previous metal tube
- Durahesive Moldable Convexity—cutting not required, this convexity is helpful when a stoma is retractable
- Esteem Synergy Durahesive—two-piece with a flange, has a flexible skin barrier and a clear plastic

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landing zone. It is low profile and has a vent/filter. Wear time is one week. A patient information sheet with diagrams and questions/answers is available on this product.

Erin also explained that Convatec has six CWOCN nurses on-call and they are available by calling Convatec's customer service department. Convatec still issues discharge supply kits to new ostomates with curved scissors and other starter supplies.

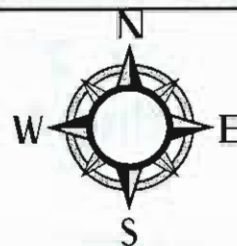
Recorder:  
Mary McCarthy, RN



## February 26, 2004 UOA Meeting

Meeting at University of Iowa Hospitals and Clinics, chaired by President Marilyn Cermak.

Participants at this meeting had the opportunity to hear Laura Phearman speak. Our organization gave Laura a donation to help pay for her expenses related to her attending the UOA Youth Rally. Laura was very appreciative of our donation and very much enjoyed attending the youth rally.



## Help Point our Organization in the Right Direction!

- Do you have ideas of topics for our meetings?
- Do you have thoughts about how to continue to get members involved?
- Would you like to see our organization find new ways to help touch lives and provide support for area ostomates?

If you answered "YES" to any of these questions, then volunteer to be an officer for the Iowa City Area Ostomates! The positions of Treasurer and Vice President are open.

**Contact Marilyn Cermak in Iowa City at (319) 337-2466 or Jen McEnany in Cedar Rapids at (319) 298-0953 if you are interested. Thanks in advance for your help!**

# Additional Information

## 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 Ostomy Association, "Medicare Policy for Ostomy Supplies Improved"



## You're Invited

### Please join us for the Annual Fifth Avenue Medical Ostomy Fair

**When: Thursday, April 15, 2004**

**Where: Fifth Avenue Medical**

**Address: 402 10th St. SE, Suite 600  
Cedar Rapids, IA 52403**

**Phone: (319)298-0953**

**Toll Free: (877)787-6790**

#### Featuring:

- Healthcare professionals to help answer questions
- Complimentary appetizers and prizes
- 10% off of all Ostomy products purchased on this special day!

