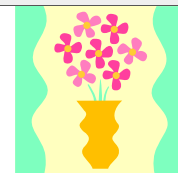


SHORT CIRCUIT



SHORT CIRCUIT

MARCH 2006 ISSUE

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- ✓ St. Luke's Home Care Services Ostomy Education Day Tuesday, March 14, 2006
- ✓ Registration information for The Phoenix—The official publication of the UOAA

If you have specific topics that you would like to see in the "Short Circuit" newsletter, please contact Jen at

Fifth Avenue Medical.
Phone (319)298-0953
or Toll Free at (877)787-6790.
Email: jobrien@ihip.org

Website: www.fifthavenuemedical.com

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

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.

MARCH

Meeting Date: Thursday, March 23, 2006

Time: 5:30pm

Place: Pizza Ranch in North Liberty
395 Beaver Kreek Center
North Liberty, IA 52317

Event: St. Luke's Home Care Services Ostomy Education Day

Date: Tuesday, March 14, 2006

Time: 10am-2pm

Place: St. Luke's Home Care Services
298 Blairs Ferry Rd. NE
Cedar Rapids, IA 52402

APRIL

Event: Fifth Avenue Medical Ostomy Fair

Date: Wednesday, April 26, 2006

Time: 1-4pm

Place: Fifth Avenue Medical
402 10th St. SE, Suite 600
Cedar Rapids, IA 52403

JUNE

Meeting Date: Thursday, June 22, 2006

Time: 5:30pm

Place: Bonanza Family Restaurant
3505 16th Ave. SW
Cedar Rapids, IA 52404

SEPTEMBER

Meeting Date: September 28, 2006

Time: 11:30am

Place: Pizza Ranch in North Liberty
395 Beaver Kreek Center
North Liberty, IA 52317

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



A Proposal for the Cedar Rapids / Iowa City Area Ostomy Group!!

As most of you know, last year our national organization, the United Ostomy Association (UOA), disbanded after 44 years of providing support, information and advocacy for ostomates and their caregivers. A new organization, the United Ostomy Associations of America (UOAA) was formed in October 2005 to provide that same level of support, information and advocacy, but within a slightly different framework.

The UOAA is an *association* of support groups just like ours, from all across America. Already, over 150 groups have become affiliated with the organization. The UOAA is dedicated to increasing the viability of its affiliated support groups. Benefits that the member groups will receive include:

- IRS 501(c)(3) tax-exempt "umbrella" status.
- Privileges to vote in UOAA elections.
- Referrals to local member groups of people who seek rehabilitation support.
- Periodic electronic newsletters from UOAA to leaders of member groups.
- A library of articles that member groups will be able to use in their newsletters.
- Information sharing with other affiliated groups at UOAA regional and national conferences.

Membership in UOAA is open to any group that provides mutual aid and support to those who have undergone, or will undergo ostomy or continent bowel/bladder surgery, and to their caregivers/family, and meets the following requirements:

- Acceptance of UOAA's Constitution and agreement to support UOAA's mission, programs and activities;
- Payment of the Annual Affiliation Fee as determined each year by the UOAA Management Board of Directors (The Annual Affiliation Fee for 2005 and 2006 is \$0.00; future fees will be approximately \$2.00 per member.)
- Agreement to encourage support group members to subscribe to UOAA's magazine, The Phoenix.
- Provision to UOAA of an e-mail address where communications to the support group can be sent.

- Agreement to have an active patient "Visiting Program";
- Agreement that upon dissolution of the group it will give any remaining funds in its treasury to a viable 501(c)(3) charity/s, with strong preference to UOAA or to other organizations that provide support to ostomates.

I would like to propose that the Cedar Rapids / Iowa City Area Ostomy Group become affiliated with the UOAA. I am willing to be the "point of contact" person where communications from the National Organization can be sent. I think we have nothing to lose, and everything to gain by taking advantage of the information and advocacy provided by the UOAA.

I am prepared to coordinate a Visiting Program for members of our group who are willing to share their vast knowledge and experience with new ostomates. Speaking for myself, I was very, very impressed by the members of this group when I arrived at my first ostomy support meeting two years ago. Some of you have had your ostomys for 20 years or more – you'll never know how much confidence you gave me that first night, just by being there! I knew right away that I'd be able to live a normal life, just like all of you!

I'd also be happy to come up with some program ideas from time to time (although I think we can have plenty of fun at a meeting even without a formal program!) And, we've had some wonderful presentations by our local WOCT nurses, and I know they will continue to support us with their knowledge and expertise.

Please think about this, and be prepared to discuss and vote on the proposal at our next meeting on March 23rd at the Pizza Ranch in North Liberty. In the meantime, if you have any questions email me or give me a call! I can be reached at haack@infionline.net, or at 319-337-6749.

Sincerely,
Carol Haack



JOIN US!

Additional Information about Upcoming Meetings

Upcoming Cedar Rapids/Iowa City Area Ostomates' Meeting

***Where: Pizza Ranch
395 Beaver Creek Center
North Liberty, IA 52317***

***When: Thursday,
March 23, 2006***

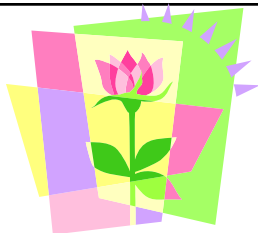
Time: 5:30pm

Topic: Structuring our local Ostomy Association and how we would like to proceed—see information from Carol Haack on page 4

Please come and bring your ideas to share!



- Please note that the meeting in March is a very important one which will help us to structure our group moving forward. Please join us and share your input. Guests are always welcome, even if they do not have an ostomy!
- If anyone from Iowa City or Coralville needs a ride to our meeting in March, or to future meetings, Carol Haack is willing to give rides. Her home phone number is 319-337-6749 (evenings) and her cell phone is 319-530-6749 (days).
- We will discuss if anyone else is able to provide rides for Iowa City, Coralville, and Cedar Rapids areas so that anyone that wants to come to future meetings has a way to get there.
- At each of our meetings, we will have a "Show and Tell." This will be an opportunity to share travel tips, solutions to a problems, new products, old products, or just general "how to live with an ostomy" tips. Carol Haack will share information at the first meeting to get this started, but anyone else is welcome to share as well. Please be thinking about what you could share at our meeting in March, or at future meetings.



*Please join us for our Annual
Fifth Avenue Medical
Ostomy Fair*

When: Wednesday, April 26, 2006

Time: 1:00-4:00pm

Where: Fifth Avenue Medical
402 10th St. SE, Suite 600
Cedar Rapids, IA 52403

Featuring:

- Representatives from Ostomy Manufacturers available
- WOCN Nurses available to answer questions
- Complimentary appetizers and prizes
- 10% off for Ostomy products purchased on this special day!

For more information please contact
Fifth Avenue Medical at (319)298-
0953 or toll free at 1-877-787-6790!

We look forward to seeing you!

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



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

Mailing Label

Reminder: March Meeting
Date: Thursday, March 23, 2006
Time: 5:30pm
Look inside for details!