



SHORT CIRCUIT

© 2015 Cedar Rapids / Iowa City Area Ostomy Support Group #171, Inc. — an affiliate of UOAA, Inc.

www.iowaostomy.org *Our 43rd Year!* Serving Ostomates of Eastern Iowa since 1972 June 2015

Welcome!

The Cedar Rapids / Iowa City Area Ostomy Support Group is dedicated to providing information, advocacy and service to our members, their caregivers, and to the intestinal and urinary diversion community at large.

Our local chapter

We meet regularly to share experiences, provide mutual support and learn about the latest products and information for ostomy, urostomy and intestinal diversions.

Meetings are held at area hospitals, and involve informal round-table discussions on topics of interest, new product demonstrations, occasional guest speakers, and a question and answer session with one of the local WOC nurses. Families and friends of ostomy and intestinal diversion patients are always welcome to attend.

For more information about the local chapter, contact us at 319-530-6749, at www.iowaostomy.org, or [find us](#) on Facebook.



The U.O.A.A.

The United Ostomy Associations of America is a 501(c)(3) non-profit organization. The UOAA serves to unify and strengthen ostomy support groups in America.

UOAA services include: Advocacy • Non-profit Status • Conferences • The Phoenix magazine • Toll-free Help and Referral Line • Special Interest Groups • Ostomy Community Liaison

For more information, contact the UOAA at 800-826-0826, or at www.ostomy.org.

“Seize the Opportunity”

From our Coordinator...

Much thanks are due to the WOCNs from UIHC in Coralville for hosting our May meeting.

We heard a little more about Youth Rally from Laura Phearman, who volunteers at Youth Rally each year.

“There is a camp for THAT!” is one of the slogans for Youth Rally, and they make sure that no matter what type of bowel diversion or diagnosis a child has, there is a counselor who has the same diagnosis.

The Youth Rally is designed to help youth understand that they are not alone, and that everyone has the same opportunities to achieve their goals regardless of medical or physical differences. The kids make life-long friends, learn how to care for themselves, and do ordinary summer camp activities like swimming, games, crafts, amusement parks, etc.

This year our group is sponsoring Ashley Kiley, a young lady from Humboldt, IA who will be attending Youth Rally for the first time. Many of you who were at the April meeting learned about Ashley, whom we met when we attended the Iowa Affiliate WOCN Ostomy Education Day in Des Moines. If you would like to donate to Youth Rally in support of Ashley or another child, please send a check, made out to CR/IC Ostomy Support Group, directly to Vicki Kee our treasurer, at the PO Box address on page 3. Be sure to put “Youth Rally” in the memo line.

Thanks are also in order to Frank Quintieri and Heather Nelson, representatives from NPS Pharma/Shire who gave a presentation on Gattex, a new drug used to help patients with Short Bowel Syndrome. It was fascinating, and we all learned a little more about how the gut does (or doesn't!) work. I have a few pieces of literature left from their presentation, which I will bring to our next meeting on June 18th at Mercy Medical Center in Cedar Rapids. If you are not able to attend and are



This and That... ostomy news you can use!

interested, please let me know and I will mail the information to you.

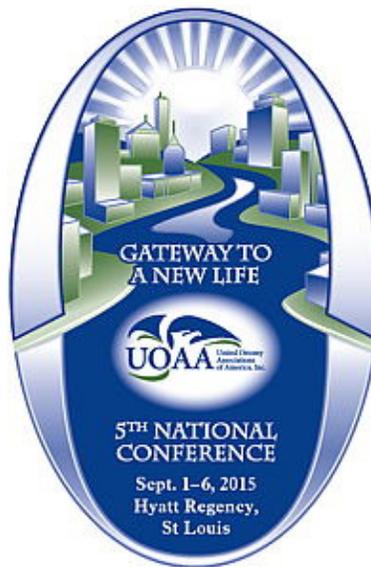
At our April meeting, we will have "show and tell". If you would like to, you may bring a sample of the ostomy supplies you use, and share with the group any tips or techniques you have found to be especially helpful. Also— you may want to share the tips and techniques that you have learned the hard way! My favorite is the one thing they **never** tell you: *the very first thing you should do is roll back the bathroom rug.* It should be a fun and informative meeting.

Don't forget our annual Summer Picnic, which is on Saturday, August 1st at Jones Park in Cedar Rapids. We will meet at 5:00 pm at the pavilion near the lagoon. It will be a potluck, so please bring a dish to share. Table service and paper plates are provided.

Have a safe and happy summer!

Carol Haack

THE COUNTDOWN CONTINUES...



**93 DAYS TO
GO
UOAA 2015
NATIONAL
CONFERENCE**

To the UOAA 2015 National Conference

St. Louis, Mo Hyatt Regency at the Arch

September 1 - 6th, 2015

Learn about Health and Nutrition

- Millennial's workshops (Young Adults)

Spouse's meetings

First Timer's orientation and reception

Countless activities close to the Conference for All ages to enjoy in a friendly and safe environment.

Museums and Art - Busch Stadium - St. Louis
Zoo - Cruise the Mighty Mississippi

Get your airfare now before prices go up!

**Register for the Conference and Book
Your Hotel Room Now!**

www.ostomy.org/2015_Natitonal_Conference_page.html

Get Ostomy Answers!

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.



Subscriptions directly fund the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.



www.phoenixuoaa.org
or call 800-826-0826

One-year subscription \$29.95 Two-years for \$49.95
Payable to: The Phoenix magazine, P.O. Box 3805, Mission Viejo, CA 92690

Name _____

Address _____ Apt/Suite _____

City _____ State _____ Zip _____



Do You Shop Online?

This is a super easy way to support our Support Group whenever you shop online. Install the [iGive.com button](#) on your computer's browser. Each time you shop online, click the **iGive** button, and the online store will automatically donate money to our group. This is at no extra cost to you!

Here's how to get started:

1. Go to [iGive.com](#)
2. Create a member account. All you need is your name and email address.
3. To support our group, click Search by Name. Enter the word "ostomy" in the search box.
4. When the list of ostomy related organizations comes up, click our group, the Cedar Rapids/Iowa City Area Ostomy Support Group.
5. To put the iGive button on your browser, click the *Install Now* button. You'll need to restart your browser to have the iGive button appear in the menu bar.
6. Add your favorite online stores to your iGive button.
7. From now on, every time you shop online, use your iGive button. You'll earn a donation for our group!

FOW-USA Seeking Board Members

Do You Want to Help Needy Ostomates Around the World?

The Friends of Ostomates Worldwide-USA is a volunteer-run, non-profit organization, providing ostomy supplies and educational materials to ostomates in need around the world. Founded in 1968, we collect donated ostomy equipment from individuals and groups in the US, and send overseas, through clinics, hospitals, cancer societies, and ostomy groups. Please see our website: www.fowusa.org

Imagine not having the equipment we are used to, because of cost or availability, and using rags, plastic bags, and tape. Imagine having skin breakdown and odor. Your family and community may reject you, and your kids may not be able to go to school.

We have been making a difference for needy ostomates, sending over 300,000 pounds of supplies, worth over \$15,000,000, to over 70 countries.

We are looking for a few volunteers for our Board of Directors. We meet by teleconference several times a year as necessary. We have one face-to-face meeting a year. We need those committed to the ostomy cause; with access to a computer; and willing to serve on a task force or committee matched to your skills (e.g., public relations; fund-raising; databases; website).

Please go to our website and click on [contact us](#) to express your interest. We will need a reference regarding your previous or current volunteer work.

The **SHORT CIRCUIT** is the official newsletter of the Cedar Rapids / Iowa City Area Ostomy Support Group #171, and is published 6 times per year.

MEMBERSHIP is open to ostomates and their families, friends and caregivers. Dues are \$10 per year and include an **email** subscription to the SHORT CIRCUIT newsletter. Copies are also available free on our website at www.iowaostomy.org.

If you wish to subscribe to the **printed edition of the newsletter** there is an *additional* \$10 charge per year to cover the costs of printing and mailing.

Membership dues and print subscription fees are collected on the honor system. If you are reading this newsletter you are a member even if you are not able to attend meetings. Your membership fee is tax deductible and will help support educational activities for ostomates in eastern Iowa. Send membership dues and subscription fees to Vicki Kee, at the address in the column to the right.

Our **WEBSITE** is www.iowaostomy.org. It contains helpful information, meeting schedules, archived editions of the SHORT CIRCUIT, ostomy-related books that we recommend, and a link to **Amazon.com**, which pays our group commission each time a purchase is made through our website.

Officers of the Cedar Rapids / Iowa City Area Ostomy Support Group
info@iowaostomy.org

Gina Carlile, Visitor & Membership Coordinator
309-292-0150

Carol Haack, Coordinator & Newsletter Editor
319-530-6749

Vicki Kee, Treasurer
P.O. Box 5227
Coralville, IA 52241
319-853-8765

Meeting Schedule 2015



Thursday, June 18, 2015
6:30 pm

Support Group meeting Mercy Medical Plaza, Iowa City (across from Mercy Hospital in Iowa City.) Take the elevator to the lower level. We'll meet in the McAuley room. Parking is free and is right next to the building.

Saturday, Aug. 1, 2015
5:00 pm

Summer Picnic Jones Park, Cedar Rapids, at the pavilion near the lagoon. Potluck: please bring a dish to share. Table service and paper plates provided. Families and friends are welcome!

Thursday, Aug. 20, 2015
6:30 pm

Support Group meeting Mercy Medical Center, Cedar Rapids. Training Room B on the lower level

Tuesday - Sunday
Sept 1 - 6, 2015

5th UOAA National Conference, St. Louis, MO. Check the UOAA website at www.ostomy.org for more information during the coming months.

Tuesday, Sept. 15, 2015

Support Group meeting UIHC Iowa River Landing clinic, Coralville.

Saturday, Oct. 3, 2015

World Ostomy Awareness Day

Thursday, Oct. 22, 2015

Support Group meeting St. Luke's Hospital, Cedar Rapids.

Meeting cancellations — If it becomes necessary to cancel a support group meeting due to weather conditions, the information will be posted on our website: www.iowaostomy.org. If you receive the Short Circuit via email, you will also receive an email notice of cancellations. If you suspect a meeting will be cancelled because of inclement weather but don't have access to email, just give Carol or Gina a call to find out the status of the meeting. Phone numbers are at the bottom of page 2.

Contact information... looking for information on ostomy products or ostomy –related organizations?

Manufacturers - most have an ostomy nurse on staff to answer your questions about products. They'll even send you free samples to try!

Coloplast	888-726-7872	www.us.coloplast.com
ConvaTec	800-422-8811	www.convatec.com
CyMed	800-582-0707	www.cymed-ostomy.com
Hollister	800-323-4060	www.hollister.com
Marlen	800-321-0591	www.marlenmfg.com
Nu Hope	800-899-5017	www.nu-hope.com

Suppliers - will send a free catalog featuring many brands of ostomy supplies. A great way to compare products!

AOS Medical Supply	800-858-5858	www.mmsmedical.com/aos
Byram Healthcare	877-902-9726	www.byramhealthcare.com
Duke Medical Supply	888-678-6692	www.dukemedicalsupply.com
Edgepark Medical	800-321-0591	www.edgepark.com
Liberty Medical	888-844-2651	www.libertymedical.com
SGV Medical	800-395-6099	www.sgvmedical.com

United Ostomy Associations of America
800-826-0826 www.ostomy.org

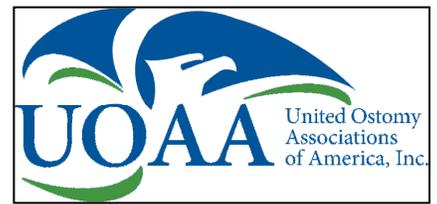
Wound, Ostomy and Continence Nurses Society 800-224-9626 www.wocn.org

Friends of Ostomates Worldwide-USA
www.fowusa.org. Donate unused supplies.

Osto Group free product for the uninsured
877-678-6690 www.ostogroup.org

American Cancer Society
800-227-2345 www.cancer.org

Crohn's & Colitis Foundation
800-343-3637 www.cafa.org



AFFILIATED SUPPORT GROUP (ASG) UPDATE - JUNE 2015

The focus of this update is to define a healthy Affiliated Support Group (ASG) and provide some suggestions if you determine your ASG is not healthy. First, I suggest you ask yourself the question - Do we have a healthy ASG based on the following attributes?

Some attributes of a healthy ASG are:

- A nurse, physician, surgeon, hospital, an ostomate, religious group, or social worker can easily find your contact information and it is always up to date. Telephone directory, website, social media, newspapers and local coordinator of support services.
- Has a visiting program with trained ostomy visitors such that new or prospective ostomates can meet and discuss concerns of living with a particular kind of ostomy. The program should match ostomy type, gender and age to the extent possible.
- Meetings are stigma free! A prospective ostomate will not become stigmatized when they attend a regularly scheduled meeting. The atmosphere should be encouraging and upbeat without glossing over any concern expressed by an ostomate. A visitor such as a newspaper reporter will leave with the attitude that these people are not letting their ostomies control their lives.
- Programs are relevant to living with an ostomy
- Any meeting other than a round table discussion will have time set aside for an ostomate to voice any concern relative to living with an ostomy.
- Any personality conflicts or major disagreements within the ASG should be resolved and resolved quickly outside the meeting. They should not be allowed to manifest during a meeting. They will undermine the group if allowed to continue.

Since the UOAA is made up of ASGs, an unhealthy ASG means that UOAA is unhealthy to some extent. The UOAA is designed to support ASGs to help them maintain their health as an organization. In order to provide support,

the national organization needs to know your needs. Please communicate with us.

Tell us your needs, ask us your questions, and give us your suggestions! Please send those communications to ASGinput@ostomy.org.

Ival Secret, Chair
UOAA ASG Advisory Board

**Cedar Rapids / Iowa City
Area Ostomy Support Group #171, Inc.
P.O. Box 5227
Coralville, IA 52241**



Join us!

Next meeting

Thursday, June 19th, 6:30 pm

Mercy Medical Plaza, Iowa City

Details inside