

Affiliated
with...



SHORT CIRCUIT

Cedar Rapids / Iowa City Area Ostomy Support Group #171, Inc. — an affiliate of UOAA, Inc.
Our 47th Year! Serving Ostomates of Eastern Iowa since 1972 www.iowaostomy.org April 2019

Welcome!

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

Who is 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:

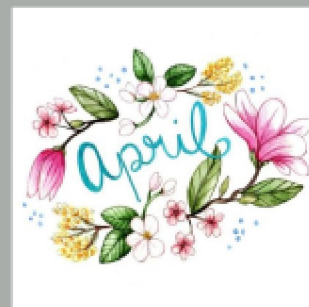
- Advocacy
- Non-profit Status
- Conferences
- ThePhoenix magazine
- Toll-free Help and Referral Line
- Special Interest Groups
- Ostomy Community Liaison

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

From the Coordinator:

Hello everyone!

Wow this newsletter has been a huge work in progress for me this month. As you noticed the 2019 newsletters have gotten an new look. I got a new computer and now am using a different program. I was having issues last month and they still aren't fixed. In fact, this is take two of this months newsletter. I had over 4 hours work on the original version and then I believe my flash drive malfunctioned and I lost everything and had to start over. I hope you enjoy version two of the newsletter.



I don't know about all of you - but I cannot wait to be able to spend some quality time outside. I am ready for the nice weather to stay and get out to clean up my yard and continually be able to walk my 4 legged kids. Oh ... and to get out camping!

Saturday, April 6th I am headed to Waterloo for the Ostomy Education Day. I cannot wait to see what the nurses have for us this year since it's been 2 years since I attended one. I will most likely have information to bring to the meeting at St Luke's in April also so stay tuned for that. In addition - I hope to have some more students in attendance from Coe College. We had 4 at the February meeting and I have extended the invitation for the April meeting as well.

I am also super excited for the May meeting with the University of Iowa nurses. They have arranged for the Coloplast rep to come. They have a new concave pouching system which is working great for people with hernias and have a hard time pouching. If this is you - mark this on your calendars so you are sure to attend!

I hope to see your smiling faces at the upcoming meetings. I have lots of things to go over from the UOAA and what we still want to do with funds we have received from selling of the supplies.

Best Regards,

Gina Carlile

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. All of our meetings will have a question and answer session with one of the local WOC nurses. Meetings can include potential new product demonstrations, guest speakers. and insurance company speakers. Families and friends of ostomy and intestinal diversion patients are always welcome to attend.

For more information about the local chapter, contact us at 319-775-0175, online at www.iowaostomy.org, or find us on Facebook at Cedar Rapids/Iowa City Area Ostomy Support Group.

Need a Wound/Ostomy Continence Nurse (WOCN)?

St. Luke's Hospital
Cedar Rapids, IA
Ostomy Clinic
319-369-7331

University of Iowa
Iowa City, IA
Nurse Line
319-356-7994

Mercy Medical Center
Cedar Rapids, IA
Healing Center
319-398-6400

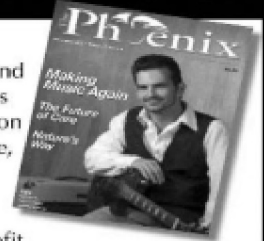
Mercy Hospital
Iowa City, IA
Wound Center
319-339-3967

Regional Medical Center
Manchester, IA
Wound Clinic
563-927-7511

Buchanan County
Health Center
Independence, IA
Wound Clinic
319-332-0999

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.

The Phoenix **ORDER FORM** **Money Back Guarantee!**

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The **SHORT CIRCUIT** is the official newsletter of the Cedar Rapids/Iowa City Area Ostomy Support Group #171, and is published 7 times per year.

MEMBERSHIP is open to ostomates along with 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.

Don't have email? 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 considered 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 printed subscription fees to Vicki Kee, P.O. Box 5227, Coralville, IA 52241

Your AmazonSmile impact

Your orders that have supported charity

Remember, only purchases at smile.amazon.com (not www.amazon.com or the mobile app) support charity.



Your total orders

42 orders

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Every little bit counts

When millions of supporters shop at smile.amazon.com, charitable donations quickly add up.



You have generated

\$8.37

as of January 29, 2019



Your current charity
United Ostomy Association of America Inc
has received

\$70.45

as of October 2018

Your current charity

[Change charity](#)

United Ostomy Association of America
Inc

Location: Coralville, IA

Support your favorite charity at no extra cost when
you shop at smile.amazon.com.

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DONATE PET SUPPLIES

Explore Charity Lists



Are you an online shopper? Specifically - are you an Amazon shopper? Did you know that you can help support our support group by changing the way you shop on Amazon? By simply using smile.amazon.com you too can make a difference. Once you login with this link - all you have to do is a one-time setup for donations to go to United Ostomy Association of America - located in Coralville, IA. The site works exactly like the normal Amazon site. Please consider making this small change and add to the donations you see above.

Officers of the Cedar Rapids / Iowa City Area Ostomy Support Group

Gina Carlile, Support Group Coordinator

Vicki Kee, Treasurer

Newsletter Editor

PO Box 5227

New Ostomate Support Visitor

Coralville, IA 52241



Upcoming Meeting Info

Saturday, April 6, 2019

Ostomy Education Day @ 8:30 am
Covenant Medical Center, Waterloo
Register at: ostedu@iowawocn.org
Gina will be going - can contact for carpool options

Thursday, April 11, 2019

Support Group Meeting @ 6:30 pm
St Luke's, Cedar Rapids. Schwarts B & C (note different location due to cafeteria remodel)

Tuesday, May 14, 2019

Support Group Meeting @ 6:30 pm
University of Iowa, Iowa River Landing - Ask at desk for room.

Thursday, June 20, 2019

Support Group Meeting @ 6:30 pm
Mercy, Iowa City - In basement of Medical Professional building across street.
Signs will be posted.

Tuesday, Aug 20, 2019

Support Group Meeting @ 6:30 pm
Mercy Cedar Rapids - Meet in Training Room B. Park in the ramp at the east end, and enter the main doors by the Gift Shop. Take elevator to lower level.

Tuesday, Sept 10, 2019

Support Group Meeting @ 6:30 pm
University of Iowa, Iowa River Landing - Ask at desk for room.

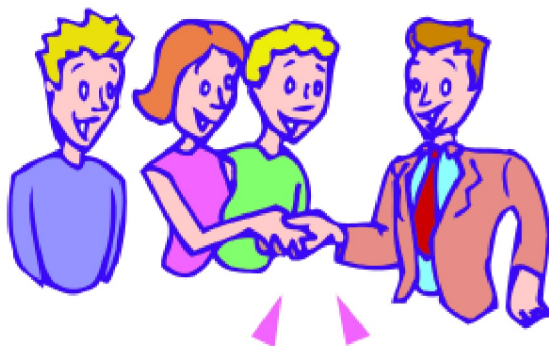
Tuesday, October 10, 2019

Support Group Meeting @ 6:30 pm
St Luke's Cedar Rapids Room 163 behind gift shop.

December 2019

Holiday Party - all info TBD

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 canceled because of inclement weather but don't have access to email, just give the group number 319-775-0175 a call to find out the status of the meeting.



The Grateful Patient Project

www.gratefulpatient.org

Grateful patients share the same heart—and it doesn't take long for them to find one another. As it turns out, the rhythm of gratitude is easy to hear. So, when grateful patient and ex-NFL kicker, Rolf Benirschke, teamed up with grateful patient, HundredX founder Rob Pace, and put their hearts and their heads together, the Grateful Patient Project was born.

After surviving life-threatening illnesses, both Rolf and Rob emerged as different men with a single purpose—to encourage others. Rolf's heart for patients led him to co-found Legacy Health Strategies, a patient engagement company, and Rob's work at Goldman Sachs coupled with his tenure at the Salvation Army led him to create HundredX, a company focused on using technology to "listen" and encourage millions of people, both customers and employees.

The mission of The Grateful Patient Project is threefold:

- Create a community of passionate patients, who want to express their gratitude to their families and caregivers along with the medical professionals/researchers who cared for them, often in the face of life-threatening medical challenges.
- Harness the collective voice of thousands of grateful patients to ensure favorable patient outcomes stay at the forefront of legislative efforts.
- Share patient-to-patient stories that will provide hope and encouragement.

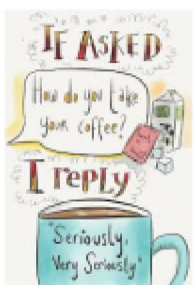


We believe that every patient story is unique and valuable and precious. It is our dream to transform these inspiring stories into action that will change the face of medical care and bolster the spirits of everyone who is dedicated to helping a grateful patient. We can be a powerful force for spreading gratitude and hope into many, many lives in the future.

For more information or to share your story visit www.gratefulpatient.org/

You Know You are Living in 2019 when...

1. You accidentally enter your PIN on the microwave.
2. You haven't played solitaire with real cards in years.
3. You have a list of 15 phone numbers to reach your family of three.
4. You e-mail the person who works at the desk next to you.
5. Your reason for not staying in touch with friends and family is that they don't have e-mail addresses.
6. You pull up in your own driveway and use your cell phone to see if anyone is home to help you carry in the groceries.
7. Every commercial on television has a website at the bottom of the screen.
8. Leaving the house without your cell phone, which you didn't even have the first 20 or 30 (or 60) years of your life, is now a cause for panic and you turn around to go and get it!
10. You get up in the morning and go online before getting your coffee.
11. You start tilting your head sideways to smile :)
12. You're reading this and nodding and laughing.
13. Even worse, you know exactly to whom you are going to forward this message.
14. You are too busy to notice there was no #9 on this list.
15. You actually scrolled back up to check that there wasn't a #9 on this list.



10 "stoma-licious" reasons why I'll always love my ostomy.

LAURA ZAPPULLA, FEB 16, 2019 via Stoma-licious.

Whilst having a stoma might have its challenges and take a bit of getting used to, for me, it's truly a blessing and has given me back so much. Here are just a few reasons why my life is great with an ostomy.

- 1. FREEDOM!** No longer are bathrooms the first thing I scope out when going places. I can do all the things I love without fear of having an accident as I did living with Crohn's disease. My sense of freedom returned after getting an ileostomy and I began doing all my favorite things: travel, concerts, road trips, long walks, shopping, eating out... it all became so much easier.
- 2. I can literally poo anywhere.** I love the fact that I can "go" anywhere with my ostomy bag; on the train, sitting at my desk at work, sleeping, hiking — even midway through a conversation, ha-ha. And unless my stoma decides to get a little noisy, usually no one is the wiser!
- 3. Having a stoma means LESS of so many things that I want less of.** Not many doctors or hospital visits. Hardly any medication, side effects or pain. Seldom worry, anxiety, or stress. Less of these things means MORE of the good stuff. More independence, energy, money in the bank, confidence, and more time to spend doing the things I love.
- 4. A new companion.** My stoma is there for me through thick and thin — with me always and everywhere. I care for it, talk to it, and protect it. I refer to my stoma as my "little buddy."
- 5. A healthier and happier life.** Ostomy surgery was lifesaving for me. Having a stoma can be a difficult adjustment at first, but it's led to a significant improvement in my quality of life. Being healthy definitely contributes to my happiness (and vice versa).
- 6. A greater understanding of personal values.** Most of us with a stoma have been through some extremely life-changing experiences. I've personally done a lot of soul searching since becoming an ostomate. I'm grateful to be alive and value the little things that bring me joy.
- 7. An excuse to eat jelly beans.** Attention all ostomates — we have the perfect excuse to eat lots of jelly beans! Though there might be healthier foods I eat to help slow down output - like peanut butter, bananas, rice pudding, pretzels, yogurt, and mashed potatoes - jelly beans are my favorite.
- 8. More appreciation for my relationships.** Living with an ostomy since 2015 has helped me reassess my priorities and figure out what's truly important in my life. I now have stronger relationships and closer connections with the people in my life.
- 9. Connecting with like-minded people.** I had the absolute pleasure of attending my very first Purple Wings Charity event since moving from Australia to London. For those who don't know about Purple Wings, their vision is to help those with inflammatory bowel disease and ostomies regain confidence and self-esteem. Sharing mutual goals with others creates a bond that lasts a lifetime.
- 10. STOMA-LICIOUS was born!** An incredibly important and personally significant reason is that I started a blog called Stomalicious on May 19, 2015 to coincide with World IBD Day and raise awareness about ostomies.



THE ROOT OF THE WORD COURAGE IS COR—THE LATIN WORD FOR HEART. IN ONE OF ITS EARLIEST FORMS, THE WORD COURAGE HAD A VERY DIFFERENT DEFINITION THAN IT DOES TODAY. COURAGE ORIGINALLY MEANT "TO SPEAK ONE'S MIND BY TELLING ALL ONE'S HEART." OVER TIME, THIS DEFINITION HAS CHANGED, AND TODAY, COURAGE IS MORE SYNONYMOUS WITH BEING HEROIC. HEROICS IS IMPORTANT AND WE CERTAINLY NEED HEROES, BUT I THINK WE'VE LOST TOUCH WITH THE IDEA THAT SPEAKING HONESTLY AND OPENLY ABOUT WHO WE ARE, ABOUT WHAT WE'RE FEELING, AND ABOUT OUR EXPERIENCES (GOOD AND BAD) IS THE DEFINITION OF COURAGE. HEROICS IS OFTEN ABOUT PUTTING OUR LIFE ON THE LINE. ORDINARY COURAGE IS ABOUT PUTTING OUR VULNERABILITY ON THE LINE. IN TODAY'S WORLD THAT'S PRETTY EXTRAORDINARY.

THE GIFTS OF IMPERFECTION
Brené Brown

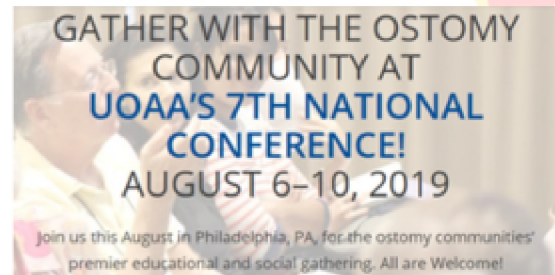
A Nurse Invented That?

Sources: Medscape.com/nurses, guideservicedanmark.dk

Inventiveness, Ingenuity, and Innovation in Nurses. This should surprise no one. Who else but a nurse, most likely the person responsible for cleaning the patient, would come up with a practical and sanitary method for containing fecal matter expelled from an uncovered stoma? Before this innovation, after ostomy surgery, patients were typically sent home to fend for themselves. Available collection devices were cumbersome and unsanitary. Typically held in place by straps encircling the abdomen, these devices failed to effectively contain the fecal matter or the odor it produced.

Elise Sørensen, a Danish nurse, had come across many patients with a colostomy, including her own sister who had the surgery at the age of 32. Elise was determined to find a remedy which could help the patients who encountered many problems when dealing with a colostomy. In 1954 Elise Sørensen obtained patent on an ostomy pouch, which was very similar to the one we know today. The ostomy pouch was liquid tight, made of a thin elastic material, hermetically sealed and clinged to the skin surrounding the stomal orifice. Following several refusals, Elise Sørensen contacted the plastic manufacturer Aage Louis-Hansen from Dansk Plastic Emballage to put the ostomy pouch in production. Aage Louis-Hansen's wife Johanne Louis-Hansen was also a nurse and therefore knew the problems which many of the colostomy patients were facing. She could see the potential in the ostomy pouch and convinced her husband to put them in production. Elise Sørensen and her sister showed up at the factory and in collaboration with the foreman they began to produce the first pouches. These were hand made and then tested by Elise's sister. The result was so good that after a short while Elise asked the factory to produce more pouches. The foreman made 952 pouches, which Elise gave to colleagues and patients to try-out.

The demand grew rapidly and in 1955 Elise Sørensen and Aage-Louis Hansen signed a license agreement, which gave Elise 7 øre (approx. 2¢) for each ostomy pouch and a great deal of the production was sold abroad. In 1963 Elise was elected nurse of the year by The Danish Nurses' Organization. The company Coloplast, which has its headquarters in Humlebæk north of Copenhagen, was founded in 1957 on the basis of this ostomy pouch production. Today Coloplast is a world-wide company with more than 7000 employees



For More Info visit: <https://www.ostomy.org/2019-uoa-national-conference/>.

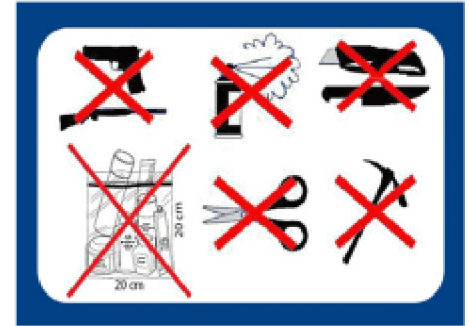
Enjoy a trouble-free transit with these travel tips.

If you're traveling by airplane, car, bus, train, or cruise ship, you might be stressed about your ostomy needs during the trip. Don't worry. With a little preparation, everything can go smoothly.

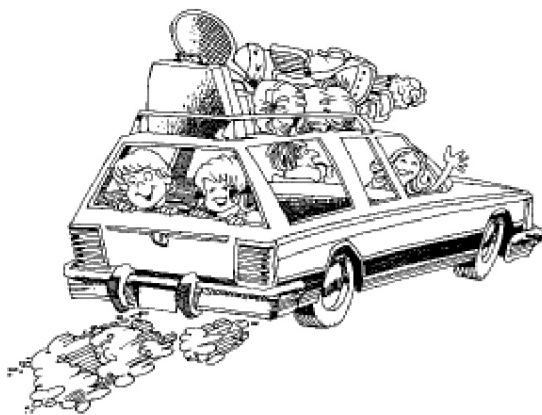
It's also a good idea to start with short trips away from home to build up your confidence. Once you're reassured that your pouching system stays secure during normal day-to-day activities, you can start to venture farther.

Here are a few tips to help you be fully prepared and comfortable, no matter how you travel.

- **Luggage weight limits:** Are you traveling by air with a lot of supplies? Check with your airline and your country's federal travel agency (e.g., the Transportation Security Administration in the United States) for the luggage weight limit. Weigh the luggage before you go. It may be helpful to use a portable luggage scale. If you're over the limit, check to see if your airline has a special allowance for medical supplies.
- **Forbidden items:** The International Air Transport Association (IATA) forbids dangerous items on board airplanes. For example, ether, methylated spirits, or flammable aerosol adhesives and removers are considered fire hazards. Scissors also may not be allowed in carry-on luggage - check with your airline or pre-cut all of your skin barriers before traveling.
- **Pre-boarding security checks:** At airports, your carry-on luggage will be inspected at the security baggage check before boarding. If you have medications, get a card from your healthcare professional that explains why you need them. Some countries do not allow certain medications, such as codeine, to cross their borders. A travel communications card from an ostomy association in your country may also be available. United Ostomy Associations of America (UOAA) offers a travel card to help you be ready for searches or checkpoint questions.
- **Using airplane toilets:** During a long flight, there can be long lines for toilets, especially after meals. Be alert for a chance to use the toilet when most people are in their seats. It's also a good idea to request a seat near a toilet.
- **Car travel:** Your car seat belt should sit across your hip bone and pelvis, not your abdomen and stoma. If you want to give your stoma extra protection from the strap, you can buy a seat belt pad. You can also use an extension bracket to lower the angle of the belt across your body.
- **Cruising with a stoma:** Are you worried about taking a river, lake, or ocean cruise? Don't be. If you'll be away from land for a few days or more, just pack double the supplies you need. Plus, follow these simple precautions and you'll have a trouble-free voyage.



View or print the full PDF booklet [Living with an Ostomy: Travel](#) from [Hollister.com](#).



Looking for information on ostomy products or ostomy related organizations? Contact information below

Major Manufacturers

Manufacturers are the companies that make each type of ostomy supply. Most have an ostomy nurse on staff to answer your questions about products. Call or go to their website for free samples!

Coloplast	888-726-7872	www.coloplast.us
ConvaTec	800-422-8811	www.convatec.com
CyMed	800-582-0707	www.cymed-ostomy.com
Hollister	800-323-4060	www.hollister.com/us
Marlen	800-321-0591	(via Edgepark)
Marlen	216-292-7060	www.marlenmfg.com (directly)
Nu Hope	800-899-5017	www.nu-hope.com

Suppliers

They will send a free catalog featuring many brands of ostomy supplies. Suppliers stock all type of supplies from each manufacturer. This is a great way to compare different manufacturer's 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/ostomy
SGV Medical	800-395-6099	www.sgvmedical.com

Organizations

Great resources outside of our local chapter for ostomy related questions.

American Cancer Society	800-227-2345	www.cancer.org
Crohn's & Colitis Foundation	800-343-3637	www.ccfa.org
Friends of Ostomates Worldwide-USA	Donate unused supplies	www.fowusa.org
Osto Group - free product for the uninsured	877-678-6690	www.ostogroup.org
United Ostomy Associations of America	800-826-0826	www.ostomy.org
Wound, Ostomy and Continence Nurses Society	800-224-9626	www.wocn.org