

Affiliated
with...



SHORT CIRCUIT

Cedar Rapids / Iowa City Area Ostomy Support Group #171, Inc. — an affiliate of UOAA, Inc.
Our 51st Year! Serving Ostomates of Eastern Iowa since 1972 www.iowaostomy.org April 2023

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
- 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 visit their website www.ostomy.org.

From the Coordinator:

Hello everyone!

I was so excited to be able to meet in person in February but the weather had other ideas. Then March went out like a lion. I sure hope everyone is ok. A tornado did touch down in Coralville on March 31st, doing some damage to portions of the city. It touched down just a couple blocks from me - but praise God our property was not damaged. Let's hope this isn't the start to a very destructive spring/summer storm season.



Unfortunately I spoke to St Luke's nurses and we are not able to meet in person at the hospital for April. I have spoken with a rep from Stealth Belt to do a presentation because they have a hernia belt I would like to see. Of course they will show other things - but I asked for them to focus on the hernia one.

I put info out last newsletter (and this) about wanting to have some sponsorship for my trip to the National Conference. We have a couple meetings to go before a decision needs made. I will make sure to get some details about funds we have in our account. Most of it has come from selling of supply donations I receive and then post/sell on eBay.

Thank you to all that send dues into Vickie. Final reminder to do so for 2023. I know I haven't - but I definitely will be getting those to her. Info is on page 2 of the newsletter for address to send them to. \$10 for membership and an added \$10 if you are still receiving newsletters by mail. You can make checks out to the support group. If it's easier please contact me and we can work out paying through PayPal.

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
319-368-5582

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!

One-year subscription \$29.95 Two-years for \$49.95

Payable to: The Phoenix magazine, P.O. Box 3605, Mission Viejo, CA 92690

Name _____

Address _____

Apt/Suite _____

City _____

State _____

Zip _____

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

The screenshot shows the iGive.com website interface. At the top, the iGive.com logo is on the left, and the slogan "You Shop. Your Charity Gets Money. For Free.™" is on the right. Below the logo is a navigation menu with links: Home, Search Stores/Web, My Stores, Stats, Cause, Tell a Friend, Settings, All Stores, Promote Your Cause, and Logout. The main content area features a personalized welcome message: "Welcome back Gina!" with a "Remember to save your favorite stores!" prompt and a "\$39.29" value. To the right, it says "YOU'RE SUPPORTING (DONOR)" and lists "CEDAR RAPIDS/IOWA CITY AREA OSTOMY SUPPORT GROUP". A search bar is visible with the text "Search for iGive Stores". A prominent banner reads "\$5 New Member Shopping Bonus!" with the text "Recruit friends to support Cedar Rapids/Iowa City Area Ostomy Support Group, when they join today and make their first purchase within 30 days they'll earn a \$5 bonus!". The background of the banner shows two people, a woman and a man, looking at a potted plant.

Are you an online shopper? Consider creating an account with iGive.com and setting up to link to the support group. For your computer browser, you can then download the iGive button located at the bottom of the website. Then every time you're at a store supported by iGive you'll be alerted that a donation will be made to the support group. Prefer mobile apps? Also at the bottom of the webpage there is a mobile app option to be able to download as well.

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

Thursday, April 20, 2023

VIRTUAL ONLY: Support Group Meeting @ 6:30 pm
UnityPoint Health - St Luke's WOCNs in attendance
PRESENTER: Stealth Belt (specifically hernia belts)

Tuesday, May 16, 2023

Support Group Meeting @ 6:30pm
University Iowa - Iowa River Landing
TENTATIVE: Trying to book Hollister rep

Thursday, June 22, 2023

Support Group Meeting @ 6:30pm
Mercy Iowa City

Tuesday, August 22, 2023

Support Group Meeting @ 6:30 pm
Mercy Hospital - Cedar Rapids Location TBD

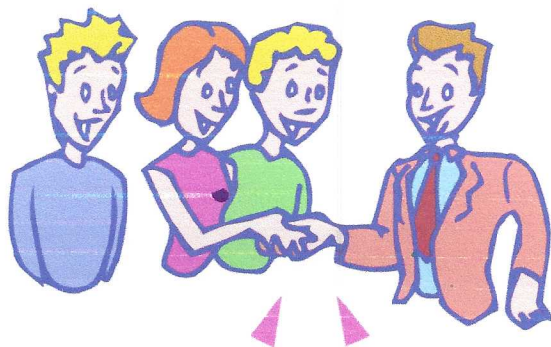
Thursday, September 14, 2023

Support Group Meeting @ 6:30pm
University Iowa - Iowa River Landing

Thursday, October 19, 2023

Support Group Meeting @ 6:30 pm
UnityPoint Health - St Luke's Campus - Cedar Rapids
Room 163 Behind Gift Shop

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.



Zoom Meeting Info

April Support Group Meeting

Time: Apr 20, 2023 06:30 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/6129562604?pwd=TKdJVXFMSEwrMHp3S61HT2J1Q2Mydz09>

Meeting ID: 612 956 2604

Passcode: 623449

One tap mobile

+16468769923,,6129562604#,,,,*623449# US (New York)

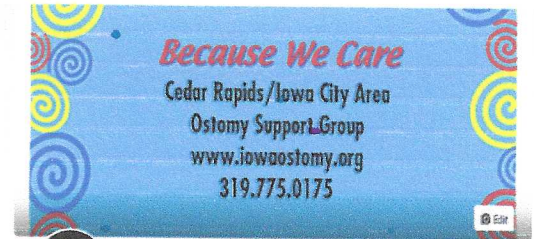
+16469313860,,6129562604#,,,,*623449# US

Dial In phone: 1 646 876 9923

Meeting ID: 612 956 2604

Passcode: 623449

Find your local number: <https://us06web.zoom.us/j/6129562604?pwd=TKdJVXFMSEwrMHp3S61HT2J1Q2Mydz09>



Cedar Rapids/Iowa City Area
Ostomy Support Group

iowaostomy Nonprofit Organization

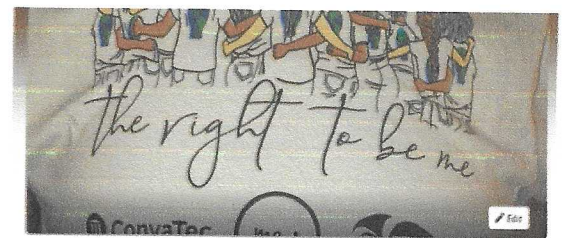
Edit Contact us

FIND US ON FACEBOOK

ABOVE IS FB page to like (friends can see you like this)
<https://www.facebook.com/iowaostomy>

BELOW IS FB group managed by me (Gina - and as a private group nobody will see you're a member or anything you post)

<https://www.facebook.com/groups/EasternIowaOstomySupportGroup>



Eastern Iowa Ostomy Support
Group

100 people · 64 members

Ostomy 101 Mobile App

Free on IOS & Android Devices - scan barcode for app

- Ostomy Surgeries Explained
- Clinician led Ostomy Education Videos in English & Spanish for Adult & Pediatric
- Free New Patient Classes
- Telemedicine Appointments with a Certified Ostomy Nurse (WOCN)
- Ostomy Lifestyle Videos, Blogs & Podcasts
- Free Manufacturer Samples & Coupons
- Ostomy Pouches & Accessories
- Free Recovery Programs
- Free Virtual Support Groups, Classes & Events
- More!



TRAVELING WITH AN OSTOMY

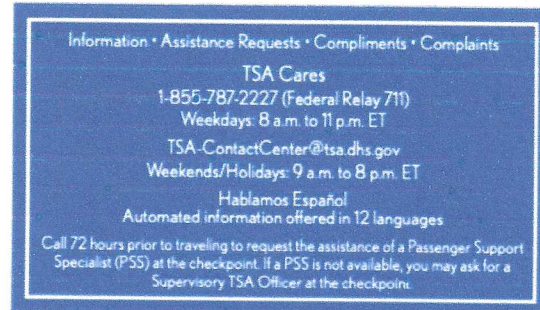
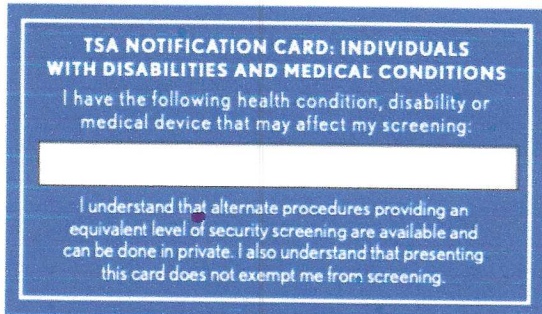
Via: UOAA articles and ConvaTec

Since extra security precautions are still being taken at airports and other transit hubs worldwide, a little pre-planning and understanding of both security rules and your right to privacy can help you avoid problems in transit and enjoy your travels.

TSA officers should NOT ask you to show your pouch—you may be asked to rub over your pouch outside your clothing so they can test your hand to rule out explosive residue. In particular, remember that all airport screenings must be conducted with courtesy, dignity and respect. You may request screening in a private area at all U.S. airports and most international destinations. If you encountered treatment outside of TSA protocol you can file a complaint, (please copy UOAA's volunteer TSA Liaison gfsalamy@comcast.net)

A few additional tips to keep you on the go:

- Carry a statement from your healthcare professional stating your need for ostomy supplies AS WELL AS a Travel Communications Card (which can be found at: https://www.ostomy.org/wp-content/uploads/2023/01/travelcard_20230111.pdf)



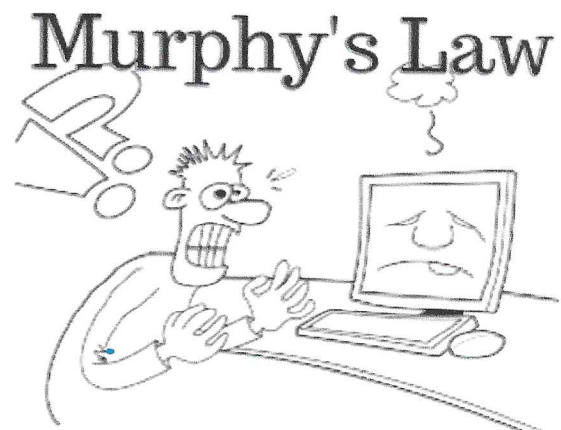
- If you are traveling to a foreign country, bring this information written in the appropriate language. Google Translate may be helpful with translations. If you find you need additional supplies while traveling, a local pharmacy is a great starting point. The local pharmacist should be able to provide you with the necessary supplies and/or refer you to a local clinic/hospital for support.
- Pre-cut all cut-to-fit barriers at home. Although current United States Transportation Safety Administration (TSA) rules allow curved point scissors with blades less than 4" in length in your carry-on luggage, keeping your ostomy scissors in your checked luggage may avoid delay and extra screening
- Consider purchasing travel insurance that guarantees getting you to a hospital, if necessary.
- When it comes to supplies, OVERPACK! Better safe than sorry. Pack at least three days' worth of ostomy supplies in your carry-on luggage, just in case your checked luggage is misplaced or there are delays and/or non-availability at your destination.
- Drink, drink, drink. Nothing slows down a vacation more than dehydration.
- If traveling by car, take advantage of rest areas. Stop and empty your pouch regularly; you never know how far it will be until the next one!
- Pack ostomy-friendly snacks.
- Keep a set of clean clothes handy whether in your carry-on luggage or in the trunk of your car.
- Carry a few plastic bags and wet wipes for quick clean-up.

The idea of taking long trips with an ostomy can seem daunting. But with a little extra preparation, you can enjoy the trip of a lifetime.

Murphy's Law (as written by real nurses)

Via: Ostomy Association of North Central Oklahoma

- The amount of clean linen available is inversely proportional to your immediate needs.
- The more confused and impulsive a patient is, the less chance there is for a family member or friend to sit with the patient.
- The patient furthest away from the nurses' station rings the call bell more often than the patient nearest to the nurses' station.
- The doctor with the worst handwriting and most original use of the English Language will be responsible for your most critical patient.
- If a patient needs four pills, the packet will contain three.
- As soon as you finish a thirty-minute dressing, the doctor will come in and take a look at the wound.
- The number of staff to be found on the ward is inversely proportional to the scale of the emergency.
- You can please some of the patients all of the time, and all of the patients some of the time, but you just can't please the family.



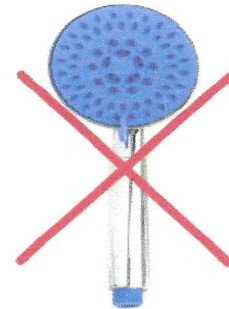
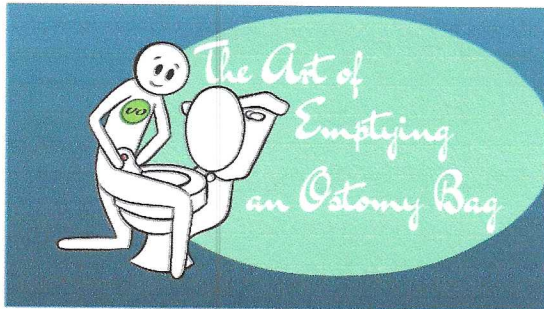
Keeping Your Pouch Odor Proof

by Victor Alterescu, WOCN; via Tucson (AZ) The Courier

First of all, keep in mind that the pouches we use today, unlike in the past, are made of odor proof material. Rinsing a pouch out each time it is emptied is primarily a waste of time. For one thing, it takes longer to empty the pouch and you need more materials around you. You also may leave more foul smelling gas in the room since the pouch is kept open longer. The water, especially if it is warm, may open the pores of the pouch material and encourage odor permeation. Also, rinsing can affect the seal of your adhesive.

Rinsing a pouch after each emptying serves only an esthetic purpose; the interior of the pouch may be clean but it does not serve a functional purpose. Frankly, it does not matter whether the interior of your pouch is clean any more than it matters if the interior of your colon is clean. The pouch is replacing an organ of storage, the colon and/or rectum. Prior to surgery when you had a bowel movement did you wash your rectum when you were done? I think not!

The most important portion of the pouch that should be cleaned very thoroughly is the end of the drainable pouch. Rinsing the interior can only increase permeation but cleaning the exterior neck will avoid any odor that may be present as a result of having fecal residue on the end of the pouch. Therefore, I often recommend that a person carry an alcohol wipe (individually wrapped in foil) to clean the tip of the pouch. The pouch is emptied, the toilet flushed immediately, and the lower portion of the exterior pouch cleansed with toilet tissue and alcohol, disposing of it as you would a soiled paper towel.



Stop Social Security-related Scams

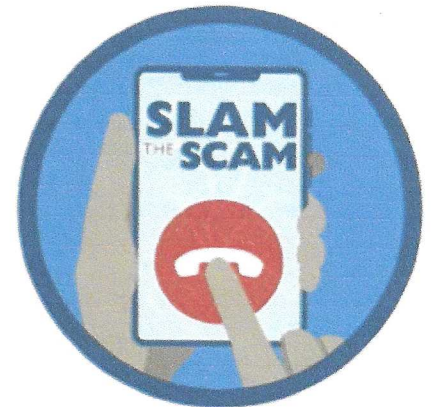
from US Social Security Administration

On National Slam the Scam Day and throughout the year, we give you the tools to recognize Social Security-related scams and stop scammers from stealing your money and personal information. Share scam information with your loved ones. Slam the Scam!

National Slam the Scam Day
March 9, 2023

Recognize the four basic signs of a scam:

1. Scammers **PRETEND** to be from a familiar organization or agency, like the Social Security Administration. They may email attachments with official-looking logos, seals, signatures, or pictures of employee credentials.
2. Scammers mention a **PROBLEM** or a prize. They may say your Social Security number was involved in a crime or ask for personal information to process a benefit increase.
3. Scammers **PRESSURE** you to act immediately. They may threaten you with arrest or legal action.
4. Scammers tell you to **PAY** using a gift card, prepaid debit card, cryptocurrency, wire or money transfer, or by mailing cash. They may also tell you to transfer your money to a "safe" account.



Ignore scammers and report criminal behavior. Report Social Security-related scams to the SSA Office of the Inspector General (OIG).

Visit www.ssa.gov/scam for more information and follow SSA OIG on Facebook, Twitter, and LinkedIn to stay up to date on the latest scam tactics. Repost #SlamtheScam information on social media to keep your friends and family safe.

United Ostomy Associations of America
8th NATIONAL CONFERENCE
2023
HOUSTON
TEXAS
Embracing New Frontiers
August 10-12, 2023

You're invited to "Discover Your People"



Royal Sonesta Houston Galleria
2212 West Loop South, Houston, TX 77027
Hotel Reservations: 855-463-3091
Room Block "2023 UOAA National Conference"

- Ask Questions of Top Ostomy Experts
- Inspirational Speakers
- Free Stoma Clinic
- Product Exhibit Hall with 35+ Vendors
- Surgery Specific Meet & Greets
- Young Adult and Pediatric Workshops
- Fun Social Events and Activities
- Dedicated Sessions for Caregivers
- IBD & Crohn's Disease Program

National Sponsors to date:



Visit www.ostomy.org/2023Conference for continued updates. Registration opens 1/1/2023

When I became an ostomate in 2014 finding this group was one of the best things I did. I went to my first and only conference in St Louis in 2015. I had a great time and made some great contacts.

I would love to go again to TX. I would be trilled if you would allow me to use some of the funds that have been raised over the last 4 or 5 years from the selling of donated supplies. This would mainly be for gas there and back. I plan to drive the camper because I have 3 pups that will be coming with me. Plus my husband as we will probably make it a vacation as well.

I will get more details in the following months, including money raised from the sale of supplies, gas estimate there/back, anything else you would like to know. So if you have questions - please ask.

Preparing for a Disaster with an Ostomy

Via: UOAA articles and ConvaTec

Whether you are living in an area often affected by natural disasters or not, it is important to plan ahead if you are living with an ostomy. These tips may help you to feel more confident in the event of a disaster or severe weather, like a hurricane or winter weather event.

The Federal Emergency Management Agency (FEMA) suggests that if you take medicine or use medical supplies on a daily basis, be sure you have what you need on hand to make it on your own in the event of an unexpected shelter in place. <https://www.fema.gov/faq/medications-emergency-kit>

If you don't already use a moldable skin barrier, consider sampling one now. In the event you do not have access to scissors, moldable skin barriers may be easier to manage when displaced from your home. Check out and sample the Esteem One-Piece Moldable.

Keep a copy of your prescriptions, dosage or treatment information, specific order number and name of ostomy products used, healthcare provider contact information and medical insurance information with your emergency supplies.

Hydration is important. If you have advance notice of a potential disaster situation, make sure you have enough clean drinking water on hand for at least three days. If you do not have advance notice, consider water sanitation devices available from camping or outdoor equipment retailers.

If possible with your personal dietary needs, find some non-perishable, ostomy-friendly foods to keep with your emergency supplies. For suggestions on what foods may work for you, [read more diet information here](#) or consult with your healthcare provider.

Disposable cleansing wipes may be helpful if your normal pouch change routine is altered due to lack of clean water. Consider keeping these with your emergency medical supplies.

Review your emergency preparedness plan with your family and friends. Having a support system in the event of a disaster may increase your confidence in handling various situations.

If you are living with an ostomy and still have questions about preparing for a disaster, consult with your healthcare professional. If you have additional ostomy information questions, need support and resources, contact the ConvaTec me+ team at 1-800-422-8811 or by email at cic@convatec.com.

Editor's note: This educational article is from a UOAA digital sponsor, ConvaTec Sponsor support helps to maintain our website www.ostomy.org and the free trusted resources of UOAA, a 501(c)(3) nonprofit organization.

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	888-808-7456	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