



# SHORT CIRCUIT

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[www.iowaostomy.org](http://www.iowaostomy.org)

*Our 43rd Year!* Serving Ostomates of Eastern Iowa since 1972

Oct 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](http://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](http://www.ostomy.org).

*“Seize the Opportunity”*



## Happy Halloween

## From our Coordinator...

Many changes are in store for our support group—and they are not spooky, and have nothing to do with ghosts or pumpkins!

Here are just a few things we will chat about at the next meeting, Thursday, October 22nd at St. Luke's/Unity Point Hospital in Cedar Rapids:

- Our website is being re-designed and updated. We are looking for ideas on what information to include that will be the most helpful to new and experienced ostomates.
- Our Facebook page has been updated, and we have regular posts on our page. Gina has done a spectacular job with this. She posts messages which are positive and uplifting to ostomates. Ideas for the FB page are always welcome.
- Changes in leadership are coming! I'm especially happy about that. More information to come at our next meeting.
- We've been talking, and will continue to discuss ways to reach out to new ostomates. Sometimes it's hard for them to find our group.
- A sub-committee group has formed to discuss and implement some of the ideas that Gina gathered from the UOAA conference she attended in September this year. They are: Darrin U., Beth K., Bonnie L., Vicki, Gina and myself. Please contact any of us if you have suggestions and ideas.

At our September meeting at Iowa River Landing clinic, we heard a report from Laura Phearman about last summer's Youth Rally. There were 144 kids and 45 counselors who attended the week long camp. Seventeen nurses, including Laura, volunteered their time. Six of the campers were from Iowa, as were four of the nurses and one counselor.

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

Laura showed us photos of the campers and mentioned a quilt raffle fund raiser that will be held soon.

Also at the September meeting Gina handed out samples of new products she saw at the conference. Any items not taken at that meeting will be brought to the next meeting and given to anyone interested.

Pat Pezzella, a WOCN at the Iowa River Landing, talked to the group about wound healing, and said that a wound “remodels” for up to 2 years after surgery. Ostomies are included in that statement.

Gina mentioned that other support groups in the UOAA have used Skype and Facetime to do ostomy visits. For those of you who’ve never heard of Skype or Facetime, it is a way of making a phone call to a person, but has the ability to add video so you can see the caller, and the caller can see you. Many large companies use this method to interview people they are thinking of hiring, so I guess the technology was bound to filter down to the world of ostomates. I personally like to use Facetime to call my grandkids, so I can see them while they are talking to me. I think that’s the BEST use of that particular technology!

Note that this is a short newsletter—the articles we print are supplied by the UOAA, and they have not sent new ones in the last month. If you run across items of interest to your fellow ostomates, please forward to me, or let me know where I can get them. Happy Halloween!

*Carol Haack*

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](http://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](http://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.

### **Holiday Meeting - Saturday, Dec 5th, 1:00 pm**

The December meeting will again be held at Ryan’s Buffet, 230 Collins Rd NE, Cedar Rapids. The phone number at Ryan’s is 319-377-9722. We’ll meet at 1:00 pm and enjoy lunch together.

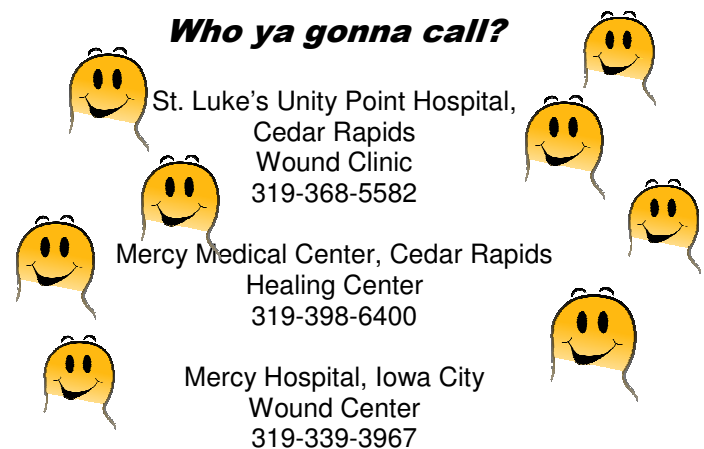
*Each person should order and pay for their food, and we’ll eat together in their party room.*

We’ll have a short business meeting after dinner, and then it’s time for fun! You’ll have a chance to decorate an “ostomy stocking”. If you would like to participate in a gift exchange, bring a wrapped gift. The gift can be ostomy related or not — whatever you think your fellow ostomates would “love” to receive (the funnier, the better).

As always, family and friends are welcome to join us—the activities are appropriate for any age.

*Ho! Ho! Ho!*

### **Who ya gonna call?**



St. Luke’s Unity Point Hospital,  
Cedar Rapids  
Wound Clinic  
319-368-5582

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

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

**Officers** of the Cedar Rapids / Iowa City Area Ostomy Support Group  
[info@iowaostomy.org](mailto: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 2015-2016



- Thursday, Oct. 22, 2015 6:30 pm **Support Group meeting** St. Luke's Hospital, Cedar Rapids. Room 163, just behind the gift shop on the main level. Free parking in the ramp at the west end by the emergency room. Or, use the free valet parking at the same location by the revolving door.
- Saturday, Dec. 5, 2015. 1:00 pm **Support Group meeting** and Holiday party. Plan to join us for our annual holiday party and meeting at Ryan's Buffet on Collins Rd in Cedar Rapids. Family and friends are always welcome to join us.
- Thursday, Feb. 11, 2016 6:30 pm **Support Group meeting** Mercy Medical Center in 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.
- Saturday, Apr. 16, 2016 **Ostomy Education Day** Sponsored by Iowa WOCN, Davenport.
- Tuesday, Apr. 19, 2016 **Support Group meeting** St. Luke's Unity Point Hospital in Cedar Rapids.
- Tuesday, May 17, 2016 **Support Group meeting** UIHC Iowa River Landing clinic in Coralville.
- Tuesday, Jun. 16, 2016 **Support Group meeting** Mercy Medical Plaza in Iowa City
- Thursday, Aug. 18, 2016 **Support Group meeting** Mercy Medical Center in Cedar Rapids.
- Tuesday, Sept. 20, 2016 **Support Group meeting** UIHC Iowa River Landing clinic in Coralville.
- Tuesday, Oct. 18, 2016 **Support Group meeting** St. Luke's Unity Point Hospital in 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](http://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	<a href="http://www.us.coloplast.com">www.us.coloplast.com</a>
ConvaTec	800-422-8811	<a href="http://www.convatec.com">www.convatec.com</a>
CyMed	800-582-0707	<a href="http://www.cymed-ostomy.com">www.cymed-ostomy.com</a>
Hollister	800-323-4060	<a href="http://www.hollister.com">www.hollister.com</a>
Marlen	800-321-0591	<a href="http://www.marlenmfg.com">www.marlenmfg.com</a>
Nu Hope	800-899-5017	<a href="http://www.nu-hope.com">www.nu-hope.com</a>

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

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

**United Ostomy Associations of America**  
800-826-0826 [www.ostomy.org](http://www.ostomy.org)

**Wound, Ostomy and Continence Nurses Society** 800-224-9626 [www.wocn.org](http://www.wocn.org)

**Friends of Ostomates Worldwide-USA**  
[www.fowusa.org](http://www.fowusa.org). Donate unused supplies.

**Osto Group** free product for the uninsured  
877-678-6690 [www.ostogroup.org](http://www.ostogroup.org)

**American Cancer Society**  
800-227-2345 [www.cancer.org](http://www.cancer.org)

**Crohn's & Colitis Foundation**  
800-343-3637 [www.cafa.org](http://www.cafa.org)

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



*Next meeting  
Thursday, October 22nd,  
6:30 pm. St Lukes/Unity  
Point Hospital, Cedar Rapids*