Short Circuit

Affiliate

Cedar Rapids/Iowa City Area

Ostomy Support Group #171

November/December 2015

‘cliff notes’ edition

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 319-775-0175 (powered by Google Voice), at [*www.iowaostomy.org*](http://www.iowaostomy.org)*,* or [click to find us](https://www.facebook.com/groups/EasternIowaOstomySupportGroup/) 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).

From Our Coordinator …

Hello everyone. I want to take the time to first say I hope everyone had a great Thanksgiving and to send the warmest holiday wishes for the rest of the year. This will be the last newsletter of 2015 so I also want to wish everyone a Happy New Year.

I want to tell you how excited I am to be transitioning into being the new coordinator. You will start to see some changes come 2016 so stay tuned for what I hope are some great changes. I hope to see the entire group work towards growing our membership and reaching out to people in need.

From our coordinator (continued) …

I also want to remind everyone of the upcoming Holiday Party. It will be held Saturday, December 5, 2015 at Ryan’s Steakhouse on Collins Road NE in Cedar Rapids. It is at 1pm. Please bring a small gift if you want to join in the gift exchange. Our next meeting after that will be Thursday, February 11, 2016 at Mercy Medical Center, ​2857 Mount Vernon Rd SE, Cedar Rapids. It will be in Training Room B.

Again, I want to wish everyone a safe and happy holiday season. There will be more from me and a newly designed newsletter come January 2016. I apologize for the shortened version for the last one of 2015 but during the transition from Carol to me, I do not have the same program and with the holidays have not gotten to learn a new program yet. I promise the January 2016 newsletter will have all the information the prior ones had.

Gina Carlile

Reducing Your Risk of Pneumonia via UOAA Update, September 2015

Although certain organisms are more contagious than others, it is unusual to “catch” pneumonia from someone else. You usually develop pneumonia because your own immunity is weakened. To fortify your natural resistance to pneumonia, get vaccinated – at least once after the age of 65, or sooner if your doctor recommends it due to your condition.

Also, because pneumonia can be a complication of the flu, getting a yearly flu shot helps to prevent pneumonia To help reduce your chances of pneumonia, do the following:

* Wash your hands. Your hands come into contact on a daily basis with germs that can cause pneumonia. Wash your hands frequently to decrease your exposure.
* Do not smoke. Smoking damages your lungs’ natural defenses against respiratory infections.
* Take care of yourself. Proper rest, diet and moderate exercise can help keep your immune system strong.

Although most cases of pneumonia do not prove fatal, you do not want to mistake pneumonia for a cold or flu and leave it untreated.