

Volume XLI Issue No. 8

October 2011



# Broward Beacon

Don't forget  
to set your  
clock back  
one hour!



**Next Meeting:**

**Sunday, November 6th, 2011: 1 p.m.**

**The Lueders**

**2100 South Ocean Drive #16M**

**Fort Lauderdale, FL 33316**

# Broward Ostomy Association



An affiliated chapter of the United Ostomy Associations of America.  
Our Vision ~ a society where people with ostomies are universally accepted and supported socially, economically, medically and psychologically.

[www.browardostomy.org](http://www.browardostomy.org)  
24 Hour Hotline (954) 537-0662

Shedding The Light Of Hope, Help, And Education For Ostomates Through Visitation & Rehabilitation. Published by the *Broward Ostomy Association*, a non-profit affiliated chapter of the *United Ostomy Associations of America* to aid Colostomates, Ileostomates and Urostomates.

**MEETINGS:** Held on the 1st Sunday of each month September through May and the second Sunday of June at 1:00 P.M. at the Memorial Regional Hospital, Main Auditorium, 3501 Johnson St., Hollywood. Directions: Exit I-95 at Hollywood Blvd. westbound. At 4th traffic light turn RIGHT (north) onto N 35th Avenue. Continue to second traffic light. Turn left following posted signs to Main Entrance. Free covered parking will be on your right and the Main Entrance will be on your left. The Main Auditorium is just off the main entrance lobby. A receptionist as well as security personnel are on duty to assist you.

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### **Broward Beacon**

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July and December by the  
Broward Ostomy Association  
c/o Lueder, 2100 S Ocean Dr #16M  
Ft. Lauderdale, FL 33316

# **Holiday Candlelight Buffet Dinner** **Sunday, December 4th, 2011 - 4:30 P.M.**

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**— Don Coleman, "BOOM Magazine"**

**Advance Reservations and Payment Required**

**Tickets available at our November Meeting or by mail**

**Donation \$10 per person ~ Amy's CD's will be available for purchase**

**Tickets available at Nov. Meeting or Mail Your Check to be received by Dec. 1st  
to: Treasurer Mr. H. Lynn Ward, 1704 N 32nd Ct, Hollywood, FL 33021-4427**

**White Elephant Grab Bag**

**Bring a gift for \$2 or under**

# Next Meeting:

**Sunday, November 6th, 2011**

**Refreshments, 1:00 p.m.**

**Chat 'n' Chew till 1:30 p.m.**

**Meeting: 1:30 p.m.**

I don't know how our program chairwoman Amy continues to do it but with the help of our cherished friends we will be having a fantastic program for you this November. Mr. Zeff Ross, who has been Senior VP and CEO of Memorial Regional Hospital since November of 2009 will be speaking to us on *Patients' Apprehension Assuaged with Confidence in the System*. What a great topic!

In addition to running Memorial Regional for the public health system, Mr. Ross oversees the Joe DiMaggio Children's Hospital which has just undergone a \$ 130 million expansion.

A respected leader who has navigated his staffs to receive many awards, Mr. Ross earned his B.S. in Psychology, Magna Cum Laude, from CUNY of Brooklyn College and his MBA in Hospital Administration from the City of NY Bernard M. Baruch College/Mt. Sinai School of Medicine, New York. Oh how I look forward to seeing you all there!

## President's Page

What a joy for Ren and me to be up in the North Carolina mountains, two weeks for me alone and then two additional weeks joined by Ren and my entire family. Our family owns three adjacent Swiss Chalet time-share units at mile marker 344 on the Blue Ridge Parkway, deep in the forest and a forty minute drive to the nearest grocery store. No need to even use the area code on the phone and our neighbors were deer, black bears out in full force, and lots of wild turkeys. The trees cooperated and turned beautiful colors and the temperatures were down in the 30's and 40's at night and only up in the 60's and low 70's during the day.

Each morning I would walk 2.4 miles on the upper nine holes of Mt. Mitchell Golf Course way before anyone arrived with their clubs. The South Toe River runs through the course and huge trout swam beneath the course bridges. Guess what we had for our 31st wedding anniversary dinner? Talk about fresh fish.

It was wonderfully refreshing but it's also very good to be back. Many thanks to Amy and all our wonderful volunteers for doing such a great job while I was away. Heard from several people that you had a great October meeting.

Unfortunately my stoma is still having disappearing act problems so I'm scheduled to have surgery with our wonderful Dr. Wodnicki Oct. 26th. Nurse Lea's promised to take good care of me and hopefully next time I see you I'll have a brand new functional stoma that doesn't demand constant attention. One of the goals of every ostomate is to be able to actually forget they ever had the surgery and I'm really looking forward to that possibility. Dr. Wodnicki thinks I'll be able to attend our November meeting so I look forward to seeing you all then.

The upside of all this is that I'll be able to write an article on the difference between living with a flush stoma and one that properly protrudes. There's nothing like first-hand experience.

All the best and as Tiny Tim would say, "G-d bless us all".

Love,

Wendy

## B.O.A. MINUTES

September 4, 2011



The September meeting began at 1:30 p.m. with over 55 members and guests in attendance. Betty read Ostomate's Prayer followed by President Wendy introducing the first time visitors. Among the first time guests were Richard's twin sister Linda, Joanne and her friend Carol, Joachim, Chaim, Nealy, Evelyn, Ariel, Dianne and Debbie, a nurse getting her WOCN certification. Lea and Eula were also mentioned as they are WOCNs volunteering their time to be at our meeting. Wendy recommended the Phoenix magazine,

*continued on page 9*



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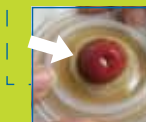
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## Why You Should Subscribe To The Phoenix

by Wendy Lueder

United Ostomy Associations of America, our mother organization, has a truly wonderful Quarterly Magazine, *The Phoenix*.

As I was reading it this month I found myself wishing that all our members subscribed. It is so full of helpful and interesting articles. Each 72-page issue features professionally written articles. Here's just a sampling of titles from their September 2011 issue.

*Step by Step Before and After Surgery*

*Joy in the Journey*

*Back to School with an Ostomy*

*Stoma Trauma*

*Ostomy Resources Part II*

*Urostomy Surgery and Care*

*Basic Dietary Guidelines*

*Urinary Tract Infections*

*Anal Cancer*



There are also book reviews, ostomy news and products, Ask Nurse Muchoney, Ask Dr. Rafferty, Dr. Cera and Dr. Togami and a President's message.

If you don't subscribe you're missing out on a wonderful resource. I read it from cover to cover. To subscribe:

[www.phoenixuoaa.org](http://www.phoenixuoaa.org). \$25 for one year or \$45 for two. P.O. Box 3605, Mission Viejo, CA 92690. Ships discretely in plain white envelope.

One quick caveat. Just because someone advertises in *The Phoenix* doesn't mean the product is endorsed, useful or worthwhile. There are a few advertised products that make my hair curl (even more than usual) as I believe that when it comes to choosing ostomy accessories, less is more. Occam's razor. Be careful.

## Dues are Due!



We hope you're enjoying reading the *Broward Beacon* and if you've been able, to attend our meetings. Each and every one of you is important to us whether you are able to attend or not. We understand that getting to our

meetings can be a real hardship for many.

If you could kindly consider helping us with our costs by donating \$10 in annual dues we would so appreciate your support. We have not had an increase in our dues for several years as we want all of you to be able to be a member. Several of you also include first class stamps to mail you the *Broward Beacon* for which we are very grateful.

\$2 of the \$10 goes to our mother organization, *The United Ostomy Associations of America*, a wonderful organization that helps to fight our battles as ostomates on a national level. If you have time, be sure to check out their website which will inform you of all they do at [www.ostomy.org](http://www.ostomy.org).

Enclosed many of you will find an envelope to mail to Lynn, our wonderful treasurer. Please let him know if you're also including a \$10 check toward the Holiday Banquet to avoid any confusion.

If you've paid dues since September 2011 we consider you already paid up. If I send you an envelope by mistake, please just smile and ignore it. Kindly fill out and include the bottom of page 11 to keep us up to date. We **never** share information you provide with anyone.

We are now officially a 501(c)3 under UOAA's umbrella and your dues and gifts are eligible as a tax deduction.

Bless you and thanks again, Wendy

## How to Help Stay Healthy

by Leon M. Trunk, M.D. via *Las Ostomy News*

For all ostomates and, especially those over 65, it is necessary to think of our health more than ever.

The best way to stay in good health is to exercise. Many wonder if it is safe for the elderly to exercise and the answer is yes. Even patients with chronic

illnesses such as heart disease, high blood pressure, diabetes, and arthritis can exercise safely. If you're not sure, check with your doctor.

There are several types of exercise that you should do. In some cases, with our wafers & pouches, we might need to alter the physical moves we make, but it can be done. You will want to do some type of aerobic activity for at least 30 minutes on most days of the week.

Walking, swimming, bicycling, etc. and also do some form of resistance or strength training 2 days per week. There are many activities that can be done from a sitting or lying position, if you have trouble standing. If you are not already active, you should begin slowly. Start with exercises that you are already comfortable doing. Starting slowly also helps prevent soreness from "overdoing" it.

You do not have to exercise at a high intensity to get most health benefits. Warm up for 5 minutes before each exercise session. Walking slowly and stretching are good warm-up activities. You should also "cooldown" with more stretching for 5 minutes when you finish exercising (cool down longer in warm weather).

Exercise is only good for you if you are feeling well. Wait to exercise until you feel better if you have a cold, flu, or other illness. If you miss exercising for more than two weeks, be sure to start slowly again. We can all benefit with regular exercise, so let's make it a regular habit.

## **Ask The E.T. Nurse – Are You Up To Date With Your Ostomy?**

*Glenda Hamburg RN, BSN, CWON*

People with Ostomies, if they are not having any difficulties with their stoma tend to not think about updating their routines. They feel they know how to care for their stoma and don't need to change anything.

Unfortunately, things never stay the same. Changes in weight, general health and age can change how you're pouching system works. Increased leakage, skin irritations, or allergies can affect how long a pouch system with last. Frequently, people don't

know where to turn for help. Fortunately, there are options for getting support and ideas to help with the challenges of a stoma.

The Broward Ostomy Association support group may be just the answer. The members that attend have years of experience and lots of ideas that may be helpful. In addition, local Ostomy nurses, Eula, Amparo, and Lea usually attend the meetings and can discuss options for changes in your pouching products or routines to improve your stoma management.

Ostomy manufacturers also attend the meetings and display new products. You may not have to put up with the annoying difficulties with your present products or procedures. If you are not aware of the latest developments in pouches and related supplies contact with your local Ostomy group, talk to the members and the Ostomy nurse for the best options for you.

**Ostomy Output Changes: What do I do if my Ostomy output changes?**

Many people have occasional problems with thin, watery stool or thick, constipated stools. Here are a few things to try.

**Thin stool:** Never limit your fluid intake. It will not thicken the stool and may lead to dehydration. Avoid foods that you know from experience makes stool too loose or too frequent. Try a lower residue diet. Avoid broccoli, cauliflower, spinach, highly spiced foods, raw fruits and vegetables, onions, carbonated drinks including beer. Add strained bananas, applesauce, boiled rice, tapioca, boiled milk and peanut butter. Pretzels may help in thickening and add bulk to drainage.

Some people lack an enzyme which is responsible for the metabolism of milk sugar (lactose). This condition can cause diarrhea, gas, bloating, nausea, and cramping. By eliminating milk products some symptoms may improve.

**Thick Stools:** Increase your fluid consumption. Water is best but other fluids are OK. Fruit juice may help but take it in small quantities to reduce any chance of diarrhea. Increase the amount of cooked fruits and vegetables in your diet. Get more exercise. Walking will help your digestive system be more active.

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## **Minutes** *continued from page 4*

published quarterly. One free issue will be added to new subscribers when using the ad on the back of our Broward Beacon newsletter.

The UOAA has a survey where members can indicate their preference of dates and room rates for the 2015 National Conference to be held in the Midwest.

Wendy showed pictures of L.T., the teen who we sponsored at Youth Rally this summer. Wendy said he needs foster parents and someone who understands the needs of an ostomate would be ideal. Wendy reported on her experiences at the August 2011 National UOAA Conference in a program entitled UOAA, Reno & You. The conference lasted 5 days for most attendees, but Board of Directors and Advisors met for an extra 2 days. There were 604 attendees at the conference this year, including international members. As a side note, the conference coincided with the Hot August Nights Car show, where many classic and antique cars were displayed and on parade.

The Conference offered multi-track programs for Ileostomy, Colostomy, and Urostomy interests. There were many companies displaying new ostomy products in an overflowing Exhibit Hall. A WOCN Exhibit and a free Stoma Clinic were provided by WOC Nurses who performed examinations and made pouching system recommendations where needed. There were socialization and educational sessions and Wendy was a panelist on a basic Ileostomy Seminar. There was a Fashion Show where every model was an Ostomate, and it included one outfit made entirely from ostomy appliances.

Among the many people Wendy met were Jessica Grossman, an ileostomate who was a sorority president and model. Some of her work is discussed on her website UncoverOstomy.com. Wendy gave posters of Jessica to Eula and Lea to post in their offices and show patients how well someone with an ostomy can look and what can be accomplished. She met Rob Hill, an accomplished mountain climber and ostomate who represented IDEAS: Intestinal Disease Education and Awareness Society. Wendy had her picture taken with the mascot of YODAA, the Young Ostomate & Diversion Alliance of America (yodaa.org). She also spoke with UOAA president Dave Rudzin and Ian

Settlemyre, the publisher of Phoenix magazine.

Product samples and pamphlets were distributed at the meeting. Many of the products displayed or talked about today were written up in the August 2011 edition of the Broward Beacon. Wendy met author and comedian Brenda Elsagher, and brought a copy of her book *It's in the Bag and Under the Covers* to the meeting. It's a good resource about the many ways people deal with ostomies.

The next UOAA National Conference themed *Bridge to Acceptance* will be in Florida in 2013. Everyone is encouraged to attend and start planning now. It will be at the Hyatt Regency, Jacksonville Riverfront.

In the second part of today's program, L.T. was introduced. He showed pictures and talked of his experiences at Youth Rally, the annual summer camp for young people with bowel and/or bladder dysfunction. Over 140 people attended the Rally this year. It began with a plane trip and arrival on July 11th at a dorm of San Diego University. From there his activities included swimming, golf, a beach day including 'Smores on the beach and a sand accessible wheelchair. There was a Western Day, a Fitness day, and a talent show. Departure was on Saturday. L.T. thanked everybody for their support. Wendy said she met some of L.T.'s counselors at the UOAA Conference in August who praised him for his enthusiasm.

L.T. wants to keep in touch through FaceBook with the friends he met at Youth Rally, and needs a computer or phone to do it. Wendy asked for a motion to buy L.T. a laptop computer and it was seconded by several people. There was discussion of a possible donation of a computer. Wendy also asked for a motion for the BOA to sponsor L.T. to go to Youth Rally each year thru his 17th birthday. It received multiple seconds and both motions passed.

The meeting adjourned at 2:50 p.m..

## **B.O.A. MINUTES**

October 2, 2011

Vice President Amy began the October 2nd, 2011 meeting at 1:30 p.m. with over 50 members and guests in attendance. A surprise lunch was catered by Leroy

who provided chicken and roast beef sandwiches with chips. This was greatly appreciated as stated by Amy and the membership. The Ostomate's Prayer was read by a first-time guest who also is named Amy.

Other first time guests included Amy's sister Brandy, Lya who was representing her mother, Melvin who is a friend of Leroy's and Raul who is a friend of last month's first time guest and new member, Joachim. Vice President Amy also announced that Gail, who lives in North Miami Beach, is looking to share a ride to our meetings.

Helen Ginsburg continues to be the contact for the phone committee for anyone wishing to receive phone calls to remind them of upcoming BOA meetings. The 50/50 drawing was won this month by Melodee.

Rob Seaman, Executive Ostomy Care Specialist with ConvaTec, was the first program speaker of the day. He presented a short video entitled Great Comebacks®: Shining Bright. He detailed the Great Comebacks® program which was designed to raise awareness of quality of life issues for people after ostomy surgery, and gave additional background information on the people in the video. Also discussed was the annual Great Comebacks® Awards Program, which recognizes individuals in four U.S. regions who give hope and encouragement to others.

Rob also discussed the latest in ConvaTec products which included various types and styles of wafers and pouches, and the new slimmer Eakin Cohesive Seals. There was a question & answer session with the audience where issues such as pouch filters, wear time, pre-cut wafers, and occasional pouch breaks were discussed. The company Nu-Hope was mentioned as supplying some custom made products and hernia support belts, which supplement ConvaTec's line of products. For more assistance and information about ConvaTec products call 1-800-422-8811. This call center is staffed by about 20 Wound Care Ostomy Nurses, and ConvaTec will provide free samples of some of its products.

Rob introduced our next speakers of the day, Ross and Bonnie of C&S Ostomy Pouch Covers. They brought a variety of pouch covers that fit over your regular pouch that provide fashion, comfort, and

confidence. Displayed were a variety of prints, satins, solid colors, and 'sassy' designs. There is a terry cloth cover that will help dry your pouch faster after swimming or a shower. Pamphlets were given out at the meeting, and you can contact them at 877-754-9913. They are located in North Port, Florida and their website can be found at [www.CSPouchCovers.com](http://www.CSPouchCovers.com).

Vice President Amy had to leave for another commitment so Kent closed the meeting at 2:30 p.m., after presenting speaker's Brownies to Ross and Bonnie. Rob left early too, so his Speaker's Brownies were presented instead to our WOCN Eula in grateful recognition of her continuing service to the group.

Respectfully submitted,



Bill Wilson,  
Recording Secretary

## **Coral Springs Ostomy Support Group**

Coral Springs Medical Center's "Caring & Sharing Ostomy Support Group" meets on the 4th Wednesday of the month at 5:30 p.m. to 7:00 p.m. For more information call Patricia Paxton-Alan MSN, ARNP-BC, CWOCN at 954-344-3094.

**FYI:** Gail Kornbaum is looking to share a ride from her home in North Miami Beach near the 163rd Street Mall to our monthly meeting. Her phone number is 305 651 0085. She has been an ostomate since January. Any help you could provide to assist her in getting to our meetings would be greatly appreciated.

## **2011/2012 Meetings Schedule**

If you are as forgetful as I am here are the dates of our upcoming meetings so you can put them in your date book now. November 6th and December 4th, our holiday banquet at 4:30 p.m. by reservation only. 2012: Jan. 8, Feb. 5th, Mar. 4th, April 1st.

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### **Broward Ostomy Association Membership**

If you wish to be a member of BOA dues are \$10.00 per year from January 1st to December 31st and includes receiving our monthly newsletter, the ***Broward Beacon***. Please make checks payable to BOA and mail to Treasurer Mr. H. Lynn Ward, 1704 N 32nd Ct, Hollywood, FL 33021-4427. BOA never shares membership information. We value your privacy.

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☐ I am an ostomate. I want to be a dues paying member.

☐ I am also enclosing a contribution to BOA

☐ I am an ostomate and want to be a member but cannot afford dues at this time.  
(This information is kept in the strictest confidence.)

☐ I would like to become an Associate Member (non-ostomate).



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