

Volume XLIII Issue No. 5

May 2013



Broward Beacon



**Next Meeting: Sunday June 2nd, 2013 1 p.m.
Then Summer Break and meeting again September 1st!**

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
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 June at 1:00 P.M. excepting our Holiday Banquet in December which is by reservation only and meeting at 4:30 p.m. All meetings 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 to the right. A receptionist as well as security personnel are on duty to assist you.

Medical Board

Mary Lou Boyer, BSEd, RN, CWOCN Amparo Cano MSN, CWOCN
Lea Crestodina ARNP CWOCN CDE, RN Eula Fahie-Romero RN, CWOCN
Patricia Paxton-Alan MSN, ARNP-BC, CWOCN

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Broward Beacon

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President's Page

Do you remember in *My Fair Lady* when Professor Henry Higgins and Colonel Pickering sing to each other in jubilation, "You did it! You did it! You did it! We knew that you could do it, and indeed you did. But all of the credit belongs to you!"?



Well it's finally happened and the well deserving Amparo Cano, CWOCA at Broward Health and member of BOA's Medical Advisory Board has just been informed that she is the well deserving recipient of United Ostomy Associations of America's Conference National Award of Ostomy Nurse of the Year. Hurray! Yippee! Well done! We are oh so happy and delighted for you.

Amparo, you continue to educate hundreds of south Florida medical professionals on how to deliver the best ostomy care possible and we adore you.

Amparo's response: Dear Wendy, I am so excited!!! I can't believe it. For an Ostomy Nurse this is like winning the "Oscars". I am so grateful to you and all Broward Ostomy Association. Wow, For me this made my day and my entire lifetime!!!

Thank you! Amparo

We are so grateful and happy for you too as well as all the members of our Medical Advisory Board including Mary Lou Boyer, Lea Crestodina, Eula

Fahie-Romero, and Patricia Paxton-Alan. Without your continued selfless giving and caring BOA would not be the organization it has come to be. We love and adore you all and thank you from the bottom of our hearts!

Now all of us are totally without excuse for not attending UOAA's National Conference this coming August in Jacksonville FL. Here's UOAA's latest promotion. Let's all be there and mightily cheer on our beloved Amparo as she receives her award.

Featured events will include:

August 7th – 1st Timers Orientation and Reception, 1st Night Ceremonies and Welcoming Ice Cream Social; Guest Speaker Brenda Elsagher

7th thru 9th – Stoma Clinic

7th thru 10th – Educational Workshops of special interest to: All attendees; 30+; Young Adults; those with Continent Diversions; Gay and Lesbian ostomates; Affiliated Support Group leaders

August 8th – Basic ileostomy, colostomy and urostomy panel; 8th & 9th – Exhibition Hall on Thursday & Friday with breakfast in the Hall on the 9th – Brenda Elsagher, "It's in the Bag and Under the Covers".

August 10th – Closing Ceremonies and Awards "Bridge to Acceptance"

August 10th – Closing Banquet with Entertainment.

Jacksonville has so much to offer! Take the water taxi across the river to the Friendship Fountain, and the Museum of Science and History. Right next to the fountain, you will also find River City Brewing Company. If you are an art aficionado, you can visit the Jacksonville Museum of Contemporary Art, which has one of the largest collections of modern and contemporary art in the Southeast. Cummer Museum of Art & Gardens lies across the river from Downtown Jacksonville and houses over 5,000 works of art spanning more than 8,000 years.

To register for the 2013 National conference, go to http://www.ostomy.org/conference_2013.shtml NOTE: Early registration begins on August 6th. We recommend you travel to Jacksonville Aug. 6th. Conference events will begin the morning of August 7th. You must book your room with the hotel no later than July 12th 2013 to receive the conference rate.

Next Meetings:

Sunday, June 2nd, 2013

Refreshments, 1:00 p.m.

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

Meeting: 1:30 p.m.



For our final meeting of the spring time season we are so delighted to have one of our Vice-President Amy's favorite people, Ms.

Stacey Joiner. Stacey has been the owner of *The Royal Treatment* since, 1998. She is a New York and Florida State Licensed Massage Therapist, Certified Integral Yoga Instructor and Certified Stress Management Trainer. Her oh so needed topic, *Natural Ways to Relax and De-stress*

Stacey draws from her experiences in corporate America, making her an excellent role-model for working professionals. Combining her corporate background with her holistic lifestyle, she defies the typical stereotype of the "granola crunchy" Yogi, allowing her to appeal to a broader audience.

As a former stressed executives and recovering multi-takers, Stacey can relate to the stress of the corporate environment. She brings The Royal Treatment Corporate Wellness programs to busy working individuals, giving them the tools to reduce stress and help them balance their work and home life. If you'd like to contact Stacey & The Royal Treatment see www.YouDeserveTheRoyalTreatment.com

Minutes General Meeting May 5, 2013

The May meeting was called to order at 1:30 p.m. at the Memorial Regional Hospital's Main Auditorium. Larry read the Ostomate's Prayer. First time

visitors were welcomed including Lynn, Rochelle, Lisa, Beth and Ron. Wendy challenged them to see if they could tell which members were ostomates and which were family or friends. You can't tell, and that demonstrates that we are all a normal, healthy part of society.

April 14 – 20, 2013 was Wound, Ostomy and Continence (WOC) Nurse Week wherein the WOCN Society recognized WOC nurses for the services they provide to millions of patients. In honor of that, Wendy presented our own attending WOC nurses a special LED flashlight, because they light up our lives! Recipients were Mary Lou Boyer, Eula Fahie-Romano, Susan Magree, and Lea Crestodina. To earn the qualification of "certified" nurses go back to school for several weeks and have to pass additional exams. Amparo also organized and ran the Broward Health Annual Wound Ostomy Conference on April 13th, 2013 where 200 -250 nurses in the general community were taught about ostomy care.

A poster for the Broward Health's Annual Wound & Ostomy Conference. The top half is blue with white text. The bottom half is a photograph of a sailboat on the water.

Broward Health's Annual
**WOUND & OSTOMY
CONFERENCE**
Sailing into the Future—Will you be on board?

Saturday, April 13, 2013
8am-3:30pm

Broward Health Medical Center
1600 S Andrews Avenue
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2nd Floor Auditorium



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Now Two Well-Working Disposal Options

by Mary Lou Boyer, CWOCN & Wendy Lueder

Especially when we're away from home, how to dispose of our used ostomy appliances is a legitimate concern. We want disposal to be discrete and odor controlled. There are two products that can be of great help. One is already on the market, the Ostaway X-Bag (shown below) and soon to be available, OstoSolutions Lids.



As X-Bag's website states, "The x-Bag is the ultimate Ostomy Device Disposal Bag. The x-Bag is leak proof, odor reducing, and totally content concealing. The x-Bag's ez-zip seal allows you to quickly dispose of your used ostomy bag with one sweeping hand movement. Its specially designed light absorbing film gives you 100% invisibility of content and is whisper-quiet when you need to be discreet. The x-Bag is designed to be compatible with all major brands of ostomy bags and devices including ConvaTec, Coloplast, Cymed, and Hollister. Whether you need to dispose of your used colostomy bags, ileostomy bags,

or other ostomy supplies, the x-Bag will do the job right. Get the x-Bag right now, and make your disposal problems simply disappear."

BagItAway is available at BagItAway.com or by phone at 800-774-6097. Cost for 100 zip lock bags is \$25.97 or \$14.97 for 50. Free samples are also available. Your editor takes them along whenever she travels for peace of mind.

BOA's Medical Advisory Board Member Mary Lou Boyer, CWOCN, brought to our attention a soon to be available alternative, OstoSolutions, as shown below.



Mary Lou writes, "Many colostomy patients are introduced to drainable pouches shortly before being discharged from the hospital. Cost, insurance limitations, or simply routine practice may be reasons that the benefits of using closed-end pouches are often not fully explored.

One other reason: disposal concerns centered on odor. Recently, I was introduced to a product soon to be on the market, developed by a person living an ostomy, which provides ostomates with an odor-proof way to dispose of used pouches: a simple, easy to use lid that seals the used pouch (both closed-end and drainable pouches with "clipless" Velcro tail closure on their last use).

Odor concerns have a direct impact on quality of life for a person living with an ostomy: they often find themselves in places where changing their pouch can be very uncomfortable and embarrassing. Even worse, odor concerns mean that many just avoid

doing activities or going places that they enjoyed prior to having an ostomy. The seemingly simple ability to change and seal a used pouch for disposal in less than twenty seconds, then dispose of it in an odor-free manner, without the need of a toilet, can be life-changing.

The lid will be available soon from OstoSolutions. You'll be able to find out more about it, as well as read the story of the company's founder, who has an ostomy, and request samples as soon as the website goes live in late spring 2013. For immediate information or questions, please contact OstoSolutions directly at info@OstoSolutions.com.

Minutes General Meeting April 7, 2013

The meeting was called to order at 1:30 p.m. at the Memorial Regional Hospital's Main Auditorium. Leroy read the Ostomate's Prayer and Leroy also provided a delicious spread of sandwiches and chips for a welcome lunch for all. First-time guests were introduced including Annie, Marina, Daniel, Belle, David, Lynn, Sharon, Larry, Geraldine and Mark.

We are sponsoring delightful young lady named Lea to attend Youth Rally this summer. L.T. whom we sponsored in previous years has officially been adopted by his new parents in Pennsylvania. As her mother just notified us, Arkevia, also a previously sponsored camper, just graduated High School.

Helen Ginsburg continues as our phone committee chairwoman. If you want a phone call reminder of when our meetings are taking place, she is the person to contact. Let her know and she will give you a call to remind you before the meetings.

There was discussion of lining up roommates for the fourth biennial UOAA National Conference August 7 - 10, 2013 in Jacksonville, Florida. Everyone who can is encouraged to go, and it will be years before it is this close again.

Wendy played selections of a DVD from the American College of Surgeons Division of Education on Ostomy Skills Education. Sampled sections played were: Welcome; What Is an Ostomy; Who Needs an Ostomy; Your Operation Pouching Systems; and Emergencies. The DVD was well done

and Wendy recommended it for its use of diagrams and not being too graphic. Thanks to the American College of Surgeons, this truly excellent DVD which costs \$40 to own may be viewed for free using online streaming through the Internet at:

<http://www.facs.org/patienteducation/skills/dvd01.html>

Wendy introduced Rob Seaman who's represented ConvaTec for the past 28 years. Rob assists our group in many, many ways for which we are extremely grateful and gives us a fresh presentation each year. He briefly review some of ConvaTec's history, the company was founded in 1978 and is now in 90 countries around the world. ConvaTec employs over 8,000 people worldwide. ConvaTec's Mission Statement is that with imagination and innovation we make a difference in people's lives.

Rob encouraged people to join the online Ostomy Support Group offered by Inspire. It's a peer to peer group for patients, families, friends and caregivers sponsored by Great Comebacks. The Great Comebacks® program which began in 1984 is designed to raise awareness that people who have had ostomy surgery can lead full, productive and inspirational lives. You can nominate yourself or someone you know for the Great Comebacks Award and our own Wendy is a previous Award winner.

ConvaTec Concierge™ Service is a hospital discharge program to provide resources, education, and patient support throughout the discharge process. Intended for healthcare professionals. It provides information on the fundamentals of ostomy management. The service links hospitals and nurses to ConvaTec. Healthcare professionals can order the free ConvaTec Starter Kit™ as part of a customized patient care plan. It includes free product samples to start the patients off. ConvaTec also offers a Patient Assistance Program which provides ostomy supplies for financially eligible and uninsured patients on a temporary basis. ConvaTec has a toll free phone number, 800-442-8811, for their Customer Interaction Center with Certified Wound Ostomy nurses who support over 70 languages. They receive thousands of calls and are open Monday through Friday 9

Ostomy and Wound Care Services

Memorial Healthcare System is dedicated to addressing the unexpected and changing needs of people who are preparing for or living with an ostomy. We can help with ostomy care, including:

- Stoma site selection
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- Treatment of peristomal skin complications
- Ostomy product selection

Ostomy and wound care services are available at two Memorial locations. For more information or to schedule an appointment, please call: **Memorial Regional Hospital • 954-265-4512**
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Minutes May 5 *continued from page 4*

Ren handed out samples of Securi-T™ Hydrocolloid Skin Barrier Strips. Also handed out were SafeN' Simple™ peri-Stoma & Adhesive Remover Wipes which Wendy suggests to keep in your car for unexpected leaks. Sample bottles of Na Scent ostomy odor control were also given out at each table. It is an odor control liquid that eliminates odor-causing microbes in the pouch. Another item displayed by Mary Lou Boyer, CWOON, was a cap that seals off the open end of a closed-end pouch for disposal.

Mary Lou recently retired from Cleveland Clinic Florida, but remains active on our BOA Medical Board. Today she demonstrated how to use the Sure Seal™ Rings for ostomy flanges. She said these will help to secure two-piece wafers while swimming, etc.

Wendy discussed the Ostaway x-Bag from BagIt-Away.com for disposal of used ostomy pouches and contents. They are opaque zip lock bags useful in concealing used ostomy supplies and contents when changing or emptying your pouch in a public place. No need to shock the hotel maid by placing contents in a see-through plastic bag when the x-Bag is much more discrete. You can travel and go out in public and have a wonderful life.

Internationally known motivational speaker Joachim de Posada has been helping Wendy's sister Pam acquire venues to give lectures on boating.

Vice President and Programming Chair Amy introduced today's speaker, Dr. Nicholas Masi, retired Director of Patient and Family-Centered Care at Memorial and Joe DiMaggio Children's Hospital. In 1994 Drs. Nick and Wendy Masi were founding members of Gilda's Club South Florida, a support group for women, men, children and teens with all types of cancer. It was dedicated to the memory of Christina Perez and Dr. Masi's daughter Jennifer.

Dr. Masi is also a founding member of Florida's Camp Boggy Creek. It is modeled after Paul Newman's Hole in the Wall Gang Camp in Connecticut where children coping with serious illnesses can have a time and place where they can simply be kids.

Dr. Masi learned a lot as the father of two daughters with cancer, about the necessity of involving all

family members in healthcare decisions. In his 50's, Dr. Masi was diagnosed with anal cancer. He followed actress Farrah Fawcett's similar and public struggle with anal cancer and treatment and decided that if she could do it, he could too. But to be sure, he got a 2nd, 3rd and 4th opinion on treatment. Ultimately, he had surgery, radiation treatment and chemotherapy and has a colostomy. Through his own and his daughters' experiences he learned how to effectively complain and advocate.

Dr. Masi's brought Patient and Family-Centered Care (PFCC) to the Memorial Healthcare System. PFCC is partnering parents and families with the medical care staff. PFCC includes respecting patients' cultural traditions, personal preferences and values; giving patients and their families the opportunity to make choices about their care; involving patients and their loved ones as part of the healthcare team; giving responsibility to patients and family for important aspects of self-care and monitoring the patient's needs, along with providing the tools and support to meet those needs. PFCC means striving to ensure that transitions between providers goes smoothly and without error. It also means collecting and utilizing input from Patient and Family Advisory Councils.

A Patient and Family Resource Center is open at Memorial Regional. It includes a Welcome Center with information about hotels, restaurants, stores, laundry services, transportation, banks and places of worship close to the hospital. They have telephones, fax and Internet access for family members to continue their work and lives while at the hospital. They provide support group information and information on specific health conditions. There is also very important information about preventing the spread of infections while in the hospital.

In conclusion, Wendy presented Dr. Masi with a LED toggle light and a Certificate of Appreciation on behalf of the BOA. The meeting was concluded at 2:35 p.m.

Respectfully submitted,



Bill Wilson,
Recording Secretary

Miami Dade Support Group

We are thrilled to announce the new South Florida Ostomy Support Group inaugurated and led by ostomy nurse Donna Byfield, CWOCN. The group will meet the third Wednesday of each month from 6 to 7 p.m. January through June, take a summer break, and then pick up again September through December at Baptist Health Resource Center, Baptist Medical Arts Building, 8950 North Kendall Drive, Suite 105, South Miami, FL. For more Information, call 786-596-1642 or 786-596-6060.

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 and to call and confirm as they do take a summer break, contact Patricia Paxton-Alan MSN, ARNP-BC, CWOCN at 954-344-3094.

Minutes *continued from page 7*

a.m. to 5 p.m. A WOC nurse will follow up by phone with patients who receive the starter kit.

Rob discussed recent innovations at ConvaTec such as Moldable Technology™ skin barriers which are especially useful if you have an irregular shaped stoma. The pliable adhesive rolls open to fit the desired stoma size and shape with no cutting necessary. Moldable wafers do not replace the Eakin Cohesive® seals but work in conjunction with them. Moldable wafers only come with two-piece appliances.

He discussed Natura+® pouches and Esteem Synergy® two-piece products that have Adhesive Coupling Technology where instead of plastic rings, a foam adhesive allows the pouch to be securely attached to the skin barrier on a clear plastic "Landing Zone" flange. Esteem- InvisiClose® clipless tail closure with redesigned deodorizing filters for extended use. Pouches are tested on a constantly

shaking wall for durability and temperature tolerance.

Rob discussed ConvaTec Sensi-Care® Products that help manage sensitive skin compromised by exposure to caustic stool residue. In 2012, ConvaTec acquired Trio Healthcare and added two of their products to their lineup: the sting free medical adhesive remover Niltac™ (highly recommended by your editor) that leaves no residue and the Silesse™ sting free skin barrier.

After a question and answer session, Wendy thanked Rob and presented him with a gift LED light and a box of trail mix. Leroy was thanked again for providing the sandwich spread. The meeting was concluded at 2:30 p.m.

Respectfully submitted,

Bill Wilson
Recording Secretary

2013 Meetings Schedule



If you are as forgetful as I am here are the dates of our upcoming 2013 meetings so you can put them in your date book now: June 2nd, Summer Break, September 1st, October 6th, November 3rd and December 1st. Our December meeting is our Holiday Banquet and this meeting

only starts at 4:30 p.m. for a wonderful catered dinner by our beloved professional caterer and member Leroy.

Detailed meeting information including a useful map can always be viewed on our website www.browardostomy.org.

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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. Adam Lokos, 9820 NW 36 St., Sunrise FL 33351-8616. BOA never shares membership information. We value your privacy. BOA is a 501(c)3 charitable organization.

Name _____ Age _____ Year of Surgery _____

Street _____ Apt. _____ Type of Ostomy _____

City _____ Zip _____ Phone _____

E-mail address _____ Prefer Emailed Newsletter: Yes ___ No___

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I am an ostomate and want to be a member but cannot afford dues at this time.

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