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Spring Quarter 2016



Broward Beacon



March 6th, 2016 ~ 1 p.m. April 3rd, 2016 ~ 1 p.m.
May 1st, 2016 ~ 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 (UOAA).
Our Vision ~ a society where people with ostomies are universally accepted and supported socially, economically, medically and psychologically.

www.browardostomy.org
Chapter 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.

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Broward Beacon

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President's Page

My highest priority is to keep our ostomy family up-to-date and well informed on what's out there that helps to make our lives as rich and healthy as possible. Sharing relevant events, ostomy products and know-how techniques is what BOA is all about. With that in mind, this issue includes product reviews of **StomaStifler™**; **Sure Seal Rings** by Active Lifestyle Products, and a brief on ConvaTec new **me+** program. We also have an encouraging update on what our own member Lynn Wolfson is doing locally.

ConvaTec launched a wonderful new program in late fall of 2015 called **me+** (me plus) which is available for free. The program has a threefold structure and attempts to "surround you with support for every part of your ostomy care" 1) **me+™** Services and Care which includes products, tools and resources, accessories and care specialists; 2) **me+™** Community including the Great Comebacks® community and 3) ConvaTec Starter Kit™ with free product samples matching your particular needs as well as printable Patient Care Plans.

As their website states, "When you enroll in **me+**, you get all the valuable resources and support you need right at your fingertips - from a dedicated team of ostomy nurses and specialists to information on product, lifestyle and diet. You don't have to figure it out alone. Join today and let us help you get back to doing the things that make you, YOU. Have questions? Call our **me+** support team at 1-800-422-8811 today." I was also informed that all the written materials, pamphlets and guides have been revised and updated to take into account all new developments in the ostomy field.



Locally, here's what our own Lynn Wolfson is doing. "**Ostomy United** is a Team of ostomates, their friends and supporters who want to participate in triathlons to inspire and empower those living with ostomies. The Team consists of those taking part as either triathletes or "Hooligans" (the cheer and support crew of Ostomy United). Members of *Ostomy United* range in age from their teens to over 80 years old. First Practice: March 13, 2016 at 11:00 a.m. at Tradewinds Park in Coconut Creek. Be prepared to run, swim and/or bike. First Triathlon: September 4th, 2016 at Tradewinds Park in Coconut Creek—2016 Labor Day Triathlon – Sprint Triathlon (.25 mile swim, 3 mile run and 10 mile bike ride).

Monies collected in support of Lynn's team will help to support United Ostomy Association **Youth Rally**. Please contact Lynn Wolfson at lewolf1815@aol.com or 954-562-7417 with any questions you may have.

I am immodestly and happily reporting that UOAA asked me to design *Ostomy United's* sportswear which I was delighted to do. I have thus been pronounced an honorary Hooligan by OU's founder, Ted Vosk.

Speaking of **Youth Rally**, this year BOA will be sponsoring 13 year old Miguel. We will be paying for all of Miguel's air travel expenses to Seattle WA this July as an unaccompanied minor as well as all Camp



fees and hopefully some spending money. To help us in this quest, **The Quarterdeck Restaurant** has graciously donated a \$300 gift certificate to be raffled at all our meetings starting now through June. Individual tickets are \$3 or five tickets for \$10. Only six tickets were sold at our February meeting making your odds very great indeed to win this prize! Please consider joining in this raffle at all our upcoming meetings from now through June.

Youth Rally is simply life changing for any young person with an ostomy. To mingle with so many others your own age who face the identical challenges

helps to remove stigma, doubts and of feelings that you are all alone. There is no more worthy project than **Youth Rally** for BOA to underwrite with its support.

Loving you all,

Wendy

Next Meetings:

**Sundays March 6th,
April 3rd,
and May 1st 2016**

Meeting 1:00 p.m.

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

Speakers: 1:30



March 6th we are so fortunate to have as our guest speaker Dr. Neil Miransky. Not only is this doctor well known by his colleagues and patients for his expertise in pain management but he also enjoys the reputation for being one of the most attentive and caring doctors in Broward County, especially for those times in our lives when we most need loving care.

Most all BOA members have experienced both acute and chronic pain and we need a specialist who understands what are the most effective treatments for our unique and specialized needs as ostomates.

Dr. Miransky is a Board Certified Diplomat of the American Osteopathic Board of Family Physicians and is board certified by Hospice and Palliative Medicine. He is a graduate of Nova Southeastern University's College of Osteopathic Medicine in Ft Lauderdale, FL. He completed his internship and residency at Broward Health, as well as his fellowship in hospice and palliative medicine. Dr. Miransky's office can be reached at 954 636 1364.

On **April 3rd** BOA is so honored to have as our guest speaker Mark Soloway MD speaking on ***Options for the Treatment of Bladder Cancer.***

Dr. Soloway is a board-certified urologist and an internationally recognized leader in urologic oncology who has made significant contributions to the understanding and treatment of prostate, bladder and kidney cancer over a 40-year career. He earned his medical degree from Case Western Reserve University School of Medicine in Cleveland, Ohio, and completed his residency in urology at University Hospitals of Cleveland. He completed his surgery branch fellowship at the National Cancer Institute of the National Institutes of Health in Bethesda, Maryland.

Dr. Soloway has contributed to the field of education with his innovative use of case-based teaching. He served as professor and chairman at the University of Miami Miller School of Medicine's Department of Urology from 1991 until 2010.

Because of his expertise in the field of bladder cancer, he has twice been asked to chair the International Consultation on Urologic Diseases Recommendation Panel on Bladder Cancer (2004 and 2011), a committee charged with making recommendations on all aspects of bladder cancer. He has published more than 500 articles in peer-reviewed journals and has lectured extensively, both in the United States and around the world. Dr. Soloway's office can be reached at Phone: 305-682-2606.



May 1st John Shannon, B.S. CES, Exercise Physiologist, will be speaking to our BOA members and guests on ***Exercise As Medicine.***

John has over 5 years of experience in the health and fitness field holding a bachelor's degree in Exercise Physiology. He is an American College of Sports Medicine certified Clinical Exercise Specialist®.





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John has experience working with a variety of clientele from those with cardiovascular and pulmonary disease, to pediatric and oncology patients. He has worked for Memorial Regional Hospital for almost 2 years and provides inpatient exercise prescriptions, patient education, and psychosocial support for the hospital's patients. Mr. Shannon can be reached at Memorial Regional Rehabilitation Center: (954)265-5800 Ext 2.

Product Review: StomaStifler™ Stoma Guard & Noise Suppression



At BOA's January round-table meeting, the issue of embarrassing ostomy noise was discussed. I then recalled that at UOAA's National Conference this past fall in St Louis, I spoke to a Mr.

Mark Bain, a mechanical engineer with years of experience in structural foam, molding, and acoustic dampening for vehicle interiors. He is the co-inventor of a ostomy accessory made exactly to address this challenge. StomaStifler™ is a cup which always remains outside the pouch, never coming in direct contact with the stoma. It is made out of high density molded polyurethane foam which muffles and suppresses stoma noise.

As their website flyer points out, StomaStifler:

- Has two-piece magnetic design which snaps on and off with ease
- Contours to your body, is light-weight and discreet under clothes
- Comfortable, soft & flexible polyurethane with firm spine
- Works with all pouch systems, one & two-piece; For Colostomies, Ileostomies and Urostomies

Their website advertises the product for \$138 S&H included. Call (248) 726-9745 or email

info@stomastifler.com. Visit their website at www.stomastifler.com.

Product Review: Sure Seal Rings by Active Lifestyle Products



In the marvelous Rodgers and Hammerstein play *The King And I*, Anna sings to her royal students that "by your pupils you are taught." How profoundly true.

At BOA's round table meeting one of our members shared with all of us about the wonderful merits of a product of which I had never heard, *Sure Seal Rings*.

The adhesive rings are used as an addition to your basic equipment and adhere to your body being placed partially on your skin while the other half overlaps onto your skin barrier wafer. They are microscopically thin and give extra assurance to ostomates during intimacy, sports, sauna, bathe, Yoga, hot-tub and swimming. They are completely waterproof and marvelously keep the output from leaks trapped in place until you can get home and do a proper appliance change.

They are extremely thin, made of see-through material that obviously matches your skin tone and are skin-friendly and hypo-allergenic.

Sure Seal Rings help extend skin barrier flange wear times by keeping the water permeable tapes and wafer materials that many flanges are made of dry. They come in two sizes and shapes (see above). The "small" variety are round and do well with Coloplast products. The "medium" variety is square and works well with ConvaTec products.

For a free sample go to: [www. http://alpglobal.com/Free-Sample-Request.html](http://www.alpglobal.com/Free-Sample-Request.html)

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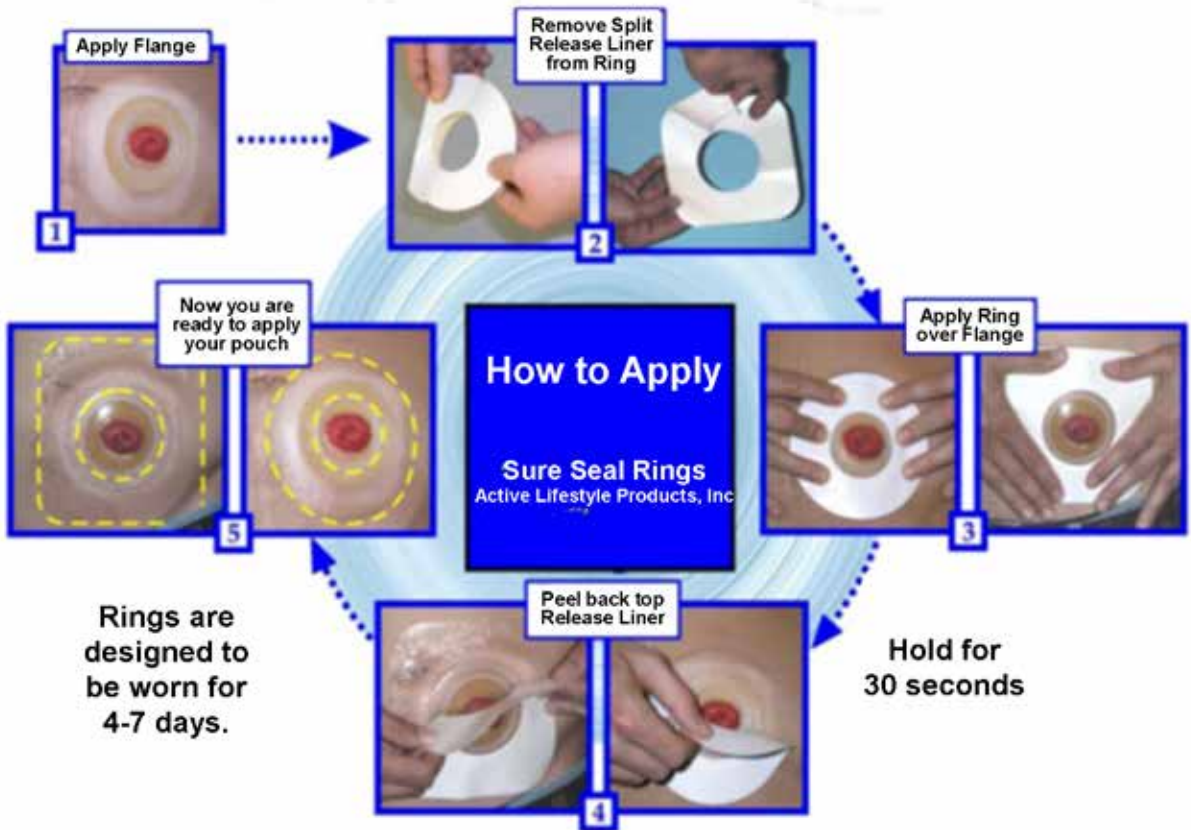


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*Remois is a technology of Alcare Co., Ltd.

Their website shares a very interesting history of this company. "ALP was founded by a young ostomate in Canada named Brock Masters. Born with Spina Bifida, Brock overcame many obstacles in his quest for a healthy, active lifestyle. After 22 surgeries over 24 years and much hard work Brock was healthy and looked forward to enjoying all life had to offer. One of his surgeries was ostomy surgery. While this dramatically improved Brock's quality

of life, he found functional limitations with his ostomy appliance. Brock assembled a scientific and technical team to help him develop products that would allow him and others the freedom to engage in normal, everyday activities without worrying that their ostomy appliance might fail. The result was ***Sure Seal Rings.***" I am so grateful to our member who brought this product to my attention and plan on incorporating its use into my own ostomy routine.



A Time for More Thanksgiving

by Wendy Lueder

For those of you who weren't able to join us for our Holiday Banquet, even though I took an opportunity then to thank our wonderful volunteers and members, I need to thank you once again.

Amy, what fantastic speakers you line up for us. Debbie, your minutes beautifully keep us all in the loop whether we're able to attend our

meetings or not. Kent, our first-time visitors are so encouraged by your loving example. Emma and Darryel, thank you for feeding us so well and getting there early to set up all our snacks on time as we arrive. Cliff and Mom, you take the worry out of having the table and chairs set-up on time, you greet and print name tags, work the 50/50 and make us all feel welcomed and cherished.

The magnificent CWOCN's (Certified Wound Ostomy Continence Nurses), Mary Lou, Amparo,

Lea, Eula, Debbie, Pattie, Donna and Ana. Your loving attendance and selfless giving of your expertise and knowledge make all our lives that much richer. You're always there for us and we love you.

Julie of Ostomy Inc., thank you for the extravagant and oh so appreciated door prizes. Amparo, thank you for the beautiful and huge poinsettias. Leroy, bless you for being our beloved caterer. The Banquet would be totally diminished without you.

To our guest speakers, our members and our guests, I have an attitude of gratitude because of all of you. I thank you from the bottom of my heart. You are generous with your time and treasure and due to your kindnesses, working with BOA is such a pleasure. We are family and I adore each and every one of you.

Minutes: November 1, 2015

The meeting was called to order at 1:30 P.M. at Memorial Regional Hospital's main auditorium. The Ostomate's Prayer was read by Larry. First time visitors were introduced: Darryel's handsome boyfriend Ed; Richard and his wife Melvina; Lorna; and Maggie who had to take three buses to get here today.

Announcements: Leroy who retired from catering after 30 years is charging only for his cost for the delicious Holiday Banquet. It will be served on china plates with Leroy and his lovely family dishing up the scrumptious selections. The banquet is scheduled for Sunday December 6th, Cost \$10.

Our good friend Amparo CWOCN is chairing next year's FAET (Florida Association of Enterostomal Therapists) in Fort Lauderdale. She has asked Wendy to speak. The topic Wendy has chosen is "What Ostomates Wish Medical Professionals Knew About Ostomates".

Wendy thanked all the volunteers that help keep BOA going. We thank Wendy as well. Amy introduced today's speaker Dr. Cathy Pierce. Cathy is an occupational therapist, Assistant Professor of O.T. at Nova Southeastern University to graduate and doctoral students. She is a manager and clinical coordinator of allied health and long term

care settings. She specializes in wellness programs for all adults and especially for those with chronic conditions. Cathy understands the world of the ostomate as her husband, Ben, is a well known CWOC nurse himself.

Cathy explained the role of an O.T. is to work with people across the lifespan helping them do what they want and/or need to do for everyday activities. This involves the physical, cognitive, psychosocial, sensory--perceptual, and other aspects of performance all in efforts to improve quality of life by using a holistic approach. They enable the client to participate in roles, habits, and routines in school, the workplace, the community, and at home. They can even help with desensitization when needed. O.T.s work in a variety of settings such as hospital, rehab centers, nursing facilities, and the home environment. They can help to rehabilitate by restoring a person's ability to do a task, lifestyle redesign by promoting health and wellness through physical activity, and enhancing performance skills by adapting equipment and usage.

Occupational therapists receive extensive training in anatomy, neuro-anatomy, psychology, and various jobs and what it takes to accomplish these jobs. Car Fit is a company that partners with O.T.'s to assess drivers of various ages and capabilities for needed in-car adjustments.

How can the O.T. help ostomates? Through the analysis of the activity and movements required for pouch application and emptying, they can make suggestions for adaptations and skill practice as needed. They also report back to the CWOC nurse if a "critical to success" skill or lack thereof will be a barrier leading to the individual receiving needed home health services. In the home, they help reinforce education and make modifications as needed. Cathy explained that altered body image issues can be resolved when you learn how to do the things you want and/or need to do for independence.

Cathy showed a diagram that had three large circles surrounding a smaller circle which stood for occupational performance. The three larger circles were the person, the environment, and the occupation. She explained how the occupational therapist works to bring all these circles together

for positive and successful outcomes. The services are covered by Medicare, HMO's, and private insurances. Florida's Medicaid only covers for children. The meeting adjourned at 2:30 P.M.

Minutes: December 6th, 2015

This evening's holiday celebration dinner was held at Memorial Regional Hospital's Main Auditorium. Guest arrived to hear beautiful music played by Preston Luce, cellist. The Christmas tree, the center pieces, and the place settings all contributed to the ambiance of peace and light which was the focus of our guest speaker's powerful and uplifting message.

The Ostomate's Prayer was read by Larry. Amy explained this evening is the first night of Hanukkah. Hanukkah is the Festival of Lights, the Festival of Freedom, and the Festival is Re-dedication of the Temple in Jerusalem before the birth of Christ.

Leroy and his family once again provided the more than delicious meal. It was heard at many tables that each year is even better than the one before, as impossible as that may seem.

After dinner, came time for our inspirational message from Bev Spivey, past UOAA chapter president and past Vice President an Program Chairperson of BOA. Bev reflected on the meaning of "coming of light" into the world and overcoming adversity. Today is also Advent Sunday with peace being the focus and Jesus is the Prince of Peace.

Bev reminded us of BOA's mission statement presented in each Broward Beacon publication "Shedding the Light of Hope, Help, and Education for Ostomate's Through Visitation and Rehabilitation". We, being all members of BOA, have the opportunity and privilege for service and giving by creating a room full of support and guidance in times of need.

Bev encouraged us all to find a time and place of stillness in our lives where we can reflect on our feelings and responses to adversity in our lives. "Life is, and life happens to all of us" – what a poignant thought. Bev also reminded us not to focus on "why is this happening to me" but instead deal with and acknowledge our feelings and bring them to light. She encouraged us to be brave enough to share with

somebody thus receiving their guidance and support. This In turn allows us to guide and support the next person.

Bev finished by challenging us all to say Yes to a new life and not to let our adversities, whether they be ostomies, surgeries, or anything else stop us. She encouraged us to seek adventure and opportunity and to continue to grow together. She then quoted a lovely saying – "adversity is the diamond dust that heaven polishes its jewels with".

After that uplifting message, the evening proceeded with the Installation of Officers Ceremony for the Broward Ostomy Association which is now in it's fourth decade.

Wendy Lueder president and editor of *The Broward Beacon*, BOA's newsletter. Amy Weishaus Vice President and Program Chair. Ren Lueder treasurer. Kent Stirling First Time Visitors Support. Debbie Walde recording secretary. Emma Heid and Darryel Robinson Refreshments Co-Chairwomen.

Cliff and Jackie (Mom) were thanked for their dedicated greeting for attendees and visitors as well as ensuring the room is set up and ready every month.

The CWOC Nurses gave gifts of appreciation to Wendy and Amy. Wendy was also gifted with a bag full of trinkets – one for each night of Hanukkah or to enjoy all at once.

Wendy gave each of the volunteers a lovely three way pen engraved with UOAA's logo and a message of thanks. Leroy was again thanked for the delicious meal he catered at cost.

Past volunteers were identified and thanked for their years of service to the BOA. Once again, spectacular door prizes were given to attendees donated by Julie of Ostomy Inc. and Harriet Ward. It was a lovely evening and enjoyed greatly by all.

Minutes: January 3rd, 2016

The meeting was called to order at 1:30 P.M. in Memorial Regional Hospital Auditorium. The Ostomate's Prayer was read by Larry. Wendy thanked Leroy once again for the delicious Holiday Banquet he provided last month.

A reminder that \$10 annual dues are from January through December and can be given to our Treasurer, Ren today. First time attendees were introduced: Diego with his parents Adrianna and Jose. Diego had his surgery just ten days ago! Ruth is also a first time attendee who had her surgery at the end of November.

Lea Crestodina, CWOCN, has met a wonderful 13 year old young gentleman, Miguel, for BOA to sponsor for the *Youth Rally* in July. This young man has had Crohn's disease and now has a colostomy. He has never known any Ostomates before and was quite excited when he saw what excitement was involved by attending the *Youth Rally*. Wendy challenged us to find something to donate for a raffle to be held with all proceeds given to Miguel for spending money on this exciting trip.

Lynn Wolfson, who is also a lobbyist in Washington D.C., has coordinated *Ostomy United's* first triathlon in Broward County. *Ostomy United* is a team of ostomates who participate in the event to swim, run, and/or bike. The event will be held September 4th at Tradewinds Park. The first informational meeting is to be Sunday January 24 at 4:00 P.M. at Delvecchio's Restaurant at the corner of I-595 and University Drive. Please RSVP to Lynn at lewolf1815@aol.com. The manager of the restaurant will need to know the number of attendees to ensure adequate amount of pizza to be available.

The attendees then divided up into their respective groups for discussion. Below is a wrap up of each group.

Lea presented the urostomates group. Leaking is usually a main source of concern. The group also discussed overcoming travel challenges. There was also a focus on attitudes, worrying, and adjustment.

Patty represented the colostomates. There was a great deal of handy hints that came out of this group such as: pre-cut pouches before they're needed, use *Glad Press'n Seal* to waterproof your pouch before showering, and if you need more than the allowed monthly supplies your doctor can put it in writing for the insurance company.

Attendees noted that filters are not working well. They were concerned re: noise. Wendy mentioned

having seen a booth at the UOAA that addressed this very issue. See pages 6 for her report.

Mary Lou told us the highlights of the ileostomates group. The biggest fear was of trying new things. Amy had told the group that FEAR is an acronym for Face Everything And Rejoice. Lynn introduced the group to a transparent dressing she uses to waterproof prior to swimming: Sure Seal by Active Lifestyle Products. This is available through Edge Park. See a full report of this product on pages 5 and 8.

Eula represented the caregivers group. They discussed increased need for education. Patients are still in shock for adequate pre-discharge education. Visual aids help.

When ordering supplies, you may have to minimize the number of supplies you have left. The number of shipping days are usually not taken into account.

Support is so very essential to the new ostomate. That cannot be said enough. The meeting concluded at 2:45 P.M.

Minutes: February 7th, 2016

The meeting was called to order at Memorial Regional Hospital Auditorium at 1:30 P.M. and the Ostomate's Prayer was read by Larry.

Wendy informed the group of the sad (for us) but exciting news of Mary Lou Boyer's upcoming move to the west coast of Florida so that she and her husband can enjoy closer proximity to their grandchildren. Mary Lou, CWOCN and an Ostomate herself, won the *Lifetime Achievement Award* while completing her career at the Cleveland Clinic. Her article published in *The Broward Beacon* on stomal irrigation was designated as one of "the best article to share" nationally. Although Mary Lou will be busy settling into a new home and keeping up with the joys of grand-parenting, she has agreed to continue writing articles for *The Broward Beacon*. All of us who have had the pleasure of knowing Mary Lou have been touched by the kindness and caring of a special lady and friend. Good luck Mary Lou and enjoy those retirement years. BOA will be

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honoring Mary Lou by serving her favorite cake, carrot with cream cheese frosting, at a Bon Voyage salute at our her final meeting with us this March.

First time visitors were welcomed: Don with his wife Randi, Joe, Debbie, and Joseph.

A reminder that BOA's Annual Board Meeting will be held immediately after our next general meeting on Sunday, March 6th.

Beth, a representative for *Safe'n Simple* Ostomy products brought samples of their peri-stomal cleanser and adhesive remover wipes. Wendy suggested keeping these on hand in an emergency kit for any size trip in case of unexpected need for pouch changing. They clean your skin without the need for water while leaving no residue.

Lynn Wolfson reported on the first organizational meeting for *Ostomy United Florida* chapter's first triathlon scheduled to take place at Tradewinds Park in Coconut Creek this September. This event is to promote active participation and awareness for Ostomates. The registration fee will be reimbursed by UOAA after the event to ensure participation. The first practice is scheduled for March 13th at 11:00 am at Tradewinds Park, Coconut Creek. Lynn has secured a trainer to help those who would like or need that service.

As a reminder, BOA is sponsoring a 13 year old young man, Miguel, to go to *Youth Rally* this summer. It will be held July 25 through 30 in Seattle, WA. While coming into the monthly meetings you will have the opportunity to buy raffle tickets for a \$300 gift certificate to any of the *Quarterdeck Restaurants*. The proceeds from this raffle will provide Miguel with airfare, camp fees and spending money for this great adventure.

Wendy introduced this month's guest speaker, Dr. Heather Clark. Wendy was introduced to Dr. Clark after she was experiencing an exceptionally painful time in her life not only physically but emotionally with the loss of her young and beautiful niece, Samantha. Wendy's pastor's wife recommended that she meet with Dr. Clark who specializes in pain management and bereavement. Dr. Clark truly was a gift not only for Wendy but for so many others who experience similar circumstances. The topic of

today's presentation is *Moving Away From Shame and Stigma*. Following are highlights of Dr. Clark's discussion. Dr. Clark has been kind enough to agree to write up her presentation in a more detailed format to be presented to UOAA for broader distribution throughout the ostomate community

Moving Away From Shame and Stigma

by Heather Clark Ph D

as transcribed by Debbie Walde CWOCN



Stigmas – we all have them and are subjected to them. Heather started with the story of a little girl who grew up on a beautiful Polynesian island. She was born with a birth defect in

which her eyes were two different colors. Also at age 5 she was the only child with platinum blond hair in a school full of lovely little girls with long black hair.

These are not the only things that made her different. She had soft baby teeth which required silver caps to protect them. We all know how children and even adults can be when someone looks different than everyone else. She was told what she could do to fix her eyes. She was told to keep her mouth shut – children even called her Jaws after the evil villain in those old James Bond movies. What would a child's reaction be to this negative attention? Shame, anger, embarrassment. Someone even suggested she could become depressed and suicidal.

Stigmas are marks of disgrace, sets of negative beliefs that people have about something. There are two kinds of stigmas; Societal stigmas are stereotypes, negative beliefs or thoughts by a society toward an entire group or subclass of people. Self stigmas are an individual thinking less of him or herself due to circumstances, qualities, or character. It is self criticism and always negative.

Shame is a feeling of guilt, regret, or sadness because you know you have done something wrong. It is a painful emotion caused by the consciousness of guilt or shortcomings. Shame is something we

do to ourselves. It is a thought, how we perceive ourselves and how we think others perceive us. It is your **THOUGHT** that has everything to do with how you **FEEL**.

What and how we think is the only way to eliminate self stigma. And when other people say or do hurtful things, it is important to have compassion for their ignorance for truly it is a fact that they are ignorant of you, your circumstances, your life. Below are tools to help move your thoughts away from stigma and shame:

1) Deal with your self stigma and own shame. Look for evidence of your own negative thoughts that are not true. This is called cognitive challenging. Your shame will be replaced by more positive emotions. Type in the words stigma and Ostomy on the Internet. You will see all kinds of people raising awareness and virtually saying “look at me – I have an ostomy and here is how I deal with it”. Those individuals sharing their stories on the Internet are helping others to change their self stigmas.

2) Deal with social stigmas. Educate ignorant (not knowledgeable) people who lack knowledge about the mechanics of your life. Here are choices of how to deal with those people: a) have great fun at their expense, b) choose to keep people at a distance, c) show compassion for their ignorance and draw closer by educating them Stigma isolates us.

Ask yourself if you are going to let other people define you and give them that power to do so? Are you going to expend your time and energy on them instead of something or someone worthy?

Now, going back to that little girl. That special girl grew up with parents and a church family who taught her that she was unique. God had made her special just the way she was. She was “Wonder Woman” with special strength in her teeth. As the years went by, that little girl’s unique qualities began to fade with age. Her soft baby teeth fell out for new healthy adult teeth to grow in. Her platinum blond hair became a darker shade of blond. And the two different colors of her eyes even became less noticeable. Who was that little girl? It was Heather Clark herself.

Remember that a stigma is a thought or belief,

shame is an emotion. How we think affects how we feel.

Respectfully submitted,

Debbie

Debbie Walde
Recording Secretary



Supply and Demand Q & A

by Joni Schneider, RN CWOCN;

When Should I Reorder my ostomy supplies?

A. It could take about a week to obtain supplies after placing an order with your Supplier. Plan ahead and have a back-up plan for unexpected situations. Reorder supplies when you have no fewer than five pouches on hand.

I need more supplies than my Insurance gives me. What do I do?

A. Medicare and Medicaid determine the quantity of ostomy supplies allowed based on the type of ostomy. They determine the amount “usually” medically necessary. Individual patient needs may vary and change over time. Your provider can clearly document why you require excess quantities and submit a “Letter of Necessity” to your insurance company for consideration. Frequently Ostomy clients tell me they change pouches more often than recommended “just because.” While the practice of changing pouches routinely before they leak is preferred, there is no advantage to changing more often than advised. It is expensive and can frequently cause adhesive irritation and/or injuries to your peristomal skin.

Should I always carry extra pouches?

A. Pouch wear time can be unpredictable with the best stomas, and failures never happen at a convenient time. Always carry an emergency kit stocked with supplies needed for a pouch change. Bring this kit along with you to any doctor’s appointment, clinic or hospital you visit. Hospitals generally stock only “generic” ostomy supplies and will probably not carry your specific brand or type.

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 Donna at 786-596-1642.

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.

Meeting Dates

Please, if you are as forgetful as I am, take a moment now to mark your calendars for our upcoming meetings. This is especially important since the *Broward Beacon* is now published on a quarterly basis. We really don't want to miss seeing you.

Out 2016 Meetings will all be held on the first Sunday of the month. March 6th, April 3rd, May 1st and June 5th. We will have a summer break for July and August and then will start up again in September 4th, October 2nd, November 6th and December 4th.

BOA does not endorse any products or methods. Consult with your doctor or Ostomy Nurse before using any products or methods either published in this bulletin, displayed, described, demonstrated or distributed by sample at our meetings or recommended by an association member.



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: The Lueders, 2100 S Ocean Dr Apt 16M, Ft Lauderdale Fl 33316-3844. 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 ___

☐ 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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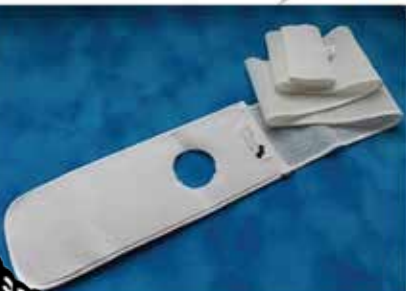
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References: 1. Goleczyn MT, Moiréau GM, Cabral MV, Nikolic-Piontek H. ConvaTec Study: Multinational Evaluation of the Peristomal Condition in Ostomates Using Moldable Skin Barriers. Poster presented at ECEET, Paris, France, June 2013.
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