

Volume XLVIII Issue No. 1

Spring Quarter 2018



Broward Beacon



**Meetings: March 4th, No April Meeting
(conflict with Easter), May 6th and June 3rd ~ 1 p.m.**

**The Lueders
2100 South Ocean Drive #16M
Fort Lauderdale, FL 33316**

Broward Ostomy Association



AFFILIATED SUPPORT GROUP

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 501(c)3 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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Broward Ostomy Association
c/o Lueder, 2100 S Ocean Dr. #16M
Ft Lauderdale FL 33316

President's Page

We have such joyous news. But I'll let the official announcement speak for itself. This simply thrills my heart.

Dear Colorectal Surgeons and Nurses:

With great pride, we announce the formation of the *Weston Ostomy Support* (WOS) group, an affiliate of the United Ostomy Associations of America (UOAA). Our meetings will be held at our Cleveland Clinic Weston every 3rd Wednesday of the month except for June, July, and August. Our first meeting will start February 21st, 2018 in Jagelman 4/5, from 6 PM to 8 PM. We recruited Lynn Wolfson as President. She is an advocate and current patient and a resident of Weston, to collaborate in this community project.

The motivation for the creation of a new OUA chapter at our facility is the profoundly ingrained interest we share at our Center when it comes to the care of ostomates. As stated in our mission:

We want to: "Provide emotional and informational support to ostomates, their friends and families in a safe and nurturing environment. Weston Ostomy Association strives to keep its members up to date on ostomy medical equipment, emotional support and provide the needed tools to recover their pre-surgical lifestyle as much as is physically possible."

Please read the congratulatory email received from the president of the Broward Ostomy Association Wendy Lueder sent below.

Amparo Cano MSN, CWOCN

From: lueder@bellsouth.net
To: Cano, Amparo CANOA@ccf.org

Subject: Weston Ostomy Association

On behalf of the Broward Ostomy Association, we are delighted to congratulate Cleveland Clinic Weston on the formation of the Weston Ostomy Association, an affiliated chapter of the United Ostomy Associations of America, as it provides the essential emotional and informational support to

ostomates, their friends and families. Ostomates, like no other patient group, need a safe place where they can encourage and inform those with similar life experience in a safe and stigma-free atmosphere. We wish this Affiliated Support Group all the success and best wishes as it serves the needs of those people living with ostomies and continent diversions.

Sincerely,

Wendy
Wendy Lueder

President, Broward Ostomy Association

Hurray Amparo and Lynn! With Patty Paxton-Alan aiding those in Coral Springs and Lourdes Placeres helping those in Miami, Amparo and Lynn Wolfson will do a magnificent job helping those in Weston. We are so blessed by these wonderful volunteers.

Very soon another support system, *Miami Ostomy Aftercare*, will be starting up thanks to the generous work of its president, Mr. Hal Spaet. We look forward to sharing the details of this program as they become available. Please see their ad on page 8.

Changing gears, it is with sad heart that I announce the moving of our beloved Darryel Robinson Polonio and her handsome and wonderful husband Edward. Due to an attractive job opportunity the Polonio's have moved to Southern California. Darryel and Edward have promised to stay in touch as much as possible but that doesn't mitigate the fact that they will be deeply missed.



Next Meetings:

Sunday March 4th, 2018

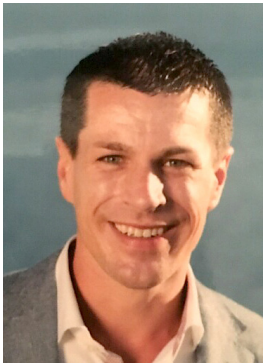
No April Meeting

Sunday May 6th ~ 1:00 pm

Sunday June 3rd ~ 1:00 pm

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

Speakers: 1:30



March 4th

We are truly delighted to have as our March guest speaker Hollister Incorporated Company Representative Mr. John Chickey. Hollister is employee owned and dedicated to the mission "... to help healthcare professionals deliver better products and services, and to make life more rewarding and dignified for those who use our products."

As John wrote, "I am excited for 2018 and look forward to seeing everyone in March at BOA's meeting. I will have several updates and new products to go over. I celebrate my 11th year at Hollister in 2018 and my 6th year down in South Florida. I grew up in Libertyville Illinois which happens to be where Hollister's global headquarters is located. Hope to see you next month as I introduce BOA's members to Hollister's truly comprehensive line of ostomy products.

Keeping BOA's members up to date on ostomy product development is one of our primary goals."

Don't miss this opportunity to learn about the results of countless hours of research and development. Ren and I have had the privilege to tour Hollister's Global Corporate Headquarters. We were deeply impressed by Hollister's obvious commitment to making ostomates' lives as fulfilling as possible.

May 7th



Dr. Mary Ann Meli never thought her intern rotation in Behavioral Medicine at Jackson Memorial would help her to cope with her own permanent colostomy surgery performed five years ago.

For over three decades her practice in clinical psychology has focused on moods, chronic illness, anxiety, depression and stress/pain management. She has worked with young cancer patients and drug and alcohol abuse patients as well.

With a BA in Theater, Mary Ann in earlier years worked in children's play therapy, creative dramatics, and Special Ed. Her PhD in Clinical Psychology was earned at Nova University. Dr. Meli shares a practice with her husband Paul in Tamarac. Away from the office, one of her passions in past years has been raising and showing beagles nationwide, and working with her family in their family owned restaurant.

We look forward to her presentation: *Managing Our Moods: Ostomy Insights Firsthand from A Clinical Psychologist* and to her suggestions for coping with stressors of all kinds.

Meeting Dates

Please, if you are as forgetful as I am, take a moment to mark your calendars now for our upcoming meeting dates. This is especially important since the *Broward Beacon* is now published quarterly.

Our spring 2018 meetings will all be held **March 4th**. We will not be meeting in April as the first Sunday of the month happens to fall on Easter. **May 6th**, **June 3rd** finish our spring sessions. We then take a summer break in July and August and start up again **September 2nd**, **October 7th**, **November 4th**. Our Holiday Sit-Down Dinner Banquet catered by our beloved member Leroy is being held by reservation only on **December 2nd!** All meetings are held in the Main Auditorium.



Ostomy, Inc.

Julie Ebel Gareau, President

Judith Ebel Considine, RN, ET, Founder, 1990

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Minutes General Meeting November 2017

The meeting was called to order by Wendy Lueder, President, at 1:30 PM November 5th, 2017 in Memorial Regional Hospital Auditorium in Hollywood, Florida. The Ostomate's Prayer was read by Larry.

The following volunteers were thanked for their contributions: Emma for bringing the snacks, Bonnie for being Chairperson for first time visitors, Cliff and Mom for being greeters and ensuring the room is set up for the meeting.

The Holiday Banquet will be held at 4:30 PM Sunday December 3rd. Leroy will again be coming out of retirement to cater. This is historically a delicious meal beyond compare. Tickets are \$10 each and can be purchased at the greeter's table.

First time visitors welcomed today are: Phyllis with her daughter, Rene, Gloria, and Charlie.

Wendy showed the group her video of Darryel and Edward's wedding. What a beautiful bride!



Important Helpful Hints

Today's meeting consisted of focus groups. The attendees were divided by surgery type to have roundtable discussions, questions addressed, and support. Today's attendees totaled more than

60 which is a record number.

The urostomy group shared social and emotional issues. They found it was good to share in order to increase their courage to confront and deal with barriers to leading a full life. A reliable support system is key to maintaining quality of life.

The colostomy group discussed unique challenges as well. Grape juice is found to be an effective stool softener. A black paper clamp available at the Dollar

Store is a good substitute for an ostomy clamp when finger strength and dexterity is an issue. *Press'N'Seal* found in the plastic wrap /aluminum foil aisle at the grocer is effective in keeping the pouch dry in the shower. The sticky side easily sticks to the skin and is subsequently easily removed after the shower. It was also recommended to call the 1-800 numbers of the suppliers for recommendations when problems arise. See page 2 to find their phone numbers.

The ileostomy group consisted of ileostomates from novice to proficient. They discussed that the usual wear time for their pouches was 5 to 7 days. This is an individual thing – no two people are alike and no two people have the same needs and body type. Wear time is often related to what is eaten during the course of the day as well as temperature, activity, sweating, etc. What is normal for one person is not normal for another.

Hydration was a big issue for most. It was suggested to drink slowly to prevent “dumping” of more output. Lynn had been to a nutritional conference where she learned about “Trioral” for rehydration. It is available on Amazon. The flavor needs masking as it is not palatable. Lynn did say that one liter of this per day replaces fluids and electrolytes better than Gatorade. Gatorade has a lot of sugar which increases output. G-2 has less sugar. Pedialyte is even better than Gatorade or G-2. The bad thing about getting so dehydrated is that if one goes to the hospital for IV fluids, their veins are difficult to cannulate because they are so dry. Immodium is the antidiarrhea medication of choice to limit output for special trips, lengthy testing, or special occasions. Marshmallows are also taken orally to help decrease output but are pure sugar. There are also high output pouches that can be used if one is in a situation that frequent restroom stops are out of the question. Wendy informed us that sometimes if your peristomal skin itches, it can be due to either a leak or dehydration. Drink a glass of water first and see if itching subsides.

For emptying pouches, some people sit backwards on the toilet to provide for more available room. Toilet paper in the bowl prevents splashing.

The subject of spouses and how to handle middle



of the night leaks. Some sleep on king size beds. Some wrap a cloth or “chux” around the pouch to contain the leak. When the two husbands present were asked how important an ostomy was as an issue in marrying someone they both admitted it made no difference at all.

Lynn also informed her group that she wears a body suit with reinforcement rings placed by Nu-Hope (an ostomy pouch manufacturer who customizes hernia belts, etc.). She also wears maternity slacks for extra support.

Discussions of interest that the group would like to hear more about is exercise (how soon and how vigorous) and blockages (some drank milk and some took 2 teaspoons of olive oil).

The meeting concluded at 2:40 PM.

Minutes General Meeting Dec. 3rd, 2017 Holiday Party

The Holiday Party for the Broward Ostomy Association started at 4:30 PM in Memorial Regional Hospital’s Main Auditorium in Hollywood, Florida. This is a special celebration as BOA is in its fourth decade of existence. The Ostomate’s Prayer was read by Lenny. The delicious meal was again catered by Leroy for which he was thanked with a beautiful large poinsettia. Reggie was thanked also with a poinsettia for acquiring the disc jockey Richie who provided the background music. A thank you to Amparo for providing the poinsettias.

The Master of Ceremonies, Irwin Rosen, was thanked for being such a supportive friend of BOA by paying for all the mailing expenses for the association. The Officer Installation Ceremony

commenced and ended with the lighting of the candles.

Many of the eighty attendees were thanked for their ongoing contributions to ensure the monthly BOA meetings run smoothly from Cliff and Mom, as Hospitality Chairs, make sure the room is ready in advance. Richard helps them at the door. Darryel, Emma, and Leroy provide the snacks every month. Bonnie greets the first-time attendees.

The CWOCNs in attendance were given the lovely centerpieces as a thank-you gift and the celebrations concluded at 6:00 pm.



Treasurer Ren, Corresponding Sec. Krysta, V-P Amy, Recording Sec. Debbie, Pres. Wendy

MIAMI OSTOMY *AFTERCARE*

ANNOUNCES THE *NEW* FREE OSTOMY AFTERCARE HELP LINE

305-952-0951

**If you have a patient with an ostomy and have a question
or need on-the-spot advice, please call this number**

Share this Help Line with your ostomy patients

FREE OSTOMY EDUCATION SESSIONS AVAILABLE

Miami Ostomy Aftercare Program provides free ostomy education sessions for nurses who want to improve their ostomy nursing skills. Sign up for a free ostomy education session with ostomy nurse Mary Lou Boyer, RN, WOCN, recently retired after 17 years at the Cleveland Clinic Florida, a pioneer in ostomy aftercare. Sessions run 30 to 40 minutes, plus question-and-answers, and can be accessed via computer with Skype or phone conference. Call 786-580-3928 for information on upcoming sessions, which are provided free as a community service by Miami Ostomy Aftercare Program.

Minutes General Meeting

January 7th, 2018

The meeting was called to order at 1:30 PM at Memorial Regional Hospital's Main Auditorium in Hollywood, Florida by Wendy Lueder, President. The Ostomate's Prayer was read by Larry. First time visitors were greeted: Grace & Bob from Cleveland Clinic; Ellie & Dale; Maria & Mitchell from North Miami; Rhonda; Cavola; and Brian & Lorri from Canada.

Wendy reminded us that the annual Board Meeting will be held in March at the completion of the monthly meeting. We will be voting on sending a young person to the annual Youth Rally for young ostomates. Officers and chairpersons need to attend and all others are invited. Our April meeting has been canceled due to the conflict with Easter.

A sad farewell was said to Darryel and her

husband Ed. Darryel was offered a new position in California. We wish them both well. They will be greatly missed.

Also missing from our hospitality table today is Mom who is attending a memorial service and Richard who is in the hospital. We miss them both very much and hope for Richard's speedy recovery.

Patient and Family Centered Care

Amy introduced our speaker for the day, Michelle Barone, Directory of Patient and Family Centered Care from Memorial Health System. She started the mentor program at Joe DiMaggio's Children's Hospital which later made its way to the adult side of the hospital system. Michelle told us she became involved in this philosophy of patient and family centered care when her young daughter at the age of three was hospitalized with an aggressive form

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of cancer. Fast forward to today – her daughter is now 22 and will be working as an aromatherapist within the Memorial Healthcare System. But that early diagnosis, as any diagnosis, was devastating. It is at times like this that healthcare deliverers need to be mindful to care about the family as well as the patient. Family is defined by whoever the patient says it is and these people are who the patient needs to get them through the storm.

Patient and Family Centered Care is more a philosophy than a program. It is considered the foundation of all the other programs, policies, facility design, and care delivery. Stages of this philosophy are:

1) A system centered driving force to identify the strengths and needs of the system to drive delivery of health care.

2) Family focused driving force in which the family is the focus of care. Interventions are done with them versus to them. The patient and family need to be included.

3) Patient and family centered care in which the priorities and choices of patients and their families drive the delivery of the health care.

This partnership philosophy promotes respectful, effective relationships between customers and the health care professional. It enhances customer satisfaction, patient safety, quality outcomes, and staff satisfaction. Participation of the patient and family and collaboration with the health care team is very important. Providing choices with respect, information sharing, and allowing family members to be near helps to provide the patient with the dignity he/she deserves.

It is important that you as a patient and your family know what to look for when in the hospital. Know your rights and know what to fight for to be

empowered. When looking for a new hospital, look at the website on the visitation page. If there is more than one sentence or paragraph describing visitation policies, then that is not a patient/family centered care facility. If the following are not provided to you in the hospital, ask for them and to be included: multidisciplinary rounds, bedside shift report, team conferences, review of the medication record, discharge meetings/conferences. You do have the right. Any questions that come to mind, write them down so you will be prepared to have them addressed.

Now some things that Patient and Family Centered Care are not:

- It's not new
- It's not staff relinquishing all decision making to family especially as it relates to safety
- It's not allowing family to be rude or abusive to staff
- It's not difficult but requires thoughtful, caring appreciation of the needs of the patient and family
- It's not a substitute for safety

There are also certain responsibilities of the patient and family that they must own. Aspects of self-care must be learned for a smooth and efficient transition between levels of care and/or health care settings including discharge home.

One of the most important responsibilities we all have is to predetermine in advance your health care surrogate and decision maker should you become incapacitated. Make sure they are aware of being the designee and that they know what you would or wouldn't want done.

Finally, remember it is not what you say but how you say it that may make all the difference. The meeting adjourned at 2:35 PM.

Respectfully submitted,

Debbie Walde
Recording Secretary



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The Phoenix magazine provides answers to the many challenges of living with an ostomy. From skin care to nutrition to intimacy, in-depth articles are written by medical professionals, ostomy experts and experienced ostomates. Subscriptions directly fund the services of the United Ostomy Associations of America.

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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 quarterly 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 with anyone. 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).

Memorial Outpatient Ostomy Clinic

At Memorial Regional Hospital Outpatient Ostomy Clinic, their goal is to provide quality care to adults and children who have had ostomies. They offer a variety of care and support including: preoperative and postoperative education on living with a stoma; appliance selection and application; peristomal skin complications and care; dietary counseling; routine stoma care and support for coping with lifestyle modifications. For more information or to make an appointment call 954-265-4512.

South Florida Ostomy Support Group

At Baptist Hospital meeting every third Wednesday of the month from 6-7 pm at the Baptist Health Resource Center, Medical Arts Building, located at 8900 North Kendall Drive, Suite 105, South Miami FL. Summer break July–August. For more information, call Lourdes Placeres at 786-596-6036.

Coral Springs Support Group

Coral Springs Medical Center’s “Caring & Sharing 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 Patty Paxton-Alan MSN, ARNP-BC, CWOCN at 954-344-3094.

Weston Ostomy Association

WOA meetings will be held at Cleveland Clinic Weston the 3rd Wednesday of the month except in June, July, and August. Their very first meeting will be held on February 21st, 2018 in Jagelman Conference Center from 6 to 8 PM. Lynn Wolfson is President. For more information email westonostomyassociation@gmail.com

Does Anyone Else Know How to Care for Your Ostomy?

Vancouver Ostomy HighLife Jan/Feb. 2017

Many of us have been looking after our ostomies for years and have the routine down pat. Even if

your ostomy requires some extra effort (seals, patching, powder, skin prep and so on) after enough practice you’ll perform even a complicated change without difficulty. But what if you suddenly could not do this for yourself? There are myriad of injuries or conditions that could suddenly prevent us from performing our usual ostomy routines. What if you suddenly did not have the use of your arms or hands? What if you were unable to speak? In most cases, our families and friends have little or no idea what we are doing in the bathroom. It would be a wise precaution to have a detailed list prepared in case of sudden emergencies. Some points to include:

Brand name and product number of preferred barrier and pouch; Specific instructions on how to remove and apply the barrier; Whether one or two piece; Step by step instructions how to prepare the skin for application of the barrier; Proper closure of a drainable bag; How often pouch should be emptied; How to hook up a night drainage system; How to tell if the system is leaking; Where are these supplies kept? Where do you order these supplies if they run out? What is your insurance information? Can you be placed on your abdomen if necessary for an extended period of time? Do you usually irrigate? What medications do you usually take? What is the name of your WOC nurse and how can that person be reached? What specific issues need to be monitored? How do you clean any of the equipment used? Proper storage of equipment; How long is the pouching system usually left on? Specific allergies to any other brands.

It would also be wise to prepare a waterproof ‘to go kit’ in case of sudden hospitalizations. A Snapware® Airtight Food Storage 17 Cup Rectangular Container w/ Fliptop Lid works well. Such a kit should include enough barriers, pouches and related products to last at least two weeks. Having a ‘to go kit’ is a good idea in general in case of fire or similar emergencies. Make sure your family or caregiver knows where this kit is kept. And include ‘your “how to” care instructions for your ostomy’ list in this kit.

