



SHORT CIRCUIT



Short Circuit

February 2007 ISSUE

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If you have specific topics that you would like to see in the "Short Circuit" newsletter, please contact Katie at

Fifth Avenue Medical.

Phone (319)298-0953

or Toll Free at (877)787-6790.

Email: katiedostal@careprohs.com

Website: www.fifthavenuemedical.com

Contact information for CR / IC Area Ostomy Support Group

Carol Haack

Home 319-337-6749

Cell 319-530-6749

email: haack@infionline.net

website: www.iowaostomy.org

*A Special Thanks to
Fifth Avenue Medical
for providing this newsletter.*

FUTURE MEETINGS & EVENTS:

***Please note that you can tune into the following stations if a meeting is cancelled due to inclement weather: Radio KXIC 800 AM or KCJJ 1630 AM in Iowa City and WMT 600 AM or KCRG 1600 AM in Cedar Rapids. KCRG-TV or KGAN-TV.

FEBRUARY

Meeting Date: Monday, February 26th, 2007

Time: 6:30pm

Place: St. Luke's Hospital in Cedar Rapids

Room 163

1026 A Avenue NE

Cedar Rapids, Iowa 52406

www.stlukescr.org

Thanks to Penny Dullea for hosting our meeting this month!

APRIL

To be announced



☞ *Medicare Coverage* ☞
MONTHLY ALLOWABLES

- Drainable Pouches: 20 per month
- Urinary Pouches: 20 per month
- Closed pouches: 60 per month
- Irrigation sleeves: 4 per month
- Solid skin barriers and skin barriers with flange: 20 per month
- Ostomy belts: 1 per month

You are entitled to obtain 1, 2, or 3 months supply at a time if you live at home and 1 months supply if you are in a nursing home.

It is necessary to have a doctor's order or prescription in order to submit supplies to insurance.

If you need more supplies other than those allowed, you will simply be required to obtain a letter from your doctor explaining the medical reason for needing more supplies than the usual maximum quantities as listed above. Your supplier does not need to routinely submit this letter with your claim, but must keep it on file in your records as a copy may be requested.

From United Ostomy Association, "Medicare Policy for Ostomy Supplies Improved"



HELPFUL PHONE NUMBERS AND WEBSITES

AMERICAN CANCER SOCIETY 1-800-227-2345
www.cancer.org

CROHN'S & COLITIS FOUNDATION 1-800-343-3637
www.cdfa.org

CONVATEC 1-800-422-8811
www.convatec.com

CYMED 1-800-582-0707
www.cymed-ostomy.com

FRIENDS OF OSTOMATES WORLDWIDE (FOW-USA)
www.fowusa.org

HOLLISTER 1-800-323-4060
www.hollister.com

UNITED OSTOMY ASSOCIATION OF AMERICA
 1-800-826-0826
www.uoaa.org

UOAA E-MAIL info@uoaa.org

WOUND OSTOMY AND CONTINENCE NURSES SOCIETY
 1-800-224-WOCN (9626)
www.wocn.org

CEDAR RAPIDS/IOWA CITY AREA OSTOMY SUPPORT GROUP E-MAIL
cr_ic_ostomy@yahoo.com



Next Meeting we will talk about....

J Pouch Surgery to be discussed

We have invited a 2007 Doctor of Pharmacy candidate from the University of Iowa College of Pharmacy to give a short talk and answer questions about her experience with an ileoanal reservoir (j-pouch) at our February meeting. This young woman had her colon removed as a teenager due to ulcerative colitis and opted for j-pouch surgery. Come and hear what this procedure involves and the similarities and differences between it and a traditional ostomy. Her story is very interesting in that it has some unexpected twists and turns!

Welcome!

The CR-IC Ostomy Support Groups welcomes all persons who have, or will have, a temporary or permanent bowel or urinary diversion – caregivers, spouses, children and friends are all welcome, too! We meet bi-monthly to discuss topics and share information and items of interest. If you are unable to come to a meeting and have questions we can help with, or if you'd like to schedule a home or hospital visit from one of our members, give us a call:

Vicki Kee, Visitor Coordinator
319-338-2751

Carol Haack, Group Coordinator
319-337-6749

Email Information

Our group has its own email address! We've created an email address for our group, and will be printing it on our new brochure. The email address will make it easier for new ostomates – especially “younger” people to contact us for information. Carol has agreed to monitor the email address and respond to inquiries. If anyone else would like to do this task for a while, please let her know!

Here is our email address:
info@iowaostomy.org

Notes from October 23rd, 2006 Meeting:

The October meeting was held at Mercy Hospital, Iowa City. Thanks to Mary McCarthy and Ricki Jones, WOCN, for hosting the meeting and providing the refreshments!

1. Our new website is www.iowaostomy.org. Our email address is info@iowaostomy.org.
2. New products and information – samples of Eakin Seals were available for those in attendance. A brochure from Osto-Ez-Vent was also available.
3. Discussion topics were “Things I Never Leave Home Without” and “My Favorite Ostomy Travel Tip”
4. Ricki Jones, WOCN at Mercy Iowa City, answered many of our individual questions about product selection. This evolved into a lively discussion of leaks and how to prevent them. Thanks for Ricki for the valuable tips we learned!
5. Vicki Kee, our Visitor Coordinator, presented a wonderful session on Visitor Training. It included what to do and say, and especially what NOT to do and say! Afterwards we chatted about some of our experiences doing patient visits. The Visitor Training presentation will be repeated from time to time as needed.
6. The door prize was of course, a “bag”! This time it was a very nice canvas zippered bag! We give away a bag of some sort at nearly every meeting. We **LOVE** bags!



**JOIN
US!**

*Upcoming Cedar Rapids/Iowa City Area Ostomates' Meeting
Where: St. Luke's Hospital
Cedar Rapids, Iowa
Monday, February 26th, 2007
6:30pm in Room 163
Please come and bring your ideas to share!*

Notes from the December 14, 2006 meeting:

The December meeting was held at the Bonanza Family Restaurant in Cedar Rapids. We played a fun gift exchange game, and everyone had a wonderful time! Thanks to guest Jim Kee who was our Master of Ceremonies!

- Carol gave a "book report" on Caught Holding the Bag – an Ostomy mystery novel by Peter McGinn. This book is one of the many that are available from our lending library.
- We received an invoice for membership dues, which are \$2.00 per member for 2007. We collected dues at the December meeting. Payment of dues is on the honor system. If you haven't paid your 2007 dues yet, please bring it to the next meeting.
- Report from the National Organization: UOAA Elections were held in November.

Officers elected for 3 year term:

President – Ken Aukett

President elect – Kristin Knipp

Vice President – Bob Baker

Treasurer – Dave Rudzin

Secretary – Mary Jane Wolfe

Board of Directors

Lynne Kramer – 2 year term

Charlie Grotevant – 2 year term

LeeAnn Barcus – 1 year term

Steve Strizic – 1 year term

- The National UOAA now has 243 ostomy patient support groups – our group is #171.
- New products and information – samples of Convatec Adhesive Remover and Barrier Wipes were given to those in attendance.
- Discussion topic was "How Far Has Your Ostomy Traveled? We also talked about travel in general, and the various problems and solutions that our members have had while traveling.
- Our brochure has been printed and several members pitched in and folded them during the meeting. We've been busy distributing them to the various hospitals and doctors in the area. If you are willing to deliver some brochures, you can pick them up at our next meeting.
- Concern was expressed about the cost of ostomy supplies from some of the local Cedar Rapids pharmacies, and whether or not they accept assignment from Medicare. Fifth Avenue Medical was one of the pharmacies mentioned. Carol spoke with Jeff Johnson, the Sales Supervisor at Fifth Avenue, about some of our group's frustrations. We were delighted to learn that Fifth Avenue has made some exciting changes in the last few months, and has begun accepting assignment on many of the most popular brands of ostomy supplies. We've invited Jeff to attend one of our meetings this year, and the arrangements will be worked out soon. In the meantime, you may contact him at Fifth Avenue Medical, 877-787-6790 or johnson@careprohs.com

Have you subscribed to the Phoenix?

The Phoenix is the official magazine of the United Ostomy Associations of America (UOAA). The UOAA receives a significant portion of its operating revenue from magazine subscriptions. The magazine contains regular features such as "Ask the WOC Nurse" and "Ask the Doctor", as well as informative and inspirational articles by and about ostomates. A one year subscription is only \$25.

Need a ride to the next meeting?

Call Carol Haack 319-337-6749
Or Vicki Kee 319-338-2751

Saturday, February 24, 2007 Crohn's and Colitis Foundation of America, Iowa Chapter "Celebration of Hope Gala" at the Coralville Marriott Hotel and Convention Center. Reception at 6:30 pm, dinner and program at 7:15 p.m. For more information contact Lynn O'Brien 319-236-0652 or laobrien@mchsi.com

August 16-18, 2007 UOAA National Conference, Chicago, IL

Next year, the UOAA will convene its first National Conference at the Lincolnshire Marriott Resort situated 18 miles northeast of Chicago's O'Hare airport. There will be educational seminars, new product information and a social evening sponsored by one of the leading ostomy supply manufacturers.

Have any old issues of The Phoenix?

If you're ready to give up your old issues of The Phoenix, the award-winning magazine of the UOAA, we'd love to include them in the visitor packs we give to new ostomy patients. Please bring them to the next meeting, or give Carol a call to have them picked up.

Special Messages

The Cedar Rapids – Iowa City Area Ostomy Support Group #171 is an affiliate of the United Ostomy Associations of America (UOAA)

The UOAA – United Ostomy Associations of America -- was created in 2005, after the UOA (United Ostomy Association) disbanded after many years of service to ostomates and their caregivers. The UOAA is a “virtual” organization, with very little overhead and a volunteer Board of Directors. Our group, the Cedar Rapids – Iowa City Area Ostomy Support Group # 171, is affiliated with the UOAA. Membership dues are \$2.00 per member, per year. The UOAA’s primary source of income is The Phoenix Magazine. The UOAA provides information, support and advocacy to its member groups.

Have a newsletter item?

Our Short Circuit newsletter editor is Katie Dostal, the Marketing Territory manager for Fifth Avenue Medical in Cedar Rapids. Fifth Avenue has been supporting our Ostomy group for many years by helping out with our newsletter. If you have an item for our newsletter, please call her at 319-363-4554 ext. 311, or you may email her at katiedostal@careprohs.com.

Looking for a Place to Donate Old Ostomy Products that you no longer have a use for?

Friends of Ostomates Worldwide (FOW) accepts donations of new, unused pouches, flanges (face plates), skin barriers, skin wipes, past, tapes, belts, pouch deodorant, pouch covers, scissors, wrapped soap (small hotel soaps are good), and pediatric supplies. FOW cannot ship flammables, liquids, aerosols, or used equipment. When donating, FOW asks that you include the donor’s name on both the inside and outside of the carton. A letter of receipt that can be used for tax purposes is mailed to each donor.

Donations can be sent to:
FOW-USA Project S.H.A.R.E.
4304 Regency Drive
Glenview, Illinois 60025-5200

For more information, you can contact FOW at info@fowusa.org



July 7-11, 2007 UOAA Youth Rally

University of Boulder, Boulder, CO. Youth Rally provides the opportunity for 11 to 17 year olds to be with others their age who have had, or will have, ostomy procedures, continent procedures, have IBD or have bladder or bowel incontinence. For more information, contact Linda Aukett at 856-854-3737 or laukettally@snip.net, or on the web at www.rally4youth.org.

Hello from Jean!

Jean Kluesner, WOCN, formerly of St. Luke's Hospital in CR and a long time supporter of our Ostomy Group, sends her best wishes for 2007. She loves her new job at the University Hospital in Madison, WI.

Her address:

Jean Kluesner, WOCN
432 Juniper St
Brooklyn, WI 53521
608-455-5052
Jklues4132@aol.com

Congratulations!

To our newsletter editor, Katie Dostal, on the birth of her daughter, Lillie Genevieve on November 10th , 2006. She weighed 8 lbs. 12oz. & 21 1/2 inches long. She is absolutely beautiful!



I'M ALIVE...YOU'RE ALIVE...WE BOTH HAVE OSTOMIES

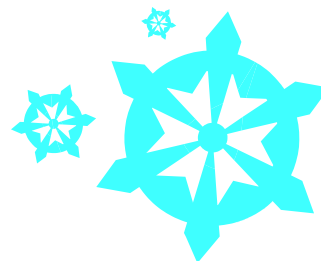
Via: Ostomy Support group of Central Indiana

They didn't perform this surgery on us just for fun. They didn't call it "elective surgery". They hustled us off to the operating room to save our lives. They told our husbands, wives and other loved ones that it was necessary...or we would die... maybe not today, but sometime very soon...too soon. So now we have an ileostomy, a colostomy, and ileal conduit (or maybe two of these) and we are alive. We are alive because of this surgery and we can accept this or reject it. We can live a secret sheltered life. We can be embarrassed and not talk about our "affliction"...or... we can say "thank you" for another chance to live this life in a helpful way. We can tell people that an ostomy is not the end of a normal life. Sometimes they may have a loved one who must face this surgery. We can hop that because we were "normal, happy, well-adjusted and alive", and told someone about our ostomy, their loved one would fare better, perhaps, than we did. Try it...wouldn't it make you feel good to think someone could benefit from your experience?

KEEP A MEDICAL JOURNAL

Via: Cleveland Ostomy Association

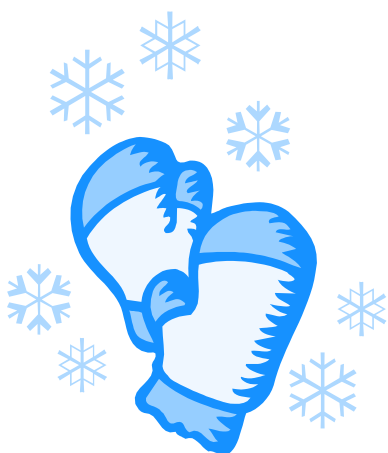
Often a problem has been nagging at your body for weeks or months. Sometimes a piece of equipment doesn't work properly. When you finally break down and go to the doctor, or consult and ET nurse, you find that they ask questions about the history of the problem that you can't answer. As a result, their diagnosis is not based on complete information. To avoid a faulty or inadequate diagnosis, it is wise to write down the symptoms of the problems as they occur. Often, you will find that by writing down these symptoms and the events which precede them, you, yourself, can spot some obvious solution (or at least, causes). A medical journal can help you to avoid false assumptions about your problems; it can also aid you when similar problems crop up in the future. Accurate information is always welcomed by your doctor or ET.



WHAT WOULD YOU DO IF?

By: Ellice Feiveson, Metro MD. Via: Dallas Ostomatic News

Trust me, every ostomate has had or will have an "ostomy accident." By accident, I mean a pouch leak of some kind. The question is, "are you prepared in case an accident occurs away from home?" Not so much prepared as far as having a change of clothes and extra pouches, but prepared emotionally to deal with the unexpected mishap. The reality of it is that every ostomate must think of he or she would do if at a party, in a restaurant, work or anywhere else, your pouch leaked because it wasn't on securely, or the clasp came off and the contents were spilling out. The question is, "What do you do if you feel your pouch is not on securely or you feel wet around your pouch? First of all, you think that everyone is noticing you and knows what's happening. Stay calm. Go to the nearest bathroom and take care of business. Most likely, your friends are continuing their conversation in the restaurant or in your workplace and no one knows you are temporarily missing. When I encountered an accident while I was in a group situation, I just removed myself and took my time in freshening up and rejoined my friends. No explanation is ever necessary! The more outings you take and the more public situations you are in, the more confident you will be as time goes on.

**THE WINTER OF LIFE**

Via: E-mail & The Regina Ostomy News

You know, time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was a young girl, just married and embarking on my new life with my husband. And yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all... And I have glimpses of how it was back then and of all my hopes and dreams...But here it is...the winter of my life and it catches me by surprise...How did I get here so fast? Where did the years go and where did my babies go? And where did my youth go? I remember well...seeing older people through the years and thinking that those older people were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like...But here it is... husband retired yesterday and he's really getting gray...he moves slower and I see an older man now. He's in much better shape than me...but, I see the great change...Not the one I married who was dark and young and strong...but, like me, his age is beginning to show and we are now those older folks that we used to see and never thought we'd be. Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore...it's mandatory! Cause if I don't on my own free will...I just fall asleep where I sit! And so, now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things. But, at least, I know, that though the winter has come, and I'm not sure how long it will last...This I know, that when it's over...I will enjoy the Spring in the arms of my loving Father...wait for my loved ones to come when their winter is over too...So, if you're not in your winter yet...let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life, please do it quickly! For remember that scripture...our life is but a vapor, it vanishes away...So, do what you can today, because you can never be sure whether this is your winter or not! You have no promise that you will ever see all the seasons of your life...So, live for today and say all the things that you want your loved ones to remember...



**Cedar Rapids/Iowa City
Area Ostomates
c/o Fifth Avenue Medical
402 10th St. SE, Suite 600
Cedar Rapids, IA 52403**

Reminder: February Meeting
Date: Monday, February 26th, 2007
Time: 6:30pm
Look inside for details!