



Prez Says,

We had a great turn out for our February Rap Session and had some delicious baked potatoes! Again a big thanks to Cecilia & Izzy Gutierrez for providing the potatoes!

A big reminder that it is time for annual dues! The low cost of \$9

provides so much to help our organization to bring you the newsletter each month, special events and guest speakers, please mail in or turn in your dues, we really count on your support!

I am excited for this month's activity: Visitor Training. Visitor training is one of the best things that our group does to provide support and HOPE to patients with the new transition of having an ostomy, whether it is permanent or temporary. Currently, we only have a small number of people who are visitors and there have been some that have come to me interested in becoming a visitor. If you do not feel like being a visitor is something you want to do, that is ok too, we still want you to come out to the meeting. For those who do not want to participate in the visitor training we will have a small rap session for you! So all come and enjoy the company and the pasta themed foods!

Cecilia

Our Deepest Sympathy:
The family of William "Wink" Mastraccio

Get Well Soon:
Velma Murray

BE A LIFESAVER

Encourage your friends and relatives to have a Colonoscopy



From the Editors Corner
Medical, Treatment, or
Technical items contained in
this newsletter are not in-



tended to be the last and final word. Any medical or technical information is included as information to pique someone's memory or help recognize a situation present with someone's family or friend. Remember, the final word on medical or ostomy conditions will be with your doctor and/or your E.T. Nurse.

If you have any information you think our membership might be interested in, such as a news article, a publication, a good recipe, an incident or a personal experience please let me know. Contact me via e-mail at: RalphPitt@gmail.com or "snail mail", Ralph Pittenger---9914 W Military Dr. Apt 1303— Phone 210 674 0295

New Ostomy Support Group

You are invited to Join the Newest Chapter of the Ostomy Association of South Texas at SAMMC. This group is open to the general public and is led by Shanna Fraser WOCN, RN. The meeting will be held in the Pediatric Resident's Conference Room (TN-122) inside the COTO building. The physical address is 3551 Roger Brooke Drive. San Antonio, TX 78234

Directions:

Enter into the gate and follow the road around until the stop sign. At the stop sign continue through the stop sign; Turn into the parking lot at the first right. Once in the parking lot turn right and park in Parking Lot D. (Left will be the ED parking lot and you are not allowed to park there)

When you look at the hospital you will see double doors and a sidewalk that lead to "Pediatric Entrance", enter through these doors and the conference room is the second door on the right.

*****If You Have Internet Access...

AND YOU are still receiving the newsletter in hard copy? You can save us money by joining our electronic distribution list. Just send an e-mail request to artrod@aol.com We appreciate your efforts to keep costs down while also being more eco-friendly!

Surplus Ostomy Supplies

Ostomy supplies have been donated by chapter members or their families when an ostomate has had a revision surgery or passed away. These supplies are available to our chapter members or individuals in need of supplies. Please contact Cecilia Lynn if you have supplies you would like to donate. Our reservoir is VERY low right now, so we are counting on our members to help us replenish it!

New Visitors— Mayra Goodman

**New Members
Welcome !!!**

Another Side of the Story

(by Lynne Rich, Ph.D.)

If anyone walked a mile in the shoes of an ostomate, how would they feel? Maybe a little tired, but their ostomy would work just fine, thank you.

What does having an ostomy mean to you? Survey says: good health, no pain, belonging to a group of strong, caring and compassionate people--ostomates, savvy individuals who've learned how and where to get and share knowledge, help, humor and hope.

Okay, there hasn't yet been a comprehensive survey. Are you living as actively as

you'd like to? If not, why? An ostomy is merely tissue that's been surgically relocated and designed to function smoothly. Even if a temporary ostomy doesn't work correctly and trouble-free-it may only need a little extra attention and care. You and your ostomy deserve the time necessary to be taken care of really well. After that, let your heart and brain take charge.

Living through health problems that led to ostomy surgery, you no doubt gained strength and fortitude. Your ostomy won't break and neither will you. You might develop feistiness and greater determination. You may also discover more bad hair days are likely than bad ostomy days especially in a tropical, humid climate, during blistering winters or in the windiest rainstorms.

If you're not sure whether an activity is medically or physically all right for you to do, before you stop yourself from trying, ask your physician and WOCN (Wound Ostomy and Continence Nurse) if actual medical or physical restrictions prevent you from participating in or learning to water ski; play the guitar; swim; play canasta or poker; scuba dive; speak Spanish, French or Italian; dance (ballet, tap, waltz, samba); eat Cajun, sushi or Greek foods; hike, canoe, kayak; take a trip by car, bus, ship, plane or train; ride a horse; run a marathon; walk 30 minutes; do yoga; golf; garden; sing or laugh.

Ostomies don't prevent working, traveling, living anywhere, swimming, scuba diving, hiking, or water skiing. Don't allow inaccurate information or a negative attitude to prevent you from doing what you want. Adjust your attitude with realistic information. Just as you adapted to the ways your body changed as you were growing up and as an adult too, you can adapt again and resume living as millions of other ostomates have done.

Learning how to take care of an ostomy is not as difficult as originally learning-earlier than you may remember-to walk, or later perhaps learning to drive a car, to wear contact lenses or bifocals. Ask questions. Terrific at sharing information, ostomates are resilient, inventive, practical and creative. At ostomy association meetings, notice how well people look. That's due to deliberate effort and an optimistic attitude. Give yourself the same quality of care you expect from your doctors. Don't ask less of yourself. Having an ostomy might mean better health now and liv-

ing longer. Decide each day what you'd like to do. Socialize with other people, or spend time alone. Count on the people most important to you to remain loving and supportive. Call people you'd like to see. Let your family and others know when you want them to join you in various activities. Don't think or expect the worst from anyone, including yourself.

PSYCHOLOGICAL ISSUES

***After Ostomy Surgery

These are a few of the types of people who fare better after ostomy surgery:

Those who think of others before themselves; Those who look outward and upward;

Those who are busy and active;

Those who are interested and always inquiring and learning; Those who are not bogged down in the grief process.

The four Ls of the ostomy patient are:

Learn-through the ostomy association chapter;

Lean on each other;

Laugh-through troubles and with a positive outlook;

Lead others by volunteering

ON THE SHORT SIDE

By Kathy Ward, March 2015

Question:

I have insurance, but it only pays a small portion of my costs towards my ostomy supplies. Do you have any free supplies that you can send me?

Answer:

As most of you are aware, we don't keep supplies here at National Office, however, if you attend your local meetings, many times members bring in their extra supplies that are offered to other members free of charge. It's a great way to "try-out" a different product.

Also, if you call area Charitable Organizations, or local hospital and speak with the Chaplin, sometimes they may know of an anonymous donor who is willing to help with the purchase of medical supplies for those in need.

Question:

When making donations in memory of a friend and/or loved one, do you notify the family that a donation has been made in his/her name? Where do we send the donation and what information will you need.

Answer:

Yes, we can notify the family that a donation was made In Memory of a friend and/or loved one. We would need to have the name and address of who to send the donation notification letter to. We don't mention the amount of the donation, only that a donation was made and who it was made In Memory of. You may include any special remarks of tribute for the individual to have us put in the letter to the family.

Emotional Issues of Ostomy Surgery

by Mark Shaffer

As a new ostomate you can expect to experience a number of often conflicting emotions during the weeks and months following your surgery. Relief that the ordeal of surgery is over and that your recovery is progressing, joy because you're still alive, and perhaps hope because you feel better than you have in years and new possibilities are opening for you. These are some of the more positive feelings you will experience. But you may also find yourself frightened and confused. It is a natural and nearly universal experience for a new ostomate to become frustrated with that new appliance and to worry about how life will change because of it. It is also common for a new ostomate to engage in a trace (or more) of self-pity (the "why me?" syndrome). These negative feelings can combine to cause introversion, depression and even a kind of immobilization where it is just too frightening to walk out the front door, and resuming your place in the world seems beyond all possibility.

First, and foremost, as a new ostomate you should try to stay focused on the things that are positive in your life. I have yet to meet an ostomate who, given a choice between "ostomy" and "no ostomy," would choose to have the surgery. But your decision was more complicated than that and probably involved choices between life and death or between a meaningful life and a life dictated by debilitating illness. Always remember that while an ostomy might not be the kind of thing you would ask Santa for, it is invariably better than the alternatives. You are alive and nothing else (including that clumsy-clod feeling you get when you change your new appliance) is as important as that.

Second, don't ignore the negatives. Denial gets you nowhere and negative emotions will not go away simply because you ignore them or pronounce them uncontrollable. There are several ways to address these issues. I'm a big fan of UOAA meetings. At these meetings, you see and meet other ostomates and soon learn that we look like everyone else and lead lives that are really no different than those lived by others. Amazon.com has a nice collection of books on the subject available or you can call your local bookstore. Surgical-supply stores sometimes carry helpful literature or (as is true with virtually any ostomy-related issue) your WOCN (Wound Ostomy and Continence Nurse) can help.

TEXAS

If Someone in Lowe's store offers you assistance and they don't work there,. You may be from Texas

If you've worn shorts and a parka at the same time, you may be from Texas.

If you've had a lengthy conversation with someone who dialed the wrong number, You may be from Texas.

If 'vacation' means going anywhere South of Dallas for the weekend, you may be from Texas.

An Ostomate Looks at Sports: Practical Advice for All

by Barbara Hurewitz

Sporting activities are some of the most exciting things for any ostomate to participate in. Good muscle tone and increased strength are important for anyone who has suffered a prolonged illness, but for ostomates, there is the added pleasure of doing something which, because it is a challenge, adds to our emotional strength. When I was ill, I had no desire to do any kind of vigorous physical activity. After my operation, while I felt better, I was still worried about taking part in any activities, especially athletic ones. I was afraid that my pouch would falloff, that I would strain my abdomen and that I would feel inhibited from really throwing myself into a sport. But, by starting to do various exercises, and by taking a certain number of precautions, I not only have enjoyed vigorous activity, but have also found myself doing many sports I had never done even before my illness. This successful activity has, in turn, increased my courage and made it easier for me to accept my ileostomy. It has certainly brightened my outlook many times over. Swimming is one of the best sports an ileostomate should try. It is a gentle form of exercise which uses all your muscles and should get your body into good enough shape to start any other sport. I would suggest to ostomates to wear waterproof tape around the edges of the pouch. (I have worn a temporary pouch to the beach and found this perfectly satisfactory). I also suggest wearing some sort of reinforcer (A stretch panty, the panty part of pantyhose, or a gentle support belt) under your bathing suit. This will keep your pouch from moving around, loosening, or causing discomfort.

Differences

NICKNAMES—If Laura, Kate and Sarah go out for lunch, they will call each other Laura, Kate and Sarah.

· If Mike, Dave and John go out, they will affectionately refer to each other as Fat Boy, Bubba and Wildman .

EATING OUT—When the bill arrives, Mike, Dave and John will each throw in \$20, even though it's only for \$32.50. None of them will have anything smaller and none will actually admit they want change back..

· When the girls get their bill, out come the pocket calculators.

MONEY—A man will pay \$2 for a \$1 item he needs.

· A woman will pay \$1 for a \$2 item that she doesn't need but it's on sale.

BATHROOMS—A man has six items in his bathroom: toothbrush and toothpaste, shaving cream, razor, a bar of soap, and a towel.

· The average number of items in the typical woman's bathroom is 337. A man would not be able to identify more than 20 of these items.

Ed note: A series of Ostomy Myths. Will try to include one or two a month) (cont'd From Dec '14)

OSTOMY MYTHS

Myth #5 – Limits? What limits?

Whew, my legs sure hurt. I just spent the day at the Minnesota Renaissance Festival—the largest and most popular of its kind in the world. What fun! We grazed on tasteless, over priced festival food. I found a beautiful Celtic necklace and bought 3 pairs of earrings. We saw jugglers, magicians, comedians, dancers, jousters, jesters, and much more.

My favorite were the Scottish dancers. Oh! I suspect you are wondering what my Sunday activities have to do with Ostomy Myth Five. Well—before my ostomy I wouldn't have dared to go to such an event. I avoided any activity where bathroom availability was unknown- or known to be a problem. I just couldn't risk it. I'll never forget the time I went to the Wisconsin State Fair when I was in college. I went with my aunt and spent much of the day worrying—waiting for—expecting trouble.

Trouble hit in the dairy building. I rushed into the women's room only to be confronted by the long, long, long line to the bathroom. Frankly, I didn't make it. By the time I got into the stall I had a mess. So there I sat crying, trying to clean myself, my bowels still pouring out. Then the pounding on the door started. "Hurry up. Don't you know there's a line out here." There I sat, my eyes filled with tears, desperately trying to deal with a horrid situation and this woman was pounding on the door, yelling at me. Only one thought pounded in my head... "I wish I were dead, I wish I were dead, I wish I were dead." Well, I don't have experiences like that anymore. I used to think that an ostomy would limit my life — I've already shared my misconceptions about love and sex.

Well the opposite is true. I spent so many years tied to the bathroom. In the last 21 months I've got to live life to the fullest for the first time. I can do ANYTHING I want to now. There are many things ostomates enjoy doing—swimming, sitting in a hot tub, sports. There have been professional football and golf players among our ranks.

Let's not forget the actress and political leaders among us. One of the active members of alt.support.ostomy participates in martial arts and another is an adventure athlete. Believe it or not—there is even a stripper in Florida with an ostomy. Those of us who spent years ill, find living with an ostomy to be a joy compared to what we endured as a result of our disease. Limits? HA! My ostomy opened that bathroom door and set me free to do anything I wanted to do.

Myth #6 – Time, time, time

Whew! Is life hectic. My job is busy, busy, busy. My grad school class starts next week and I need to somehow get over to the U to buy my books. (Their concept of evening hours for adult students is staying open to 5 pm.) I'm also trying to get a different job in the same agency, but I've got to get a teaching license first, and I had to fill out pa

perwork, and then send it to my undergraduate school to get them to fill in their part — it's weird having to get a license for a job where I won't be teaching, but since the job is doing professional development for teachers and they usually recruit teachers for the job, it's one of the requirements.

That reminds me, I've got to revise my resume. Meanwhile winter is coming soon to Minnesota and we have tons of leaves to rake up in the yard. We just moved into our first house this May and still have quite a list of house things to do yet. Boy, do houses take a lot of work. I've got to get the roses covered and the lawn furniture put away. Not to mention the laundry. My husband's in a wedding on Saturday and we have to get his suit cleaned.

I'm also trying to redo our Web Pages. I just learned how to use FrontPage, and am excited to be able to make my homepage much nicer. Tons to do and not enough time — Ah! Life. "What does this have to do with ostomy life?" you ask. My life is busy and hectic. I'm involved in a lot of things that take up time. Dealing with my ostomy isn't one of them. I empty my appliance 5-7 times a day- usually when I urinate. I tend to empty more often than necessary.

According to my ET nurse, as time goes by, I'll be less self conscious and empty less often. I spend far less time in the bathroom than I did when I had ulcerative colitis, or when I had a straight ileoanal anastomosis. I change my appliance every 4-5 days. It takes me about 10 minutes. Because of my allergy situation, I have to change my appliance more often than most. It also takes me a bit longer because of the system I use. Most folks use a much simpler appliance system than I do. The two times I tried to switch to a different appliance were the only two times I've ever had a leak—so, I've decided to stick with what works for me. The experiences of other ostomates will be a bit different.

Many colostomates choose to take time to irrigate so they don't have to wear an appliance. Although most ostomates have a longer wear time than I do, some have to change their appliances more often. When I hear horror stories of ostomates who have to change their systems hourly or daily—the first thing I ask is "When did you last see an ET nurse for a proper fitting?" Their answer is always the same..."never" or "years ago." An experienced ET nurse can help an ostomate find a properly fitting appliance.

My wear time is considered short at 4-5 days. If you are getting less than 3 days then see an ET nurse ASAP. Odds are you are not using a properly fitting appliance. Managing an ostomy-emptying it and changing it—does not cut into my time. Actually since I spend so much less time in the bathroom and doubled over in pain—my ostomy has expanded my available free time.

**PUDDIN' 'N' TATER
POUND CAKE**

2 cups Pillsbury Best
All Purpose or
Unbleached Flour
2 cups sugar
1 cup mashed potato flakes
4 tsp. baking powder
3/4 tsp. salt
1 pkg. (4-serving size)
Instant Chocolate Pudding
and Pie Filling Mix
1 cup butter or
margarine, softened
3/4 cup milk
3/4 cup water
4 eggs

Preheat oven to 350°F
(325°F for colored fluted
tube pan).
Lightly spoon flour into measuring
cup and level off. In large
bowl, combine with remaining
ingredients; beat 4 minutes
Generously grease and flour baking pan
Pour into prepared pan. .
Bake 55 to 65 minutes,
until toothpick inserted into
center comes out clean.
Cool upright in pan for
30 minutes. Invert onto
serving plate

Glaze:
1 1/2 cups powdered sugar
2 tbs. cream cheese or
butter, softened
1/2 tsp. pure vanilla extract
2 to 3 tbs. light cream or milk
3 to 5 tbs. chopped nuts at medium
speed.
Blend ingredients except nuts;
beat at low speed until
smooth. Spoon over cake;
sprinkle with nuts.



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MEMBERSHIP APPLICATION

Note: Just your name needed for renewals.

NAME _____ BIRTHDAY _____ Gender M F
ADDRESS _____ CITY, STATE & ZIP _____
PHONE _____ E-MAIL ADDRESS _____

DATE OF SURGERY _____
CIRCLE ONE: COLOSTOMY ILEOSTOMY UROSTOMY OTHER _____

Please make checks payable to Ostomy Association of South Texas and mail completed application with payment of \$9.00 to: Ostomy Association of South Texas, San Antonio, Tx .

In addition to my membership I am enclosing a donation of \$ _____.

You are welcome to pay your dues at the monthly meeting. The newsletter is included in the cost of membership.

Newsletter VIA E-mail (Circle one) YES NO (E-mail saves almost 50¢ postage and it's in color)

MEMBERSHIP

The South Texas Ostomy Association is in the process of updating its membership roster. This has become necessary for two reasons. One-- the obvious expense of producing and mailing the newsletter; and two-- the need to have an accurate count so we can correctly inform the UOAA of our correct membership and pay the proper amount of dues to the National Association.

The new membership roster will be predicated on the paid up members as of 10 May 2015.

Please become a member, or renew your membership by the deadline so you can participate in our monthly meetings, enjoy the various programs and speakers along with snacks, an occasional BBQ and the camaraderie with individuals having similar physical anomalies; And a subscription to the monthly Newsletter.

(New and annual renewal membership is \$9.00)

MEMBERSHIP APPLICATION

(Note: Just your name needed for renewals.)

NAME _____ BIRTHDAY _____ Gender M F

ADDRESS _____

CITY, STATE & ZIP _____ PHONE _____

E-MAIL ADDRESS _____

DATE OF SURGERY _____

CIRCLE ONE: COLOSTOMY ILEOSTOMY UROSTOMY

OTHER _____

Please make checks payable to Ostomy Association of South Texas and mail completed application with payment of \$9.00 to: Ostomy Association of South Texas, 5319 Arrowhead drive -- San Antonio TX 78228 .

In addition to my membership I am enclosing a donation of \$ _____

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Newsletter VIA E-mail (Circle one) YES NO (E-mail saves almost 50¢ postage and it's in color)