



AFFILIATED SUPPORT GROUP

Affiliate Group #004

# Clearwater Ostomy Support Group

[www.clearwaterostomysupportgroup.org](http://www.clearwaterostomysupportgroup.org)

[clearwaterostomy@gmail.com](mailto:clearwaterostomy@gmail.com)

SUPPORT LINE 727-490-9931



Nov 2022

## Next Meeting

**Sat, January 21, 2023**  
**no December Meeting**

**Support Meeting 10:30 am**

**The Masonic Lodge**  
**1145 Highland Ave NE**  
**Largo, FL 33770**

## UPCOMING EVENTS

### 2022 MEETING SCHEDULE

*Subject to changel*

February 18th

March 18th

Future dates and locations are still to be determined and confirmed.

## the President's Message

Hi Everyone,

Hope to see you all at the January 21st meeting at the Masonic Lodge.

We will be having Beth Peters speaking from Safe n Simple. They have lots of products so be sure to bring all your questions to have answered.

Looking forward to seeing you there!

Have a very Merry Christmas and a very Happy and safe New Year!

Blessings,

*Marilyn*



Our meetings are open to new ostomates, the experienced ostomates, the caregivers, the families, the healthcare workers, the support persons, the nursing students, the social workers and anyone who has a connection with ostomies and would like to join us. We welcome you all!

## TIPS & TRICKS

### *10 Workout Tips*

1. Don't push yourself! In time, you will be able to do more.
2. Stop if you experience pain! If at any point you experience pain, it could be a sign that you are pushing too far.
3. Look for a community. Motivation for exercise will be understandably low. Find other ostomates who exercise through social media.
4. Get comfortable clothes.
5. Maintain a health diet.
6. Hydrate. Drink lots of fluids. When exercising, you are bound to lose water through sweat.
7. Don't exercise right after a meal. This will cause problems with digestion and will make your bag fill up when you don't want it to.
8. Empty your pouch before you exercise. Exercising with a full pouch can run a risk of leakage.
9. Consider getting a personal trainer/physical therapist.
10. Consider getting an ostomy exercise belt. The exercise belt provides extra support.

### WHEN TO CALL A DOCTOR OR WOC NURSE

1. If cramps last more than two or three hours.
2. If you get a deep cut in your stoma or bleeding at the juncture of the skin and stoma.
3. If you have excessive bleeding from the stoma opening or a moderate amount in the pouch after several times emptying.
4. If you have a strong odor lasting more than a week.
5. If you have severe skin irritation or deep ulcers.
6. If you have severe watery discharge lasting more than five or six hours.
7. If you have an unusual change in the size or appearance of your stoma.

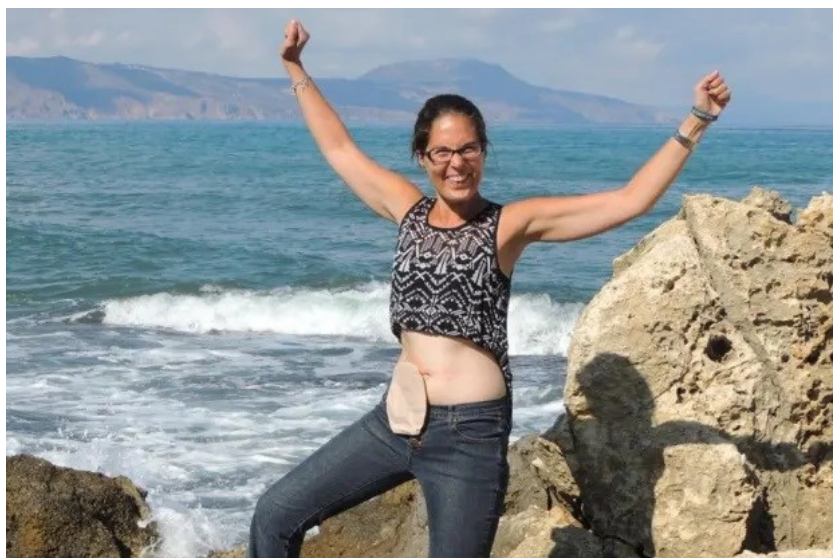




## 10 “Stoma-licious” Reasons Why I’ll Always Love My Ostomy

I’ve done so much living since becoming an ostomate.

An Article by Laura Zappulla



**2. I can literally poo anywhere.**

I love the fact that I can "go" anywhere with my ostomy bag; on the train, sitting at my desk at work, sleeping, hiking — even midway through a conversation, ha-ha. And unless my stoma decides to get a little noisy, usually no one is the wiser!

Whilst having a stoma might have its challenges and take a bit of getting used to, for me, it's truly a blessing and has given me back so much. Here are just a few reasons why my life is great with an ostomy.

**1. FREEDOM!**

No longer are bathrooms the first thing I scope out when going places. I can do all the things I love without fear of having an accident as I did living with Crohn's disease. My sense of freedom returned after getting an ileostomy and I began doing all my favorite things: travel, concerts, road trips, long walks, shopping, eating out... it all became so much easier.

**3. Having a stoma means LESS of so many things that I want less of.**

Not many doctors or hospital visits. Hardly any medication, side effects or pain. Seldom worry, anxiety, or stress. Less of these things means MORE of the good stuff. More independence, energy, money in the bank, confidence, and more time to spend doing the things I love.

**4. A new companion.**

My stoma is there for me through thick and thin — with me always and everywhere. I care for it, talk to it, and protect it. I refer to my stoma as my "little buddy."

### **5. A healthier and happier life.**

Ostomy surgery was lifesaving for me. Having a stoma can be a difficult adjustment at first, but it's led to a significant improvement in my quality of life. Being healthy definitely contributes to my happiness (and vice versa).

### **6. A greater understanding of personal values.**

Most of us with a stoma have been through some extremely life-changing experiences. I've personally done a lot of soul searching since becoming an ostomate. I'm grateful to be alive and value the little things that bring me joy.

### **7. An excuse to eat jelly beans.**

Attention all ostomates — we have the perfect excuse to eat lots of jelly beans! Though there might



be healthier foods I eat to help slow down output – like peanut butter, bananas, rice pudding, pretzels, yogurt, and mashed potatoes – jelly beans are my favorite.

### **8. More appreciation for my relationships.**

Living with an ostomy since 2015 has helped me reassess my priorities and figure out what's truly important in my life. I now have stronger relationships and closer connections with the people in my life.

### **9. Connecting with like-minded people.**

I had the absolute pleasure of attending my very first [Purple Wings Charity](#) event since moving from Australia to London. For those who don't know about Purple Wings, their vision is to help those with inflammatory bowel disease and ostomies regain confidence and self-



Purple Wings  
CHARITY

- Helping people with a stoma regain confidence and self-esteem -

esteem. Sharing mutual goals with others creates a bond that lasts a lifetime.

### 10. STOMA-LICIOUS was born!

An incredibly important and personally significant reason is that I started a blog called [Stoma-licious](#) on May 19, 2015 to coincide with **World IBD Day** and raise awareness about ostomies.

Article Credit: [Stoma-licious](#)



**IMPORTANT NOTICE:** *Articles and information printed in this newsletter are not necessarily endorsed by the Clearwater Ostomy Support Group and may not be applicable to everyone. Please consult your doctor or Nurse for the medical advice that is best for you*



It's membership renewal time! Attached is the Annual Membership paperwork.

Membership is open to all people with ostomies, as well as those with incontinent, intestinal, or urinary

diversions. Family members, friends, and professionals are also encouraged to join.

Membership includes our monthly newsletter and access to medical professionals, the ostomy.org website and the latest product information and samples.

Annual dues are \$20.00 and membership dues are tax

## CLEARWATER OSTOMY SUPPORT GROUP

*Lots of information can be found at the United Ostomy Association of America website.*



UOAA's Main Website -  
[www.ostomy.org](http://www.ostomy.org)

UOAA Discussion Board -  
[www.uoaa.org/forum](http://www.uoaa.org/forum)

Facebook: [Facebook.com/UOAA](https://www.facebook.com/UOAA)

Twitter: [Twitter.com/UOAA](https://twitter.com/UOAA)

Phoenix Ostomy Magazine:  
<https://phoenixuoaa.org/my-account/>

Keep Hydrated!

Keep Hydrated!

Keep Hydrated!

### OFFICERS

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VACANT

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Follow us on Facebook and Twitter for lots of great information and some humor.



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[https://twitter.com/clwtrostomy\\_grp](https://twitter.com/clwtrostomy_grp)

## Need Emergency Ostomy Help?



Lila Watkins at Bay Breeze RX has graciously set up a beautiful private room where she can see people and help them with problems they may be having with their ostomy.

Bay Breeze RX is located at 3350 East Bay Drive. Largo, FL 33771  
P: 727-614-9933 | [www.baybreezerx.com](http://www.baybreezerx.com)

**We'd love to see you at the next meeting!! Everyone is welcome!!**

COSG #004  
12931 88th Ave. North  
Seminole, FL 33776

## Get Ostomy Answers!

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.

Your satisfaction is guaranteed and your personal information will never be disclosed to a third party.

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