



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



Oct 2022

## Next Meeting

**Sat, October 15, 2022**

**Support Meeting 10:30 am**

**OUR NEW MEETING LOCATION!**

**Masonic Lodge**

**1145 Highland Ave NE**

**Largo, FL 33770**

## UPCOMING EVENTS

**2022 MEETING SCHEDULE**

*Subject to change!*

November 19th—Speaker

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

## the President's Message

Hi Everyone,

Hope to see you all at the October 15th meeting at the Masonic Lodge.

And remember the October 15th we will be having a speaker—Millie Parker from St. Pete. She will be here to discuss the TSA, so be sure to bring all your questions to have answered.

Looking forward to seeing you there!

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

### *Tips for Avoiding Leaks*

1. Prioritize skin health and make sure your skin is clear of any irritation.
2. A skin barrier ring or paste can be used with the flange as extra protection to ensure your pouch fits properly around the stoma.
3. When removing your flange, gently peel it away from the skin, starting at the top and working downward while pressing against surrounding skin.
4. Change your one-piece system or flange on a regular basis.
5. Ensure that your ostomy pouch is secure before exercising or participating in physical activity. There are support garments and ostomy wraps that you can get to help keep your pouch securely in place.
6. If you are still experiencing persistent leakage, contact your OMS or WOCN for guidance.

### 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.



## Nuggets of Knowledge

by Judy Madura

WOC Nurse and Registered Dietitian

*Change is a marathon –  
Not a sprint!  
Make changes slowly!  
Rest when needed!*

**What you drink is just as important as how much you drink!**

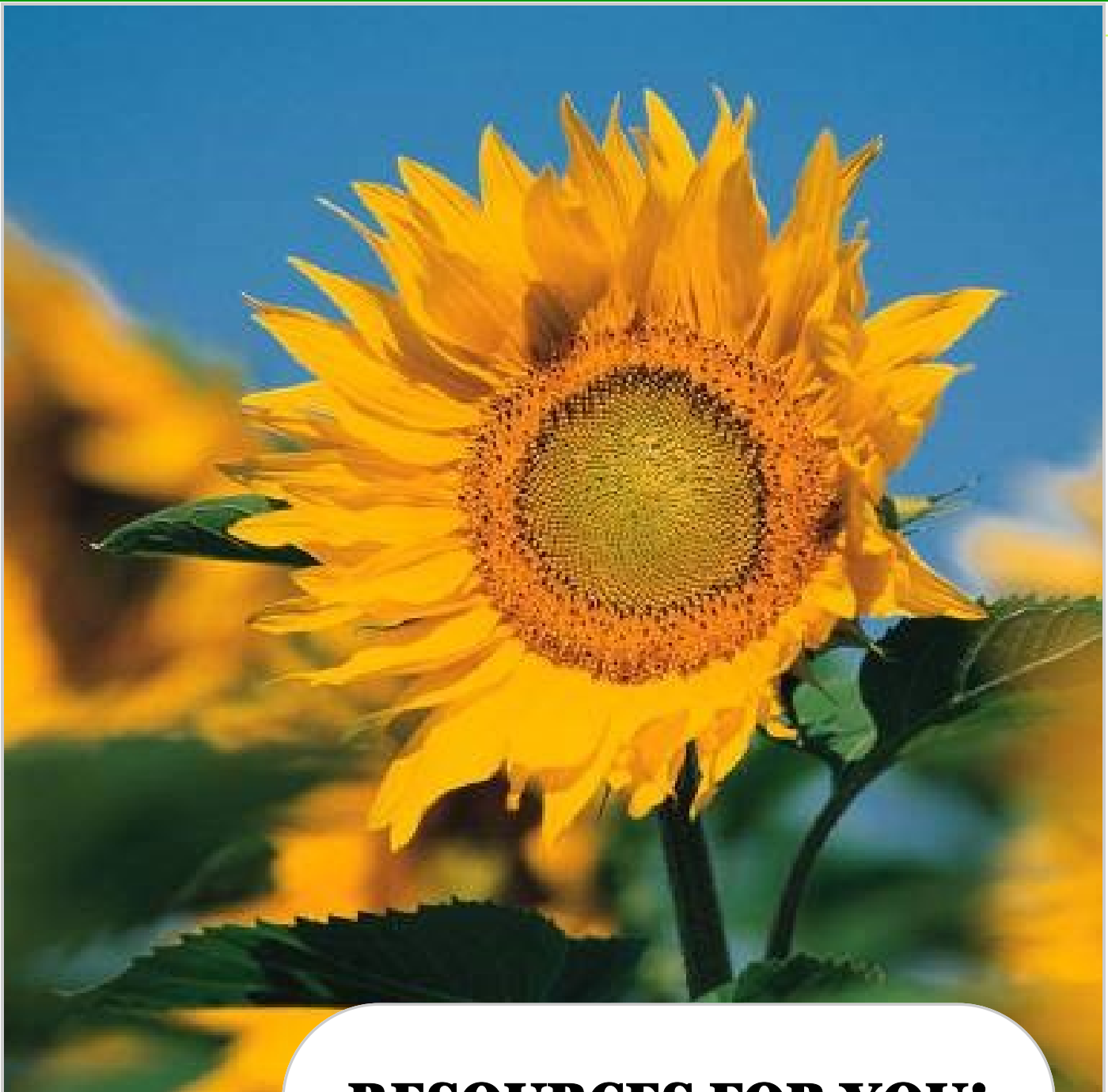
*We know about drinking 6-8 cups a day, but truly there is no "One Size Fits All" for every body and every day.*

Be your best advocate – when it comes to your stoma, your records, and your **"self"**.

Be Kind to Yourself!  
Physical and emotional stress can affect you.  
Allow yourself time to heal.  
Say I can – instead of I cannot!  
Be careful how you are talking about yourself because you are listening!

**NO NEGATIVES!!!!!!**

The ingredients listed on a food label first means it has the greatest amount of that ingredient within the product.



## **RESOURCES FOR YOU!**

The following pages are a collection of resources that were provided during this year's symposium. We wanted to be sure to give you the list of information so you would have access the resources.



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 deductible.

Memberships renew annually in October.

Complete the application and return it at our October meeting or return it by mail to the address on the application.

Thank you for supporting the Clearwater Ostomy Support Group!

***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*

## 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

**President**  
Marilyn Bossard 391-5682  
rbossard1@verizon.net

**Vice President**  
VACANT

**Treasurer & Membership**  
JoAnn Barr 669-3820  
clrwestmy.jabarr@gmail.com

**Secretary**  
VACANT

**Newsletter Editor**  
Mary Beth Makrianes  
ClearwaterOstomy@gmail.com

### COMMITTEE CHAIRPERSONS

**Program Chairperson**  
VACANT

**Registration Chairperson**  
Jeannine & Clive Dowdell - 504-7792

**Newsletter Distributor**  
Rose Munchbach - 397-4146

**Sunshine Person**  
Joni Roeder 260-6050

**Educational Chairperson**  
Cindy Owens - 462-7243

**Website Chairperson**  
John Buchanan 651-967-1045

**Information Chairperson**  
VACANT

**Medical Advisor**  
Romel T. DeMoraes, M.D. 441-8618

**Wound Ostomy Continence Nurses (WOC) 462-7243**

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



<https://www.facebook.com/clearwaterostomysupoSrtgroup/>



[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.

**Subscribe or Renew Today!**



**Save 38%\***



The Phoenix

- One-year subscription \$29.95     Two-years: \$49.95  
 Please send me FREE product samples, special offers and information.\*\*

Name \_\_\_\_\_

Address \_\_\_\_\_ Apt/Suite \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Payable to:** The Phoenix magazine, P.O. Box 3605, Mission Viejo, CA 92690

\*Based on cover price of \$9.95. \$39.95 for Canadian one-year subscription. U.S. funds only. \*\*Your contact information will be disclosed to third party companies to fulfill the request. Published March, June, September and December. If you are not satisfied for any reasons, we will gladly refund the unused portion of your subscription.