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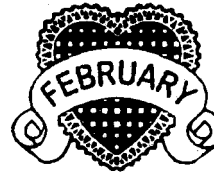
NEW LIFE NEWSLETTER

Volume 40 Number 1
Ostomy Connection
of Charlotte



Ostomy
Connection of
Charlotte

For info on the upcoming **OCC meetings** please see p.3
To read about our own **Chapter Highlights** see p.6
Check out the **Editor's Column** on p.10
Want to live longer? See the article on p.19
Read a very touching story on p.14
+ Many other informative and encouraging articles



www.ostomyconnectionofcharlotte.org

Our meetings are open to all ostomates, their families and friends. Physicians and Nurses are cordially invited. A social hour and refreshments follow each meeting.

Finding Professional Help



These medical professionals are available in our area:

Heather Pucket, NP
North East Medical Center
Concord NC - 704-783-2180

Julie Bowers RN, CETN
Springs Memorial Hospital
Lancaster SC - 803-286-1516

Gloria Johnson, RN, BSN, CETN
Mercy Hospital
Charlotte NC - 704-304-5678

Gretchen Caldwell, RN, BSN, WOC
Julie Elliott, RNET
Lauri Fowler, RN, MSN, WOC
Jean Goldner, RN, BSN CWOCN
Mary French Hut, RN, BSN CWON
Jackie Kelly, CWOCN
Carolinas Medical Center
Charlotte NC - 704-355-7605

Brenda Rutland, CWON
Carolinas Medical Center – Pineville
Pineville, NC 704-667-5002

Union Regional Medical Center
Monroe NC 28111 704-283-3198

Amanda Griffin, RN, BSN, CETN
Rowan Regional Medical Center
Salisbury NC 28144

Cheryl Postlewaite, MSN, WOCN,
Piedmont Health Care System
Rock Hill SC - 803-909-2170

Phyllis Kupsick, RN, BSN, CETN
Stanley Memorial Hospital
Albemarle NC 28001

Betty Loftin, RNET
Medical Mart
Rock Hill SC - 803-366-5544

Carla Mellon CWCN, COCN
Pager # 6579 Voice Mail 704-863-6524
CMC-University

Phyllis McGalliard RN, CWOCN
Presbyterian Hospital
Charlotte NC - 704-384-3229

Debbie Myers RN, CCRN
Lake Norman Regional Medical Center
 Mooresville NC - 704-660-4711

Debbie Strider, RN, BSN, CWOCN
660 Summit Crossing Pl., Suite 306
Gastonia NC 28054 - 704-671-7830

Vickie Hall RN CDE CETN
Iredell Memorial Hospital
Statesville, NC 704-873-5661

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Ostomy Connection of Charlotte Membership Application

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

E-mail Address _____

Date of Birth _____

Note: Members will be notified by mail for renewal.

I have a (please check):

Colostomy Urostomy (Ileal conduit)

Ileostomy Other

Year of Surgery: _____

I am interested in becoming involved in
service with OCC. Yes No

Permission to use your name, address, phone no. in an
Ostomy Connection directory. Yes No

Please complete this application and mail along
with a check payable to **Ostomy Connection of
Charlotte** for \$15.00 (annual dues) to:

George Martin
5925 Donegal Drive
Charlotte, NC 28212

The OCC...Ostomy Connection of Charlotte

The goal of the OCC is to provide support for the person that has undergone ostomy surgery. We are committed to providing the ostomate, their family and friends with an atmosphere that is non-threatening, open, honest and supportive. We plan to accomplish this by:

1. Continuing to produce the NEW LIFE Newsletter 6 times a year.
2. Continuing to provide ostomy visitors to new ostomy patients when requested.
3. Establish a website for the local support group.
4. Provide social gatherings to promote support and bonding within the group.
5. Provide helpful educational meetings which reflect the needs of the patient with an ostomy.
6. Reach out to smaller support groups in the surrounding Charlotte area and include them in social and educational events.
7. Encourage membership to subscribe to the *Phoenix* magazine published by the uoaa.

Dues are \$15 for a 12 month membership.
You will receive the Bi-monthly New Life Newsletter.

Meetings are held at Presbyterian Hospital, Matthews, N.C. at 7:00 p.m. on the third Tuesday of every other month, starting with February. Members will be informed of any changes. Facilities for the handicapped.

Special Thanks to **CONVATEC** for the printing of our Newsletter!!!
We so appreciate your support of our Chapter!!!



February Meeting

Date: Tuesday, February 16, 2010

Time: 7:00 PM

Place: Presbyterian Hospital Matthews
Community Room

Program: Visitor Workshop

How to be the best ever visitor to someone with a new ostomy! This meeting will be good for anyone with an ostomy (old or new). Bring your best and your worst visitor stories- either as the visitor or visitee!

Bring Your Own Refreshments- "B.Y.O.R"- We are asking you to bring a snack or refreshment to this meeting- anything- enough for you plus 2 more people... It will be fun to see what we get!!! Drinks will be provided

April 20th Meeting- 7pm Presbyterian Hospital Matthews

Program: 'The Good, The Bad, and The Ugly'- You will not want to miss this one!!→ A reality show for people with ostomies

We need YOU!!!

Can't Come to Meetings? -

Come to our daytime "Stuffing Party!"

Want to volunteer a few hours helping to prepare our Newsletter for mailing? It's fun; there's lots of banter; we make a significant contribution to our chapter.

Call our mailman **Hubert Wilson** at 704-364-0445 to volunteer - **we need your help now more than ever!**

The next Stuffing Party will be Tuesday April 2, 2010
at 1:00 PM at St. Luke's Lutheran Church
on Park Road near the YWCA.

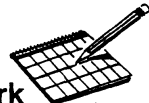
And Thank You St. Luke's for your gracious hosting!

Year 2010

Stuffing Party Date

April 2
June 1
August 3
October 5
November 9

**Mark
Your Calendar**



Meeting Date

February 16
April 20
June 15
August 17
October 19
December 7
Christmas Party

The **NEW LIFE NEWSLETTER** is the newsletter of the Ostomy Connection of Charlotte. We publish the newsletter bimonthly from the address below and send it to members of our chapter, as well as to others whom we hope will be helped by receiving it. This newsletter is a major component of our mission, detailed on later pages, of helping ostomates to a full recovery from surgery through many means, including education, public meetings, and individual visits.

Address correspondence to:
Editor, New Life Newsletter,
Ostomy Connection of Charlotte
7301 Woodstream Dr
Charlotte, N.C. 28210 1

Don't Miss an Issue!

The Leading Ostomy Publication. *The Phoenix* is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories — it's all here and more.



More Than A Magazine. Half of each subscription funds the nonprofit United Ostomy Associations of America — the only national organization providing vital information, resources, support and advocacy for ostomates.

Annual subscriptions: \$25. Send check or money order to: **The Phoenix, P.O. Box 3605, Mission Viejo, CA 92690.** Phone/Fax: 949-600-7296. Published quarterly: March, June, September and December.

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406 SO HLFAD

Just for Fun

What Kind of Tracks Are They?

Three blondes were walking through the forest when they came upon a set of tracks. The first blonde said, "Those are deer tracks." The second blonde said, "No, those are elk tracks." Third blonde said, "You're both wrong, those are moose tracks." The blondes were still arguing when the train hit them.

Blonde Password

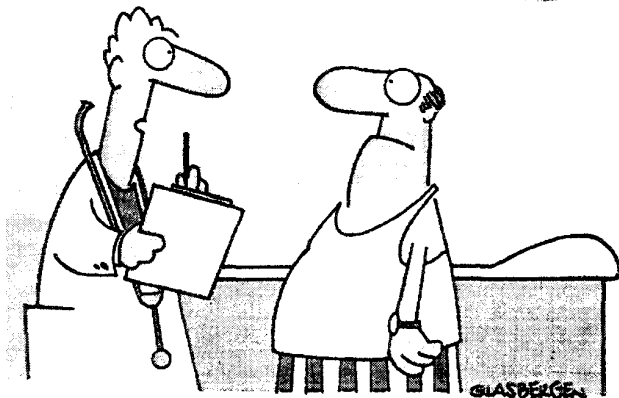
This is from a nameless source!!!

During a recent password audit, it was found that a blonde was using the following password:

MickeyMinniePlutoHueyLouieDeweyDonaldGoofySacramento.

When asked why such a long password, she said she was told that it had to be at least 8 characters long and include at least one capital!!!!!!

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"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

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GeorgeMartin@carolina.rr.com



Looking For Help? Call:

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Beverly Eller
704-552-6147

**CROHNS & COLITIS
FOUNDATION OF AMERICA:**
1-800-343-3637

VISITOR COORDINATOR:
Christale Norwood
704-573-1835



Call

O.C.C. Chapter Highlights ★

DECEMBER CHRISTMAS PARTY

Our December 8, 2009 Christmas Party was attended by 36 people. We enjoyed a good meal catered by Morrison's Cafeteria. Afterwards we enjoyed music by Cabin Creek from Rock Hill, S.C.

Thanks to all who worked and contributed to make this a most memorable evening!

Christale Norwood
Secretary

★ PLEASE READ!!! ★

We need to pursue having our Newsletter on-line instead of a paper mailing...If you have an e-mail address---please notify Carla at cmell@carolina.rr.com. We will begin to compile a list of e-mail addresses for those with access. We will continue to print and mail the Newsletter however due to the expense associated with this endeavor, we MUST seek alternative ways to communicate. Most organizations today do communicate via the internet and e-mail, and we need to explore this as well. Please give this option consideration, we should be able to reduce our mailing by 50%...don't you think?

Take Steps For Crohn's & Colitis

Take Steps for Crohn's & Colitis is the nation's largest event dedicated to finding cures for digestive diseases. The walk will be on **June 26, 2010** at Freedom Park at 5:30. We will be walking to raise crucial research dollars for the millions of people fighting Crohn's disease and ulcerative colitis. The walk is approximately 2 miles. Christale Norwood is a Team Captain and is looking for people to walk with her and to raise money. You can contact her at 704-573-1835 or norwood1972@bellsouth.net. The website for the walk is: www.cctakesteps.org. Thanks to those who helped last year! If you aren't able to participate in the walk you can also make a donation.

If you haven't visited our own "local" website – you should! There is a lot of information available and some very helpful links also – check us out at: www.ostomyconnectionofcharlotte.org

The Crohn's & Colitis Foundation of America is also another good resource and you can visit their website at: www.ccfa.org.

WANT TO LIVE LONGER?

UOAA UPDATE 11/09 Mercer County, via Metro MD

Want to live longer? Then go out and mingle, mingle, mingle. A recent community health study reveals that socially active people lived longer than their quieter neighbors. Reported in the American Journal of Epidemiology, the study took into account such variables as cholesterol, drinking and height-to-weight ratio, as well as others, such as smoking, which could be expected to have an effect on longevity. For men, passive solitary leisure activities such as television viewing and reading were "positively associated with mortality." Frequent social contact with other people substantially lowered the risks of dying in the 12 years the study has been in existence. For women, the association between solitary leisure activities and the risk of dying was even more positively associated. Marital status for women was less significant than for men in the study.

Thirty Minutes a Day May Keep Cancer Away

UOAA UPDATE 11/09 A.C.S., Medical Affairs, via Metro Maryland

A brisk walk of just 30 to 60 minutes a day is sufficient to achieve a level of physical fitness that will reduce mortality from cancer as well as from cardiovascular disease, say Steven Blair and colleagues. In an eight-year study of 10,224 men and 3,120 women, these researchers found an impressive decline in death rates for all causes, even if only a moderate degree of fitness was achieved, and despite the influences of age, smoking habits, cholesterol levels, blood pressure or blood sugar problems, family history of coronary heart disease, and length of time from last physical examination. Comparing findings in the least-fit versus the most-fit persons, the cancer death rates in men were 20.3 versus 4.7 and in women were 16.3 versus 1.0, respectively.

In a related study, the Missouri Health Department found that male employees who sit around on the job have a 110 percent higher rate of upper colon malignancies than do men with active jobs.



Perspective

Thanks to the Internet (Via: *The Pouch* Nov-Dec 2009)

One day, the father of a very wealthy family took his son on a trip to the country with the express purpose of showing him how poor people live. They spent a couple of days and nights on the farm of what would be considered a very poor family.

On their return, the father asked his son, "How was the trip?"
"It was great, Dad." "Did you see how poor people live?" the father asked.

"Oh yeah," said the son.

"So tell me, what did you learned from the trip?" asked the father.

The son answered: "I saw that we have one dog and they had four. We have a pool that reaches to the middle of our garden and they have a creek that has no end.

We have imported lanterns in our garden and they have the stars at night.

Our patio reaches to the front yard and they have the whole horizon. We have a small piece of land to live on and they have fields that go beyond our sight.

We have servants who serve us, they serve others. We buy our food, but they grow theirs.

We have walls around our property to protect us, they have friends to protect them.

The boy's father was speechless. Then his son added, "Thanks, Dad, for showing me how poor we are."

Isn't perspective a wonderful thing?

Makes you wonder what would happen if we all gave thanks for everything we have, instead of worrying about what we don't have. Appreciate every single thing you have, especially your family and friends.



ACIDIC URINE - A MUST FOR THE UROSTOMATE

UOAA UPDATE 12/09 via Great Falls MT

Very often, a person with a urostomy is advised not to drink orange juice, but is not given an explanation as to why. The rational behind it actually applies to everyone at one time or another. If you get a bladder infection, your urologist may give you the same admonishment, and for the same reason. Acidic urine tends to keep bacteria in check, thereby lessening the incidence of infection. Orange juice is not used by the body as acid, but as alkali. Alkaline urine can also cause crystal buildup around the stoma. When the food you consume is burned in the body, it yields a mineral residue called "ash". This ash can be acidic or basic (alkaline) in reaction, depending on whether the food eaten is mostly acidic or basic.

The reaction of the urine can definitely be changed by foods like orange juice. Most fruits and vegetables actually give an alkalized ash and tend to make the urine alkaline, but there are some exceptions. Meat and cereals will usually produce an acidic ash that will acidify the urine. Some acid-producing foods are bread (especially whole wheat), cheese, corn, crackers, cranberries, eggs, nuts, macaroni, pastries, plums, prunes, meat, fish and poultry.

Some alkaline-producing foods are milk, bananas, beans (lima and navy) beets, greens and spinach. Some neutral foods are butter cream, salad oils, syrups, sugar, tea and tapioca.

Normally, the urine in the bladder is acid in nature, so watch your diet. Mother Nature knows what she's doing.

Be My Valentine

Be My Valentine

You are unique, so be sure to consult your doctor or WOC nurse before trying products or methods that are mentioned in this newsletter.

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UOAA NEWS ★

Keep current with the **UOAA blog!**

UOAA now has a new way to communicate with you...we have a blog. For the uninitiated, a BLOG = a shortened form of **web-log**. It's our way of bringing you up-to-the-minute news about happenings within UOAA. In addition to the general blog there will be one concerning advocacy matters and others as time goes along. You can find it at **www.uoaa.org** in the left-hand navigation menu or go to **www.uoaa.wordpress.com**.

The **2010 COLONDAR** is now available for purchase online and you can read about it at: **www.colonclub.com/colondar.html**.

To see how the 2009 Colondar was produced go to: www.youtube.com and enter: 2009 Colondar in the search box. There are 4 short video segments with interviews. It's quite interesting.

Public TV/Cable Documentary Tape

UOAA entered into a contract for the production of a 5 minute UOAA/ostomy public awareness tape that will appear in Public TV, National Medical Report as shown on cable, network TV and internationally as part of Voice of America.

This excellent project, coordinated by Kristin Knipp, can now be viewed on the UOAA website at http://www.uoaa.org/uoaa_psa.shtml; or on the UOAA Blog: <http://uoaa.wordpress.com>, and if you are a member of Facebook, on the **UOAA Cause** at <http://apps.facebook.com/causes/261710?m=618>.

Our 2011 UOAA National Conference will be held at the Nugget Hotel in Reno on August 7th to the 11th. This Conference will have the opening ceremonies on Monday night and continue through Thursday. The room rate will be \$ 79.00 + tax. Plan now to join the fun in Reno as they observe their "Hot August Nights" festivities.



How Not to be Tired All the Time

by Jeanne Segal, Ph.D.

Food dramatically affects your well-being whether you know it or not. It affects the way you feel physically, the way you respond emotionally, and the way you perceive mentally. It lifts your energy resource, or sends you plummeting into sleep and unconsciousness. Most people are conscious about food only when it makes them ill. The question you need to be asking is not, "Does it make you sick?", but rather "How much better do you feel after you have eaten?" How much more energy, enthusiasm, and passion for life do you experience after a meal or snack? The key when it comes to selection of foods is how do you feel after you have swallowed the food? How do you feel in five minutes, in an hour, after several hours.

Keeping a chart of what you eat will heighten your awareness tenfold, even if you think you know what the answers are without keeping a chart. Your own body can truly be counted on to tell you what is needed, and the more attuned you are to your body, the better you care for it, the more this is the case.

One of the most amazing and delightful discoveries I've made not only in relationship to fatigue, but also to hunger, has to do with breath. Breathing deeply pacified hunger, not in every situation of course, or totally, but to a degree that never ceases to surprise me. Oxygen, like food, fuels the body and fresh clean air deeply breathed serves a food-like function, in that it assuages hunger while providing increased energy and a sense of wellbeing.

Oxygen is probably a fuel source that everyone who leads an urban life is deficient in. I believe that much of the fatigue and gnawing hunger many city dwellers experience expresses the body's deep need for this particular kind of fuel. Have you ever noticed, for example, that exercise leaves you less, rather than more, tired and hungry?

Laughter is another delightful habit that calms, relaxes, and defatigues. A sense of humor and a ready laugh are probably more healing to body and mind than any medication known. When you laugh, your perception shifts. You let go of feelings of judgment, blame and self-pity to embrace a more extended knowing of yourself and others.

If you deliberately take the time to amuse and be amused, you will notice, as you appraise your energy level, that while an hour ago you felt exhausted and too tired to move, you now feel awake, alert, and invigorated.

Thanks to *Niagara Frontiera* via Pittsburgh Ostomy Society

Hints for Being a Good Visitor

December 2007 UOAA UPDATE

Be well groomed and dress attractively, you are being observed. Be sensitive to the patient's needs. Be cordial and friendly—speak softly. Assure privacy if the patient is not in a single room. Ask if he (*or she*) would like to have the curtain drawn. Sit where the patient can see you easily without head turning (*when facing each other, communication may come more easily*). Look at the patient, listen to what is being said and attempt to 'sense' what is not being said. Respond simply and to the point. Encourage the patient to ask questions. Answer tactfully and honestly. If you don't know the answer to a question, say so and offer to find the answer. Briefly discuss the normal life you lead with your ostomy.

Do not dwell on your surgery and medical history. Remember that this visit belongs to the patient. Respond factually to questions, accept emotional responses, do not press any issues that the patient does not wish to discuss. If the patient is angry or feels like crying, don't attempt to stop it, accepting feelings usually will make you both feel closer. Remember that nonverbal communication is meaningful. A warm smile (*or just being there*) may show you care more than does the spoken word.

Questions on care should be directed to the ET Nurse. When asked about ostomy management techniques, stress the fact that every ostomy is as individual as the person. Be helpful without pushing your own techniques. Say nothing that will detract from the doctor-patient or nurse-patient relationship. Do not practice medicine or give medical advice. The patient may wish to show you their stoma or ask your opinion of his surgery, so be prepared.

Do not pass judgment on the surgery or criticize a physician, even by implication. Never show your stoma or pouch. Bring and show a sample, instead. Be considerate of the patient and if there are signs of fatigue, try to conclude the visit and suggest that you could return another day. Assume the responsibility for continuing contact with a follow-up telephone call, a note, another visit or an invitation to an ostomy chapter meeting. When bringing the patient (*and possibly the family*) to a chapter meeting, make arrangements to assure that the patient receives a warm reception. Above all, be yourself, use your own good judgment and use COMMON SENSE!



From the Editor

Dear Friends,



I'd like to bring your attention to the numbers on the cover of this month's newsletter. Volume 40 Number 1. If you haven't noticed it yet...it is a milestone for our chapter. This starts our fortieth year of the newsletter! I've been involved in our chapter for thirty eight years this month - February. I have been so blessed by friendships that have come about because of our support group. Many of them have moved away, many have passed away and others stopped attending for various reasons. But all of them are important and hopefully their lives have been enriched by our meetings and our chapter.

May we go forward with the vision to be of help to each other and to the new ostomates to come.

Happy, Happy New Year to each one.

Melissa Miller
Editor



An Old Irish Blessing

*May the road rise up to meet you,
the wind always at your back,
the sunshine warm upon your face.
The rains fall soft upon your fields
and until we meet again,
May God hold you
in the palm of His Hand.*



Anonymous

looked like it had been mailed a hundred years ago. The handwriting was difficult to read, but the return address caught his attention. "Mr. Harold Belser" it read. Jack took the box out to his car and ripped open the package. There inside was the gold box and an envelope. Jack's hands shook as he read the note inside.

"Upon my death, please forward this box and its contents to Jack Bennett. It's the thing I valued most in my life." A small key was taped to the letter. His heart racing, as tears filled his eyes, Jack carefully unlocked the box. There inside he found a beautiful gold pocket watch.

Running his fingers slowly over the finely etched casing, he unlatched the cover. Inside he found these words engraved: "Jack, Thanks for your time! -Harold Belser." "The thing he valued most was...my time"

Jack held the watch for a few minutes, then called his office and cleared his appointments for the next two days. "Why?" Janet, his assistant asked. "I need some time to spend with my son," he said. "Oh, by the way, Janet, thanks for your time!"

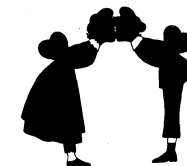
"Life is not measured by the number of breaths we take but by the moments that take our breath away."

"Thanks for your time"



Think about this. You may not realize it, but it's 100% true.

1. At least 2 people in this world love you so much they would die for you.
2. At least 15 people in this world love you in some way.
3. A smile from you can bring happiness to anyone, even if they don't like you.
4. Every night, SOMEONE thinks about you before they go to sleep.
5. You mean the world to someone.
6. If not for you, someone may not be living.
7. You are special and unique.
8. When you think you have no chance of getting what you want, you probably won't get it.
9. When you make the biggest mistake ever, something good can still come from it.
10. When you think the world has turned its back on you, take a look: you most likely turned your back on the world.
11. Someone that you don't even know exists loves you.
12. Always remember the compliments you received. Forget about the rude remarks.
13. Always tell someone how you feel about them; you will feel much better when they know and you'll both be happy.
14. If you have a great friend, take the time to let them know that they are great.



A young man learns what's most important in life from the guy next door.

It had been some time since Jack had seen the old man. College, girls, career, and life itself got in the way. In fact, Jack moved clear across the country in pursuit of his dreams. There, in the rush of his busy life, Jack had little time to think about the past and often no time to spend with his wife and son. He was working on his future, and nothing could stop him.

Over the phone, his mother told him, "Mr. Belser died last night. The funeral is Wednesday." Memories flashed through his mind like an old newsreel as he sat quietly remembering his childhood days. "Jack, did you hear me?" "Oh, sorry, Mom. Yes, I heard you. It's been so long since I thought of him. I'm sorry, but I honestly thought he died years ago," Jack said. "Well, he didn't forget you. Every time I saw him he'd ask how you were doing. He'd reminisce about the many days you spent over 'his side of the fence' as he put it," Mom told him. "I loved that old house he lived in," Jack said.

"You know, Jack, after your father died, Mr. Belser stepped in to make sure you had a man's influence in your life," she said "He's the one who taught me carpentry," he said. "I wouldn't be in this business if it weren't for him. He spent a lot of time teaching me things he thought were important....Mom, I'll be there for the funeral," Jack said.

As busy as he was, he kept his word. Jack caught the next flight to his hometown. Mr. Belser's funeral was small and uneventful. He had no children of his own, and most of his relatives had passed away. The night before he had to return home, Jack and his Mom stopped by to see the old house next door one more time. Standing in the doorway, Jack paused for a moment. It was like crossing over into another dimension, a leap through space and time. The house was exactly as he remembered. Every step held memories. Every picture, every piece of furniture....Jack stopped suddenly.

"What's wrong, Jack?" his Mom asked. "The box is gone," he said. "What box?" Mom asked. "There was a small gold box that he kept locked on top of his desk. I must have asked him a thousand times what was inside. All he'd ever tell me was 'the thing I value most,'" Jack said. It was gone. Everything about the house was exactly how Jack remembered it, except for the box. He figured someone from the Belser family had taken it. "Now I'll never know what was so valuable to him," Jack said. "I better get some sleep. I have an early flight home, Mom."

It had been about two weeks since Mr. Belser died. Returning home from work one day Jack discovered a note in his mailbox. "Signature required on a package. No one at home. Please stop by the main post office within the next three days," the note read. Early the next day Jack retrieved the package. The small box was old and

CONTINUING YOUR SOCIAL LIFE WITH AN OSTOMY

UOAA UPDATE 12/09 via *The Right Connection* San Diego CA

Your social life can be as active as it was before surgery. You can enjoy all activities: meeting people, attending concerts, sporting events, civic and social club meetings, parties, religious occasions or whatever you enjoyed before. The first time you go out of the house after surgery, you may feel as if everyone is staring at your pouch, even though it is not visible under your clothing. You can feel your pouch on your body, but no one can see it. Did you know what an ostomy was or where a stoma was located or what it looked like before your had surgery?

You may also worry about your pouch filling with gas and sticking out under your clothing. A quick trip to the restroom can take care of this problem. If you are worried about your pouch filling up immediately after eating at a social event, remember, people without ostomies often need to go to the restroom after eating and nobody will think it's unusual if you do the same! You will probably find that you need to empty your pouch less often than you need to urinate.

Friendship and love - You may be wondering about your relationships with others. Now that you have an ostomy, you may feel that it will change your present relationships and decrease new opportunities for friendship and love. True friendships and deep relationships on any level are built on trust and mutual understanding. These qualities depend on you and other persons. You have the same qualities you had before surgery and your ability to develop friendships is unchanged. If you care about yourself, others will feel your strength and will not be deterred. If your ostomy does cause a break in friendship, a sexual alliance or even marriage, this relationship was not built upon trust and mutual respect and probably would have crumbled sometime in the future anyway.

**So many times when I feel blue though I should cheerful be.
The reason is that I have had an overdose of me.
Then when I see another's need and lend a "helping hand"
I find in giving of myself I soon feel "simply grand."**

H. M. Sees - Charlotte, NC - Via The Rambling Rosebud



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Ordering Information

Skin Barrier Description	Ordering Code	Flange Size	Market Unit Size	Fits Stoma Sizes
Flat Moldable Durahesive® Skin Barriers				
SUR-FIT Natura® Moldable Durahesive® Skin Barrier with Flexible Hydrocolloid Collar	411800	45mm (1 3/4")	10 Pack	small 1/2" - 7/8"
SUR-FIT Natura® Moldable Durahesive® Skin Barrier with Flexible Hydrocolloid Collar	411802	45mm (1 3/4")	10 Pack	medium 7/8" - 1 1/4"
SUR-FIT Natura® Moldable Durahesive® Skin Barrier with Flexible Hydrocolloid Collar	411804	57mm (2 1/4")	10 Pack	large 1 1/4" - 1 3/4"
SUR-FIT Natura® Moldable Durahesive® Skin Barrier with Flexible Hydrocolloid Collar	411806	70mm (2 3/4")	10 Pack	X-large 1 3/4" - 2 1/8"
Flat Moldable Stomahesive® Skin Barriers				
SUR-FIT Natura® Moldable Stomahesive® Skin Barrier with Flexible Hydrocolloid Collar	411801	45mm (1 3/4")	10 Pack	small 1/2" - 7/8"
SUR-FIT Natura® Moldable Stomahesive® Skin Barrier with Flexible Hydrocolloid Collar	411803	45mm (1 3/4")	10 Pack	medium 7/8" - 1 1/4"
SUR-FIT Natura® Moldable Stomahesive® Skin Barrier with Flexible Hydrocolloid Collar	411805	57mm (2 1/4")	10 Pack	large 1 1/4" - 1 3/4"
SUR-FIT Natura® Moldable Stomahesive® Skin Barrier with Flexible Hydrocolloid Collar	411807	70mm (2 3/4")	10 Pack	X-large 1 3/4" - 2 1/8"
Convex Durahesive® Moldable Skin Barriers				
SUR-FIT Natura® Durahesive® Moldable Convex Skin Barrier with Flange	404592	45mm (1 3/4")	10 Pack	small 1/2" - 7/8"
SUR-FIT Natura® Durahesive® Moldable Convex Skin Barrier with Flange	404593	45mm (1 3/4")	10 Pack	medium 7/8" - 1 1/4"
SUR-FIT Natura® Durahesive® Moldable Convex Skin Barrier with Flange	404594	57mm (2 1/4")	10 Pack	large 1 1/4" - 1 3/4"

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