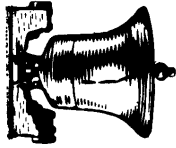


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OF CHARLOTTE  
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**MEETING NOTICE –  
TIME VALUE**

**COME TO THE MEETINGS!**



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June - July 2011

# NEW LIFE NEWSLETTER

Volume 41 Number 4  
Ostomy Connection  
of Charlotte



Ostomy  
Connection of  
Charlotte

June Meeting is on Saturday, June 25... see p.3

August Meeting is at our new meeting location...p.7

[www.ostomyconnectionofcharlotte.org](http://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

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

## Manufacturers' Representatives

### ConvaTec

Phillip Frazier— Sales Rep  
1-800-523-1735 x8823

ConvaTec  
Professional Services  
1-800-422-8811

### Coloplast

Andrew Annunziata  
1-800-788-0293  
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Health Services  
1-800-788-0293

### Hollister

Andrew Hixon — Sales Rep  
1-800-624-5369

Hollister  
Professional Services  
1-800-323-4060

## 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!!!

## June 25<sup>th</sup>(Saturday) OCC 'Meeting'

We will be touring the Billy Graham Library (4330 Westmont Drive Charlotte-see directions below) This meeting is a bit 'different'- We will meet at the Billy Graham library at 2pm on the 25th. The library closes at 5pm, so we will have 3 hours to mingle, tour and shop in the gift shop/book store. There is a place to grab a bite to eat as well if you like.

Contact Christale Norwood 704-573-1835, if you feel you need a ride- we can arrange to meet at Presbyterian Matthews and ride together if necessary.

### Directions to Billy Graham Library:

#### **From I-85**

Take Exit 33 — Billy Graham Parkway and follow Billy Graham Parkway/US-521 approximately four miles. Turn left at the traffic light onto Westmont Drive. Follow Westmont Drive around to the left into the Library entrance.

#### **From I-77 Traveling North**

Take Exit 6B — Merge onto Woodlawn/Billy Graham Parkway. Continue to second traffic light. Turn right onto Westmont Drive. Follow the road around to the left into the Library entrance.

#### **From I-77 Traveling South**

Take Exit 6B-South Tryon Street. Turn right onto South Tryon Street. Turn right at intersection onto Billy Graham Parkway. Turn right onto Westmont Drive at the light. Follow the road around to the left into the Library entrance.

#### **From I-485**

Take 485 to Exit 1. Turn north (right) onto S. Tryon Street. Follow S. Tryon Street approximately four miles to Billy Graham Parkway. Turn left onto Billy Graham Parkway, and turn right at the first traffic light onto Westmont Drive. Follow the road around to the left into the Library entrance.

★ **Don't forget our traditional meetings resume in August at CMC-Pineville hospital!!**

## 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.

**We need your help now more than ever!**

**The next Stuffing Party will be Tuesday, August 2, 2011  
at 10:00 AM at Idlewild Baptist Church  
12701 Idlewild Road; Matthews, NC 28105.**

**And Thank You Idlewild Baptist Church for your gracious hosting!**

### Year 2011

#### Stuffing Party Date

August 2  
October 4



#### Meeting Date

June 25  
August 16  
October 18  
December 6  
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

## Don't Miss an Issue!

# Free Ostomy Magazine!



**Special Offer for New Subscribers.** Subscribe to the leading national magazine for ostomates, their families and caregivers, *The Phoenix* magazine, and get a free issue – that's a 25% discount. This offer is only available through support groups and only for new subscribers. Simply return this order form (no copies) with payment today!

**America's Leading Ostomy Publication.** Each issue contains 72 pages of new products, medical advice, personal stories, management techniques and much more. Education, information and inspiration in every issue.

**Annual subscription: \$25. Send check or money order to: The Phoenix, P.O. Box 3605, Mission Viejo, CA 92690.**  
\*This form must be submitted with payment to receive free magazine, no exceptions.  
Published Quarterly: March, June, September and December.



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 E-mail \_\_\_\_\_ UOAA Donation (optional) \$ \_\_\_\_\_

OFFER SUBJECT TO TERMINATION AT ANY TIME

## Just For Fun...



### Baking Potatoes

I wonder what it would be like to live in a world where it was always June.

-L.M. Montgomery

It's difficult to think anything but pleasant thoughts while eating a home-grown tomato sandwich.

-Lewis Grizzard

Balm brings you sympathy and Marjoram joy  
Sage is long life...Sweet Woodruff augurs well for health—  
A blessing richer far than wealth.  
While Lavender means deep devotion,  
Herb of sweet omen, Rosemary conveys  
Affection and remembrance all your days.  
May Heaven and Earth and Man combine  
To keep these blessings ever thine.

-Rachel Page Elliott

## OSTOMY CONNECTION OF CHARLOTTE

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Charlotte, N.C. 28210



### Looking For Help? Call:

AMERICAN CANCER SOCIETY:  
Beverly Eller  
704-552-6147

VISITOR COORDINATOR:  
Christale Norwood  
704-573-1835

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

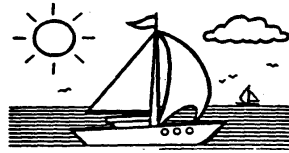


# Call

## O.C.C. Chapter Highlights

### April Meeting Notes

Attendance – 13



Carla Mellon opened the meeting by welcoming everyone to our April 19, 2011 meeting. We discussed moving the meetings location to CMC Pineville. CMC Pineville is looking forward to supporting us. Carla introduced our speaker, Angela Clark. Angela is the Chaplain at CMC Pineville. She discussed Advanced Directives – Healthcare Power of Attorney and Living Wills and why they are so important to have. You can have one or both but you aren't required to have them. Having them makes it easier on your family when decisions need to be made for you. After the meeting she was available to answer further questions and also to assist anyone who wanted to fill out the forms for both of these Directives.

We adjourned for fellowship and refreshments provided by Melissa Miller and Lisa Harris.

*Christale Norwood*  
Secretary

**Free ostomy supplies available.**

**Please call 704-763-3994 to see if we have your sizes available.  
Thanks, Denise C. Nelson, EleosInternational.com**

Blessings,

Denise Cabrero Nelson  
Eleos International

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](http://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](http://www.ccfa.org).

## Copper Pennies

Submitted by Lisa Harris

2 lbs. carrots, sliced, cooked, drained & cooled  
10 ¾ oz. can tomato soup  
¾ cup oil  
¾ cup cider vinegar  
1 med. Green pepper, sliced  
1 med. Red pepper, sliced  
1 med. Onion, sliced  
1 tsp. mustard  
1 tsp worchestershire sauce

Pour oil, soup, vinegar, mustard and worchestershire sauce onto chilled carrots, onion, and peppers.

Stir and cover. Refrigerate at least an hour before serving. Can be kept in refrigerator up to 3 weeks.



*Happy Father's Day*

## Turning the Tide

UOAA UPDATE 5/18/08

Studies show that it's never too late to rebuild lost muscle through resistance strength training.

Challenging your muscles at least three times a week can net positive and noticeable results. You can give your muscles a workout with exercises that use your own body weight as resistance or even simple free weights or elastic resistance bands.

A study of nursing home residents found that 10 weeks of progressive strength training for thigh and lower leg muscles increased muscle strength an average of 113 percent. Their ability to climb stairs improved, as did their walking speeds. Some traded in their walkers and canes.

Added benefits of regular strength training include maintaining and increasing bone mineral density. And because muscle burns three times more calories than does fat, increased muscle mass boosts metabolism, making it easier to maintain a healthy weight. In addition to strength training, aerobic training such as walking or biking should be done at least three times a week. To keep joints and muscles flexible, gentle stretching is recommended before any exercise.

Adequate nutrition also is important. Work with your doctor or dietician to design meals suited to your health condition.

### Tips for Traveling with Medications

UOAA UPDATE 5/08

**KEEP** your medicine with you—not in checked luggage.

**BRING** more than enough medicine for your trip.

**REVIEW** your dosage schedule with your doctor or pharmacist before you leave and discuss whether you should make allowances for changes in time zones.

**KEEP** a list of all your medicines and dietary supplements

## ★ IMPORTANT ANNOUNCEMENT: ★

### Effective with our August 16th meeting the Ostomy Connection of Charlotte (OCC) will be moving our meetings to CMC-Pineville!!

We will continue to meet on the third Tuesday at 7 pm in August, October and December.

Meetings will be in the Conference Room on the first floor of the main hospital. Signs will be posted/familiar faces will be there to greet and direct you.

CMC-Pineville has welcomed us with open arms. We appreciate their enthusiasm and support as we also look forward to the many benefits that this move will provide to the Pineville, Rock Hill and Fort Mill communities.

Thanks, Carla

---

### OUR NATION'S BIRTHDAY

Whene'er I see the flag go by  
It thrills me thru and thru;  
I stand at attention and salute  
The red, the white, the blue.

God bless the land o'er which it waves,  
It's men and women, too,  
And always may it be their pride  
The red, the white, the blue.

Then God of nations, hear us now,  
While we our pledge renew ----  
Allegiance to that flag of flags,  
The red, the white, the blue.

unknown



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2515 E. Ozark Avenue  
Gastonia, NC 28054  
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Fax: (704) 868-3133

## UOAA NEWS ★

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.



Keep current with the **UOAA blog!**

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](http://www.uoaa.org) in the left-hand navigation menu or go to [www.uoaa.wordpress.com](http://www.uoaa.wordpress.com).

The 2011 **COLONDAR** is now available for purchase online and you can read about it at: [www.colonclub.com/colondar.html](http://www.colonclub.com/colondar.html).

To see how the 2009 Colondar was produced go to: [www.youtube.com](http://www.youtube.com) and enter: 2009 Colondar in the search box. There are 4 short video segments with interviews. It's quite interesting. The video's are still on youtube as of November 2010.

## 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](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>.

## A TRIBUTE TO FATHER

A father is a guiding light  
Sent to us from above.  
He listens to our sorrows  
And soothes them with his love.



A father is a teacher  
Whose place no one could take,  
For he's the source from which  
We learn to think and navigate.

A father is a gift from God,  
From whom we learn to be  
Patient, strong and loving,  
Filled with integrity.

-Byron P. Tousignant

## Happy Father's Day - June 19th



Have a Great...

SUMMER

Fanatic: A man who can't change his mind and won't change the subject.

Overheard in the coffee shop: "There's only one bad thing about the coming of spring and warm weather." "What's that?"  
"The boss will be coming home from Florida."

## An Apple a Day...

UOAA UPDATE 4/07

*You could eat a different variety of apple every day and never eat the same one twice for more than 19 years!*

Is it true that, "An apple a day keeps the doctor away"?

Numerous studies have concluded that it has a ring of truth for many reasons, particularly because of the fiber content in the apple peel (don't remove it!) and the high antioxidant properties present in apples that fight damage to your body's cells.

**Adding an apple to your daily diet is beneficial because:**

- Increasing the amount of fiber in your diet helps lower cholesterol, aids in weight reduction, reduces abnormal sugar (insulin) level surges, reduces your risk of heart disease and colon cancer and makes you feel fuller so you don't overeat.
- Eating apples may protect you from getting serious lung disease. In fact, a University of Nottingham, England study, conducted over nine years, found that the lungs of those who ate more apples were three years younger than their counterparts who did not eat apples and other fruits.
- Similar research conducted in Finland concluded that the more apples you eat, the more you reduce your risk of disease.
- The antioxidants in apples help prevent diabetes, asthma, heart disease and cancer, particularly lung cancer. Anything you can do to reduce your risk of serious illness is something worth doing, particularly when it concerns your diet. A healthy diet, regular exercise, and chiropractic adjustments increase your ability to ward off disease and help to maintain peak functioning of your central nervous system. *Dr Matthew Marsteller*

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

## In Memory...

We were saddened by the passing of **Nada Burnham** on April 16, 2011. She and her husband, **Bob** were longtime members of the **Ostomy Connection of Charlotte**. We will all miss Nada as she was such a sweet, beautiful lady. Our thoughts and prayers go out to Bob. May God comfort and strengthen him.



## Morning Prayer

**Take my hand, LORD, and lead me through this day, step by step. Remind me that I cannot do everything I wish, nor do any of it perfectly. Only you are perfect, and only with your help can I do my best. Help me to remember to ask for your help.**



## Things You Really Always Wanted to Know about Toilet Paper

via: *The Pouch*, 9/2010

**Are all sheets the same size?** This is important. The size of a sheet of toilet paper may vary from one manufacturer to another. The standard is 4.5" x 4.5". However, in the last ten years manufacturers have come out with "cheater sheets." These can run as small as 4" x 3.8"! This means about 15% less paper. So don't be confused by the advertisement that says "our roll of toilet paper is the cheapest." It may be that theirs has less sheets and smaller size sheets.

**How many sheets are on a roll?** Traditionally, industrial rolls of toilet paper have 1,000 per roll of one ply and 500 per roll of two ply. Recently manufacturers are making jumbo size rolls with 2,000 sheets. These require special large dispensers and are good for public use bathrooms because they last longer. However, the consumer market has many different size rolls. Some rolls only have 200 sheets! Some of the sheets are smaller than the standard industrial size of 4.5" x 4.5". I've seen sheets as small as 4" x 3.8". Be careful. Small rolls have to be changed more often and generally do not cost less. Don't get fooled!

## More Toilet Paper Trivia

The first loo paper was used in Britain in 1857. It was called "curl papers" and came in flat packs. Chemists (druggists) sold it from under the counter because people were embarrassed to see it displayed. Toilet rolls were first sold in 1928. Soft paper was introduced in 1932 but was unpopular at first. In 1957, colored paper was first used.

Romans never ran out of toilet paper! They used a piece of sponge fixed onto a short wooden handle. In front of the loo was a water channel to "dip the stick". Some people think that this is where the expression "wrong end of the stick" comes from. By the middle of the nineteenth century, the chamber pot and the outhouse were still the only choices for rich or poor in the large cities of Europe and America.

Source: The Toilet Paper Encyclopedia via *The Road Runner* of Albuquerque, NM



*Who cares...  
We do!*

## CAROLINAS MEDICAL CENTER

### Ostomy Supply Sources – Charlotte and Surrounding Areas

**Check with your insurance company to see if you have a preferred provider for ostomy supplies. If so, this is where you will need to obtain your supplies for the most reimbursement. Following is a list of some of the medical supply dealers in the Charlotte area.**

Faulkner's Drugs  
215 East Jefferson Street  
Monroe, NC 28110  
704-283-8131

Griffin Home Health Care  
4231 Monroe Road  
Charlotte, NC  
704-347-1993

Giant Genie  
5123-A South Blvd  
Charlotte NC  
704-525-3956

Medical Center Pharmacy  
126 North Center Street  
Hickory, NC 28601  
828-322-7717

Medical Mart  
465 G. South Herlong Street  
Rock Hill, SC 29732  
803-366-5544

Pharmaceutical Center  
3535 Randolph Road  
Charlotte, NC 28211  
704-365-0708

Cannon Discounted Pharmacy  
2721 South Blvd  
Charlotte, NC  
704-523-8607

Medical Home Health and Mobility  
320-F Cooperfield Blvd  
Concord, NC 28025  
704-782-2037

**Coloplast** 1-888-726-7872      **Hollister** 1-800-323-4060

#### Mail Order Catalogs:

Edgepark Surgical Inc.	1-800-321-0591
American Ostomy Supply	1-800-858-5858
Parthenon:	1-800-453-8898
Byram	1-877-902-9726
Mercy Surgical	1-888-637-2912 (Accepts N.C. Medicaid)
CCS Company	1-888-724-4357 (Accepts S.C. Medicaid)

#### Outpatient Ostomy Help

CMC-Pineville	Brenda Rutland RN, CWOCN	704-667-5002
CMC-University	Carla Mellon RN, CWOCN	704-863-6524

**Ostogroup.org** is a company that may be able to help you with low cost supplies. Ostogroup 877-678-6690

Updated 9/2010

## Essential Tips—Ileostomy

via: *The New Outlook*, 3/2011

Do not fast. Fasting may lead to serious electrolyte imbalances even when adequate fluid intake is maintained.

Do not limit your fluid intake. People with ileostomies may be slightly dehydrated, due to the constant outflow of fluids, so maintaining fluid intake at all times is necessary.

Do not completely eliminate salt from your diet. Salt is also lost with the fluid outflow—about a teaspoon more a day than someone with a normal colon. Even those with high blood pressure should not eliminate salt altogether. Consult your doctor for his/her recommendations on salt intake especially when other physical conditions are a consideration.

Do not give blood. Everyone with an ileostomy, due to his/her probability of having a constant state of dehydration, has placed on him/her an enormous stress on kidneys when blood is given. Serious damage may occur. Blood donation is not the best practice for people with an ileostomy.

Do not put anything in your stoma, without your doctor's direct supervision. Often, doctors give routine orders; i.e., for enemas, etc., that will injure you. Question any procedure that intrudes upon the stoma, including suppositories.

Do not take any medication unless you know it will dissolve before it would normally reach the colon. This is sometimes difficult to find out even for a pharmacist. Be vigilant.

During your annual check-up, be sure to discuss with your doctor your vitamin B-12 level, level of hydration and bone density. He/she will order tests to evaluate these measurements.



**INDEPENDENCE DAY**  
**JULY 4<sup>th</sup>**

# One-of-a-kind skin barrier technologies

## Stomahesive® skin barriers

- The combination of adhesive materials and hydrocolloids work together to **maximize performance** and **help protect skin**
- Skin-protecting formulation **adheres to both** wet and dry surfaces, without the need for additional adhesives
- Flexible design conforms to a variety of patient types
- Ideal for patients with semi-formed or formed stool

## DURAHESIVE® skin barriers

- Hydrocolloids in top-layer film **absorb moisture** and swell up or "turtleneck" around the stoma, providing **extra protection**
  - **Prevents** wafer erosion and effluent leakage
- Flexible design and adhesive ensures a proper fit
- Designed for patients with mostly liquid stool output



Durahesive® skin barrier technology top-side layer "turtlenecks," providing additional leakage protection

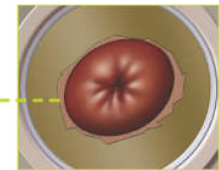


## ConvaTec Moldable Technology™ skin barriers

### First-line defense against leakage



Traditional pre-cut and cut-to-fit skin barriers



Gaps expose skin to effluent



ConvaTec Moldable Technology™ skin barriers

Moldable adhesive eliminates gaps and better protects skin

### Worry-free fit

#### Continuous protection

- Easy for patients to apply and to achieve a **secure fit** that prevents gaps, helps prevent leakage, and helps protect their skin
- Snug fit is maintained as skin barrier **adapts to changing stoma size and shape**
- Available in Durahesive® convex wafers and Stomahesive® and Durahesive® flat moldable wafers

