

## United Ostomy Association *Southeastern Wisconsin Chapter*

*Mission Statement: The UOA is a volunteer based health organization dedicated to providing education, information, support, and advocacy for people who have or will have intestinal or urinary diversions.*

### UOA Adopts New Billing Plan.....Local Chapter Dues to be Billed in April

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**B**y now all members have received the announcement card concerning a different way of paying dues which will take effect near the end of this year. The new method will mean that each of us will receive an invoice for our national dues and a separate invoice for our chapter dues. Instead of one check, we will need to write 2 checks—but for the same total amount. There will not be an increase in the dues for your national or for your chapter dues when this new process takes place later this year.

Why the change? Why will we now need to write two checks? At present, the UOA national

office manages the collection of dues using multiple options and procedures that have developed over a lengthy period of time, including the following:

- Some members receive an invoice and send their dues to national and then the national office rebates the chapter portion to the chapter.
- Some chapters bill and collect all of the dues and forward a portion to the national office.
- There are some processes that combine the two.
- Each chapter sets their own chapter dues portion and therefore the local dues amounts vary greatly.
- Also included in the process are multiple deadlines

and the written exchange of information between the national office and chapters for any change of member information or change in member status.

Because of so many variables now present, the system has become costly, complex, and cumbersome. These characteristics have inevitably led to multiple errors resulting in a very inefficient and ineffective way of collecting our dues that is frustrating to many.

Last fall, the national officers convened a Task Force of chapter members and national leaders to study the current dues col-

*(Continued on page 5)*

### President's Note

**I**would like to take this opportunity to thank all of our volunteers, officers, visitors, nurses and corporate sponsors for their support this past year. All of you contribute to the on going success of our chapter. We have also lost chapter leaders and members this past year. I would like to thank their family members for the contributions they made. You will be in our prayers

during this holiday period. Remember that the Holiday Party is again at Klemmer's on December 5, 2004 from 12:00 to 3:00! Come to enjoy seasonal music and meet with friends. There will be a family style meal served around 12:30 pm. Please RSVP to Cathie Woida by November 26, 2004. Starting in December 2004 there will be a change in dues billing. Members will be billed directly by the United Ostomy Association

for national dues. Please pay the \$ 17.50 directly to the National. This covers the OQ Magazine and all the national advocacy and support services. You will be billed \$12.50 for your local membership. This defrays the cost of our local services including the newsletter. All members will be billed during the first quarter of 2005 for their local dues. The national billing will remain on your current billing cycle. Please

*(Continued on page 5)*

## Resources at a Glance:

### Ostomy HOTLINE

262-255-5550

United Ostomy Association

800-826-0826

www.uoa.org

United Ostomy Association Southeastern Wisconsin Chapter

www.milwaukeeostomy.org

Wound Ostomy and Continence Nurses Association contacts:

Janet Lutze RN CWOCN

414-964-0319

Gloria Gerard RN CWOCN

414-423-8800 Ext. 100

Support Group Facilitator

Janine Knox MSW

414-805-3054

Medical Advisor

Dr. Gordon Telford MD

Psychotherapy / Mental Health

Barbara Ferket, MSN LICSW,

Psychotherapist

414-771-0322

Crohn's & Colitis Foundation of America

Jan Lenz

414-475-5520

American Cancer Society

800-ACS-2345

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## Ask The Nurse by Gloria Gerard, RN, ET, CWOCN

**Q.** Frequently I have problems with centering my stoma correctly into the stomal opening in my pouch. Sometimes I have to take it off and re-apply it again which causes the pouch to come off sooner. What can I do to prevent this?

**A.** I suggest you try Stoma Centering Guide Strips. They are 1" wide and made from rice paper. You form a circle with the strip the size of the opening in your pouch system and insert the circled strip so that 1/2 of it is inside the stomal opening and 1/2 is outside the opening. You align the protruding part of the guide strip with the stoma which helps guide the pouch over the stoma as the pouch system is applied. The strip dissolves when it comes in contact with moisture.

**Q.** What are ostomy belts

used for?

**A.** Belts are used to provide additional support for individuals who have a soft abdomen and a flush or retracted stoma. They provide support at the 9 o'clock and 3 o'clock position. If necessary, belts will provide additional support for times when a pouch may be extended, eliminating the "pulling" sensation of the skin.

**Q.** I have been looking for reusable pouch covers to replace my worn out ones. I can't find any anywhere. Do you know who still makes them?

**A.** I believe the Nu Hope Company may be one of the only companies who still has them available. Theirs is called the "Nu Comfort" Pouch Cover. Don't forget about "Options" Ostomy Support Undergarment with



the inner pocket that provides a barrier between the skin and the pouch. It has many other benefits such as supporting the weight of the pouch and reducing the risk of leaks. It is also easy to empty and is machine washable/dryable.  
Gloria

**Send your questions to Gloria Gerard, RN, ET, CWOCN, at [gloria.gerard@hcmmedical.com](mailto:gloria.gerard@hcmmedical.com) or call 414-423-8800 ext.100**

Not all questions will be answered in this column. Gloria may contact you personally with a response.



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- ConvaTec
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- Nu-Hope

**For consultation, information and support call: Gloria Gerard, RN, ET, CWOCN, 414-423-8800 ext. 100**

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4818 S. 76th Street Milwaukee, WI 414-423-8800 M, W, Th, F 9-5 Tu 9-6 Sat 9-12	110 Lone Oak Lane Hartford, WI 262-670-0479 M-F 10-5 ( closed 1-1:30 )
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Member News

On October 13 the executive committee met to discuss the following items:

- 1. UOA national's new dues plan requires us to adopt a separate billing strategy. Multiple mailing lists will also need to be maintained. Local dues will be set at \$12.50 annually. Purchasing a computer, printer and software was approved to handle dues billing and mailing lists. J. Puritz will research equipment and D. Ponick will act as system/data coordinator.
2. The committee

- agreed we needed to better utilize our website. T. Huber will work with T. Kelly and M. Pedersen who volunteered to help.
3. Contracting out the folding and stuffing of the newsletter is to be researched by T. Huber. A name the newsletter contest and prize has been approved for a future issue of Micascope.
4. Coloplast has been added as a new advertiser in the newsletter and Home Care Medical will renew their ad for another year.
5. The Treasurers re-

- port indicated our finances to be sound.
6. The Holiday Party will be held again at Klemmers. C. Woida will make the arrangements for Dec. 5, 2004.
7. T. Huber and J. Puritz will attend the local WOCN meeting on Nov. 11 to review activities for 2005 calendar.
8. Our chapter sponsored an information booth at the WOCN Regional Conf. on Oct. 1-2. T. Huber, M. Puritz, & J. Puritz manned the booth and met many fine nurses from the north central region.

In Memoriam

We are all saddened at the loss of our friend and colleague Anthony Volejnicek. Tony has been an active member of the chapter for the past several years. He served as distribution chairperson for the newsletter and was always a positive contributor to chapter and support group meetings. His sense of humor and caring demeanor will be missed by all who knew him. Our deepest condolences to his wife Leba, their son David and the rest of the family.

Cut along this line



Season's Greetings



Make Your Holiday Party Reservation Today

Don't Miss Our Holiday Party at Klemmer's Banquet Center, 10401 W. Oklahoma Ave. , Milwaukee, WI on December 5, 2004 from 12:00 pm to 3:00 pm.

Music.....Food.....Fellowship.....Fun !

All reservations \$13.00 per person

My check is enclosed in the amount of \$ \_\_\_\_\_ , for \_\_\_\_\_ person(s).

Name \_\_\_\_\_ Phone \_\_\_\_\_

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

Guest (s) Name \_\_\_\_\_

Complete the form and mail it in with check by November 26 payable to: UOA Southeastern Wisconsin Chapter c/o Cathie Woida, Treasurer 3370 Princeton Ave., Milwaukee, WI 53215



September 1 Support Group



Tom Huber mans UOA's booth at WOCN Conference on October 1



**On A Lighter Note**



**Flu Season and You—Tips from Here and There**

Once again winter is upon us, and you know that means a risk of the flu. It's best to be prepared and know what to do.

For new ostomates, this could be a time of real concern and a new experience in coping, for flu not only brings on headaches, muscle aches and pains and upset stomach. That "bogeyman" for the ostomate, diarrhea, often occurs. Whether induced by flu or other causes, diarrhea can present a serious challenge to ostomates.

Vomiting must also be taken seriously because of the risk of dehydration. The first advice for any person—ostomate or not—suffering flu is: always drink plenty of liquids and get proper rest! By all means, call your doctor if either vomiting or diarrhea symptoms are severe and continuing.

Ostomates must take special care not to take medicine for pain or a laxative without a doctor's order. That goes for antibiotics, too! Antibiotics have no effect on a virus but do kill bacteria, both friendly and unfriendly, and can change the proper balance of nor-

mal bacteria in the colon, if you still have one. Disturbing this balance can actually bring on or exacerbate diarrhea.

Your diet will change during flu, but during recovery, adopt a fiber-free diet at first gradually moving to a regular, normal diet. Prompt attention to symptoms of colds and flu should bring to each of us a happy and hopefully healthy winter season. Now to the specific tips for each category of ostomate:

The colostomate with diarrhea would be wise not to irrigate, for nature is actually doing the job. After the diarrhea stops, the colon will be sluggish for a few days, so leave it alone a little longer. Give the colon a chance to return to normal before resuming irrigation.

Carry an extra supply of "security" pouches. (Ed. note: I customarily wear a closed appliance, but when diarrhea strikes, I wear a drainable bag until the siege is over. My diet during stomach flu is hot tea, ginger ale and pretzels.) Drugs or certain foods can cause constipation in colostomates recovering from flu, or at any other time, but

drinking plenty of fluids can prevent this. Diarrhea can present an even greater problem to the ileostomate. Besides an excess of discharge, the ileostomate will suffer loss of electrolytes and vitamins necessary to maintaining good health.

You may experience thirst, slowly rising fever, weakness, mental fuzziness and reduced urine output. Drinking plenty of fluids will increase urine output and will not cause increased water discharge through the appliance during colds or flu.

More serious results could be muscle contractions, abdominal distention, lack of alertness, and in extreme cases, convulsions.

The ileostomate must restore electrolyte balance as soon as possible. Regain lost potassium by drinking tea, Gatorade, bouillon, ginger ale, and plenty of water. Regain lost sodium by eating saltine crackers or salted pretzels.

The urostomate should take special care to keep electrolytes in balance and follow the same general instructions as for persons without ostomies.



**HAPPY HOLIDAYS**

*(Continued from page 1)*  
lection process and to make recommendations for improving the process that would make it easier to manage, less costly and more efficient for all concerned. This new system resulted from their efforts.

Obviously, it will take time and effort to make the necessary revisions, but in the long run, a more streamline system can benefit the chapter and the national office. Some of these benefits include:

- The chapter will not have to wait for rebate checks which will aid cash flow.
- The chapter will continue to be able to set the local dues based on the services provided and will be able to set a schedule for billing for local dues that is convenient for the chapter.
- Each member

will submit their own dues to the national office and to the chapter, making any necessary changes to their address and phone number rather than having someone else rewrite it for submission. This will aid in making corrections easier and less prone to error.

- Both the national office and the chapter will not have to wait on reports, correct them and then wait for corrections to be made to a member file. This will aid in ensuring that members get their benefits with fewer delays.
- A more streamline system will give the national office the opportunity to focus on communicating more information to and providing more services to national members for member retention.
- A more streamline system will give the

chapter the opportunity to focus on communicating with members about local benefits and services for member retention.

To be sure, there are tasks and services that can only be accomplished by a viable national organization. And, there are tasks and services that are best provided by a local chapter. Both levels of the organization provide valuable services to members and need support in order to be able to serve patients and families into the future.

Local Chapter dues of \$12.50 will be billed once a year starting in April , 2005. Members with dues billing dates other than April will have their first local chapter dues bill pro-rated to reflect the longer or shorter period of payment.

More information will be forthcoming on this new way of collecting dues. Please remember, when the time comes: be sure and write 2 checks!

*Portions of this article by Teresa Murphy, Ft. Worth Chapter Treasurer and Newsletter Editor*

## President's Note continued from page 1

be sure to pay to both! We have eliminated to newsletter only membership. We will be finalizing next year's meeting schedule in a few weeks. You will receive a postcard before the holidays. The support group will continue to meet at Froedtert Hospital. We may move up the start time to 6:30pm. Please checkout the postcard, the website or the hotline for the time. The first support group will be on Wednesday January 5,2005. Finally, have we helped you over the past years? Would you like to give a little back? Feeling generous during the holidays? If so please call me if you can lend a hand to even a small project. My phone is 414-425-0083 or email me at [tchuber2@msn.com](mailto:tchuber2@msn.com).

Happy Holidays!  
Tom Huber

*Please call 262-255-5550 or check our website [www.milwaukeeostomy.org](http://www.milwaukeeostomy.org) for recent updates and directions*

Meeting Schedule				
Date	Time	Place	Topic	Format
November 3, 2004	7:00 PM	Froedtert Hospital	Support Group	Open Discussion
December 5, 2004	12:00 PM–3:00 PM	Klemmer's Banquet Center	Holiday Party	Food, Fun & Entertainment
January 5,2005	6:30 PM	Froedtert Hospital	Support Group	Open Discussion

## Chapter Officers & Volunteers

**Thomas Huber**  
President and UOA  
Field Service WI  
414-425-0083

**Cathie Woida**  
Treasurer & Member-  
ship Chairperson  
414-384-3959

**Terri West**  
Visitation & Hot Line  
Chairperson  
262-255-9032

**Open**  
Welcome Chairperson  
262-878-1532

**Donna Ponik**  
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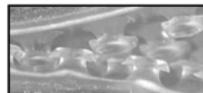
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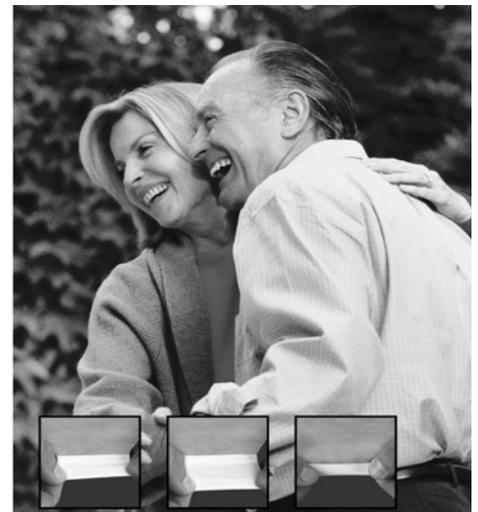


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[www.milwaukeeostomy.org](http://www.milwaukeeostomy.org)

Website designer  
Tom Kelly