Greetings!
I hope everyone had a lovely Thanksgiving. Of course we also had Black Friday, Small Business Saturday, and Cyber Monday as people geared up for all the holidays ahead. A relatively new addition to this line-up is “Giving Tuesday,” a day when people can make donations to their favorite causes and non-profits.

Generosity of spirit is one of the keystones of our organization. Not only do we share our experiences and listen to others with an open heart, we also have our Ostomy Gift Room. As most of you know, this program collects and distributes donated ostomy supplies. Some of these supplies come from ostomates who have had reversals, some come from families whose loved ones have passed away, and of course, many donations come from you, our members at large.

Supply pickups span all over Central Florida, and the volunteer efforts of Jack Vreeland, Shelley Dittmer, and Shabbir Adams should be recognized. A thank you also goes out to Krista Johnson and Kelli-Ann Wallace who have offered to cover our southwest region. As word our organization spreads, these donations will continue to grow.

The need for these items is also growing. Not everyone has insurance coverage, many of us, with coverage, are seeing reductions in amount of supplies we receive. Most of us know the panic of a late order delivery, and of course, no one can predict the randomness of natural disasters.

In this spirit of generosity…remember us! Even if you missed “Giving Tuesday,” it is never too late. We need your time and energy (attend meetings and welcome newcomers), we need your surplus supplies (and make sure to let us know when we can help you!), we need your money (no matter how impolite this may sound) to help our organization run and grow (printing, outreach, etc.).

If you’d like to make a product donation, bring your supplies to a meeting or E-mail: supplies@oagohome.org. If you’d like to make a cash donation, please make checks payable to Ostomy Association of Greater Orlando. You can bring your check to a meeting, or mail it to: OAGO Treasurer c/o Patrick Rodgers 309 E. Citrus Street, Altamonte Springs, FL 32701. (You will also soon be able to donate online!)

Extra Insert
And another chance to be generous! Thank you Lori Cohen for arranging a “gift match” for the Toys for Tots Program. (We will recognize this gracious donor in our next newsletter!) If you are arranging a “gift match” for the Toys for Tots Program. (We will recognize this gracious donor in our next newsletter!) If you are arranging a “gift match” for the Toys for Tots Program. (We will recognize this gracious donor in our next newsletter!) If you are attending our December 15th meeting, please feel free to bring an unwrapped gift (don’t forget that even though this is Toys for “Tots.” This also includes older children and teens!

Happy Holidays to All! Erica Michaels
Information we all need is available at ostomy.org and the UOAA links below

There is no official "ostomy diet." Everyone is different and surgery types such as an ileostomy need to be the most careful. The food chart shown below is helpful in starting the trial and error needed to troubleshoot issues you may be having and can be found in our Ostomy Nutrition Guide that we were raising funds for on Giving Tuesday.

This and much more information, such as HOW TO TREAT ILEOSTOMY BLOCKAGE and EMERGENCY ROOM STAFF PROCEDURE: ILEOSTOMY OBSTRUCTION are available for download by clicking the Ostomy Nutrition Guide link.

Try It; You'll Like It!

There are three OAGO positions that must be filled before January: Vice-President, Secretary, and Newsletter Editor. Although actual time investment may vary, most of these positions will require between 10 and 20 hours per month. Meeting attendance (included in those hours) would be expected, although everyone in this group understands the vagaries of life! Complete job descriptions are available, and you will receive the full support and guidance of all other officers and board members. If you are interested, need more information, or would like to "try" the job out before fully committing, please E-mail Erica at president@oagohome.org.

Our Purpose

The Ostomy Association of Greater Orlando, Inc. is an IRS 501(c)(3) tax-exempt corporation with "umbrella" status under our parent organization, United Ostomy Associations of America, Inc. We are an all volunteer support group dedicated to assisting people who have or will have intestinal or urinary tract diversions by providing emotional support, family support, education, advocacy, and promoting the services of this organization to the public and professional communities.

"The purpose of human life is to serve, and to show compassion and the will to help others." Albert Schweitzer
Dr. Paul Wischmeyer's research on "changing care to improve surgical outcomes" is a real eye-opener. 
*By Robin Glover, September 22, 2018. Featured on OstomyConnection.com*

In the doctor's own words: "Malnutrition is truly an epidemic."

Blood pressure, pulse, temperature, oxygen saturation, aspiration rate — all things continuously monitored while a patient is recovering from surgery. But is something else very vital missing? Dr. Paul Wischmeyer thinks so.

Dr. Wischmeyer, a Professor of Anesthesiology at Duke University Hospital, is pioneering a study on the crucial role of caloric intake and overall nutritional therapy for enhanced surgical recovery. Thus far, the findings are stark. In the doctor's own words: "Malnutrition is truly an epidemic."

His team's groundbreaking research on perioperative malnutrition is uncovering very significant insights. For example, "undernourished patients or patients at risk of malnutrition are twice as likely to be readmitted within 30 days after elective surgery." This finding appears to hit home for many ostomates.

According to the study, nutrition begins playing a role in post-operative recovery even before surgery is performed. "No patient should ever have elective surgery without being screened for malnutrition," says Dr. Wischmeyer. He adds that nutrition screening "takes five minutes" and can have a long-lasting impact on patients.

"Are we creating survivors or victims?"

New research from Advocate Health Care and supported by Abbott shows nearly one-third of the 48 million Americans who undergo surgery each year are either at-risk for malnutrition or are already malnourished when admitted to the hospital. This condition is likely to worsen while they are hospitalized, leading to longer stays and a higher rate of readmission.

If a patient requires intensive care, malnutrition becomes an even more dire concern. Due to significant loss of weight and muscle mass, patients released from ICU might need up to 4,000 calories a day for six months to two years for optimal recovery. However, a study of post-ICU patients showed a self-regulated caloric intake of only 700 calories a day. This discrepancy can continue to plague the patient months to even years after discharge.

That's why Dr. Wischmeyer asks such a poignant question: Are hospitals creating "survivors or victims" by not prioritizing nutrition's fundamental role in recovery? The answer, for now, seems to be the latter.

**So what can we do?**

There is good news, though. The question posed by Dr. Wischmeyer appears to have a relatively straightforward and cost-effective solution. Data indicates that the answer to reducing hospital stays while increasing post-hospital quality of life could be as simple as oral nutrition supplements.

By supplementing a patient's diet with extra calories and protein, hospital stays have been shown to decrease dramatically. In elderly patients, oral nutrition supplements high in protein and calories reduced mortality rates by 50%. For these treatments to be successful, however, Dr. Wischmeyer says it's essential for at-risk patients to continue taking oral nutrition supplements for at least three months following release from the hospital.

**What needs to change?**

It all begins with nutritional screening and monitoring. However, even though 83% of surgeons agree that perioperative nutrition plays a key role in reducing surgical complications, only 1 in 5 hospitals have a standardized process for evaluation. It's even known that two-thirds of gastrointestinal patients are malnourished at the time of surgery, and that malnourished patients are 5x more likely to die than well-nourished patients.

So why aren't hospitals more focused on battling malnutrition? That's what Dr. Wischmeyer and his colleagues are focused on with the Perioperative Quality Initiative. This organization is working to develop comprehensive screening guidelines for identifying at-risk patients and then optimizing nutritional support for them.

If implemented on a large-scale, the recommendations of the Perioperative Quality Index could cause a fundamental shift in the way hospitals treat post-operative patients. Ensuring proper nutrition would no longer be an afterthought and take its place as another vital sign on the road to recovery.

**A passion for helping patients.**

It's not difficult for Dr. Wischmeyer to find his motivation for improving post-operative care. As a fellow ostomate, he has undergone over 20 major surgeries and, as a child, endured several stays in the ICU. His passion to make lives better is a testament to the irreplaceable value of turning personal challenges into a drive to help others.

To learn more about Dr. Wischmeyer and his important work, visit Nutrition in Surgery and Critical Care page on the Duke Clinical Research Institute website.

*Source: OstomyConnection.com, A Hub for Ostomates. Reprinted with permission.*

"Learn from the mistakes of others. You can never live long enough to make them all yourself."  
*Groucho Marx*
When you get dealt Lemons, Make Lemonade!
by Shelley Dittmer

It was Christmas Eve 1994. I was in the emergency room after what was diagnosed as a gynecological issue and in a great amount of pain and ready to die of embarrassment!!

I had been getting sicker and sicker with UC but I did not know what to do about it. I was taking loads of medicines that made me feel awful! But I plodded on.

Oh and by the way, our family was preparing for a “Wrap up Christmas with the Dittmer’s” party at our house Christmas Night!

Terry and our three children managed to pull it off, while I gingerly walked around! (It really was a great party!)

But by New Year’s Day I was really getting sick. I checked into the hospital January 3rd for what I thought would be a couple of days and ended up with a couple of weeks. By the time I was released I knew I was headed for surgery.

Those were harrowing days. But I do not want to belabor the subject. Everyone has her own story. None are great.

What I want to emphasize is that my successful surgery was almost 24 years ago. Since that time, I have danced at my children’s weddings; held my newborn grandchildren in my arms; traveled the world with Terry, my sweet husband of fifty years; and met the greatest people through my participation in UOAA conferences in Boston, Philly, St. Louis, Washington, DC and more!

My motto really is “when you get dealt lemons, make lemonade!” My life has truly been enriched by meeting and helping other ostomates especially all of you.

I am not quitting OAGO, just changing roles. I hope you will join me in supporting our new President, Erica Michaels in our very important work to support and nurture new ostomates and their families.

Happy Holidays and Happy New Year!
Shelley Dittmer

My footnote to Shelley’s remarkable tenure with our organization:

Shelley has served this support group for well over twenty years. Over the years she was President on two different occasions. She was active with our Visitation Program mentoring hundreds of ostomates and future ostomates. Currently she is managing our Gift Room which sends donated ostomy supplies to those in need.

Shelley is a positive inspiration to all who meet her. She certainly encouraged and inspired me to become active in the group. So, let me share a story of how my involvement came about.

In 2009, my wife and I attended a meeting of the Ostomy Association of Greater Orlando and met Shelley Dittmer for the first time. At the time, the President of the group was Roger Murray, but for job reasons, had been living out of state for several years, so Shelley ran the meetings in his absence. We immediately felt a positive vibe from her enthusiasms and friendly nature. Little did I know that I was about to become much more involved.

Later that year I was invited to attend an officer meeting with Shelley, Evelyn Vihlen (Treasurer), Bob Woodrow (Advisor and Webmaster), and Marie McDuff (Secretary). I wasn’t sure why I was invited. Toward the end of the meeting, after group issues had been addressed, Shelley turned to look at me and said, “We would like you to be President.” I will never forget that moment.

Well, I was stunned at the proposal and not sure I was qualified, but Shelley, the Board of Directors, and all the members and guests were very kind and forgiving as I road the learning curve. I learned that great things happen to you when you volunteer and surround yourself with wonderful caring people. I recommend it to everyone.

Thank you Shelley for getting me involved and giving me some of the most rewarding years of my life.

Pat Gessel

“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”
Maya Angelou

The Phoenix magazine provides solutions to the many challenges of living with a colostomy, ileostomy, urostomy or continent diversion.

Annual print version is $29.95. Order at www.phoenixuoaa.org. Or get instant access to the magazine by ordering the Annual Premier Online Version for $19.95. The online version is not listed on their website, so call (818) 286-3178 to order.

Wound, Ostomy, Continence Department

601 East Rollins Street
Orlando, FL 32803
407-609-3341

“We don’t want an America that is closed to the world. What we want is a world that is open to America.”
George H. W. Bush
WOUND CARE CLINICS AND OSTOMY NURSES

OAGO does not offer medical advice.
If you are having a medical problem always call your physician or surgeon first!

The majority of stoma-related issues are taken care of by specialized ostomy nurses or wound care clinics. Generally, if a patient has an issue of concern, within for the first six months of surgery, he or she should try to make an appointment at the clinic associated with the hospital that treated them. Most stoma clinics and nurses will still require a doctor’s referral. We are extremely fortunate to have not one, but two ostomy/wound care clinics in the Orlando Area. We also have a mobile unit that is tremendously helpful for elderly, bedridden, or wheelchair-bound patients. Their primary phone numbers are listed below.

Florida Hospital (South)
Outpatient Ostomy Clinic
601 East Rollins Street
Orlando, Florida 32803
407-609-3341

Central Florida Wound and Skin Consultants
(Providing Mobile Ostomy Care)
407-359-6426
407-421-6265

Orlando Health Wound Center/Ostomy Clinic
55 West Gore Street
Orlando 32806
321-841-5469

Health First Wound Management & Hyperbaric Center
5191 Babcock Street
Palm Bay, FL 32905
321-434-1788

A GREAT WAY TO HELP FELLOW OSTOMATES

We regularly get calls for help with supplies. Sometimes a member’s delivery doesn’t arrive in time, sometimes an out-of-town visitor to Disney didn’t bring enough changes, sometimes people don’t have health insurance, sometimes a dog decides to use a pouch as a chew toy, and sometimes (too many times) people live in places where supplies are just not to be found. We can help locally (thank you Jack and Evelyn), nationally, and internationally (thank you Shabbir). Please help if you can, and remember we are here if you need us.

OAGO Gift Room
The Gift Room is stocked with donated unused ostomy supplies that we collect and provide, free of charge, to fellow ostomates who are uninsured or underinsured. This service is run solely by the Ostomy Association of Greater Orlando, Inc. on a volunteer basis. For information call 407-603-5088. Or Email: supplies@oagohome.org

OSTO Group
This not-for-profit organization provides free ostomy supplies to those without insurance. Your only cost is shipping and handling. Call 877-678-6690 or visit their website at www.ostogroup.org.

Friends of Ostomates Worldwide - USA
The modern ostomy supplies we take for granted in the U.S. and other developed countries may be unavailable or too costly in many areas around the world. Since 1968, the Friends of Ostomates Worldwide-USA (FOW-USA) has collected new supplies from U.S. individuals and groups and sent them overseas to over 70 countries. You can help with supplies and financial donations: FOW-USA, 4018 Bishop Lane, Louisville, KY 40218. Phone: 502-909-6669. Website: www.fowusa.org

Na`Scent
Ostomy Odor Eliminator
- More than freedom.
- More than security.
- Gives ostomates an odor-free life.

Contact: Shelley Dittmer, Member
407-929-3668
shelleydittmer@nascent4u.com
www.nascent4u.com

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“Where the needs of the world and your talents cross, there lies your vocation.” Aristotle
MEMBERSHIP APPLICATION & RENEWAL FORM

Membership in the Ostomy Association of Greater Orlando, Inc. is open to persons with all types of intestinal and urinary diversions, as well as supporting family, friends, organizations, and businesses.

This form may be used for both new memberships and renewals.

NOTE:
Renewals are due on January 1 of each year.

PLEASE PRINT

Name: ______________________________________________ Date: ______________

Address: _______________________________________________________________

City: __________________________________________ State: _____ Zip: __________

Phone: _________________________ Alternate Phone: _________________________

Email Address: __________________________________________________________

Date of Birth (optional): ___________________

PLEASE FILL IN THE APPROPRIATE BLANKS BELOW. Information will be kept CONFIDENTIAL.

Type of diversion(s) - Circle all that apply or check None.

Ileostomy       Colostomy       Urostomy       Ileoanal Reservoir/J-Pouch       Continent Ostomy

Other: _______________________________ Date of Surgery: _____________ None: ____

Relationship to Ostomate:    Self      Spouse      Family Member      Parent      Other: __________________

Dues and Donations: (Please note that donations are tax deductible)

$20.00 Enclosed are my dues for membership in the Ostomy Association of Greater Orlando, Inc.

_______ Enclosed is an additional donation to support all of our ongoing programs.

_______ Enclosed is an additional donation to support the annual Youth Rally.

_______ Enclosed is an additional donation to support our ostomy supply GIFT ROOM.

Our Gift Room provides ostomy supplies for those without insurance in the greater Orlando area.

_______ Total Amount Enclosed

You can pay or renew your dues using PayPal, by going to our website www.oagohome.org under the “MEMBERSHIP” menu.

Or, pay by check payable to the OAGO. Bring this form and payment to our next meeting, or mail to:

Patrick Rodgers, Treasurer
309 E Citrus Street
Altamonte Springs, FL 32701

“Write a wise saying and your name will live forever.”   Unknown Author