

BALTIMORE OSTOMY ASSOCIATION FRIENDS TOGETHER



December, 2005

BOA Calendar of Events

December 11, 2005 (Sunday) 2–4 p.m.

March 19, 2006 (Sunday) 2–4 p.m.

May 21, 2006 (Sunday) 2–4 p.m.

Meeting Change

There will be no January 2006 meeting. The Board voted to have four (4) meetings a year. The weather is uncertain in January and it would not be fair to have a speaker scheduled and have to cancel the meeting.

INSIDE THIS ISSUE

This month's program	1
Directions to St. Joseph's	2
Austin Pharmacy & Medical Supplies	3
Ostomy Scissors OK for Travel	4
A Rebirth & New Look	4
Important Chapter News	4
UOAA Invitation for affiliation	5
What Thanksgiving means to an Ostomate	6
Your Skin Only Better	7

*The BOA wishes everyone
a Blessed Thanksgiving.*



Next Meeting – Sunday December 11, 2005

2:00–4:00 p.m.

Finding Reliable Health Information on the Internet

Presented by Linda Gorman & Tillie Horak

from the Harrison Medical Library at Johns Hopkins Bayview Medical Center

There are over 100,000 health-related sites on the Internet. Do you know how to determine which ones are reliable? Join us as Linda & Tillie show us how to locate reliable information on the Internet.

The holiday party with Bingo, prizes, food and fellowship will follow the presentation.

Bring your favorite finger foods or dessert.



Baltimore Ostomy Association Meeting Place St. Joseph Medical Center (Towson) in the Canticle Room

*All meetings are held:
Sunday afternoons
2:00 p.m. – 4:00 p.m.
St. Joseph Medical Center
7601 Osler Drive, Towson MD 21204.
For General Information call 410-337-1000.*



From Baltimore City

Take Charles Street North to Stevenson Lane. Turn right onto Stevenson. At the second traffic light, turn left onto Osler Drive. The main entrance to the medical center is on the first right.

From North

Take I-83 South to I-695 East to Exit #25 (Charles Street). Turn right onto Charles Street. From Charles Street, turn left onto Towsontown Boulevard. Take the first right onto Osler Drive. The main hospital entrance is the third hospital entrance on the left past Towson University. Parking for the hospital is in the lot on the right or in the garage on the left.

From East

Take I-695 West to Exit #25 (Charles St). Turn left at end of exit ramp. At rotary, take first left onto Charles Street. From Charles Street, turn left onto Towsontown Boulevard. Take the first right onto Osler Drive. The main hospital entrance is the third hospital entrance on the left past Towson University. Parking for the hospital is in the lot on the right or in the garage on the left.

From South (Airport)

Take I-95 to I-95 North to I-695 North to Exit #25 (Charles Street). Turn right onto Charles Street. From Charles Street, turn left onto Towsontown Boulevard. Take the first right onto Osler Drive. The main hospital entrance is the third hospital entrance on the left past Towson University. Parking for the hospital is in the lot on the right or in the garage on the left.

From West

Take I-695 East to Exit #25 (Charles Street). Turn right onto Charles Street. From Charles Street, turn left onto Towsontown Boulevard. Take the first right onto Osler Drive. The main hospital entrance is the third hospital entrance on the left past Towson University. Parking for the hospital is in the lot on the right or in the garage on the left.

The Canticle Room is located near the hospital cafeteria. It can be reached through the Main Hospital entrance. Parking tickets are issued at the garage entrance. They will be validated at the meeting for free parking.

Medical Professionals Please Note:

A major function of our group is to provide trained visitors to meet with ostomates and their spouses. Our visitors are trained in accordance with the guidelines of the United Ostomy Associations of America, Inc. We provide support to both patients and family. We DO NOT give medical advice, nor do we actively assist in the physical care of the stoma. If you have a patient who has, or will have, an ostomy or related procedure, please call Joan L. Selekof, RN, CWOCA, at 410-328-6448 to arrange for a visitor.



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Important Chapter News

Dues Notice

The BOA Board of Directors has decided to raise our membership dues to \$15.00 per year. There are two reasons that led the Board to make the change. First, was the loss of the UOA. Among other things, our chapter can no longer rely upon them for printed materials and support. Second, and related to the dues billing change instituted by the UOA last year, our postage costs are expected to increase. Our chapter will have to mail our own dues notices and membership cards to our members.

You will be receiving renewal notices by the end of the year, reflecting this increase. Everyone will be on the calendar year, January 1 - December 31 in the future. Your cooperation in renewing your annual dues will help keep the BOA viable. We thank everyone.

Ann Louise Stoner,
Treasurer

New Board Members

We welcome Phil & Tillie Horak to the BOA Board of Directors. Also, many thanks to Tillie for putting our newsletter together and printing it, saving the BOA the expense.

BOA Officers:

President:

Vice-President:

Treasurer: Ann Louise Stoner
410-243-0751

Secretary:

BOA Board Members:

Frank Nachman, Sylvia Lipman, Melvin & Sue Rayman, Sue Currence, Larry Ettlin, Marie Hunt, Joan Selekof, Phil and Tillie Horak

Visitation Coordinator:

Joan Selekof 410-328-6448

Mission: The Baltimore Ostomy Association is the voluntary health organization dedicated to assisting people who have, or will have, intestinal or urinary tract diversions by providing psychological support to the family unit, advocacy, and promoting the services of the organization to the public and professional communities.

Ostomy Scissors OK for Travel

Excerpted from Linda Aukett via S. Brevard, FL Ostomy Newsletter, via Metro Maryland

The Transportation Safety Administration (TSA) has relaxed one (yes, just one) of its rather silly lists of items prohibited aboard commercial aircraft. And, yes, it affects us! Ostomy scissors with pointed tips, and having an overall length of four inches or less, are now permitted aboard when they are accompanied by an ostomy supply kit containing related supplies, such as pouches, wafers, positioning plates, tubing or adhesives. It might also be well to carry all your supplies in transparent plastic bags.

Apparently TSA has heard from large numbers of ostomates complaining of the rule, and declaring their intention not to travel by air. One small step forward?

Visit <http://www.tsa.gov> or contact TSA Public Affairs, 1-571-227-2829. Editor's Note: Carrying a letter from your doctor stating that you have an Ostomy should remove any suspicions and questions on the part of airport security.

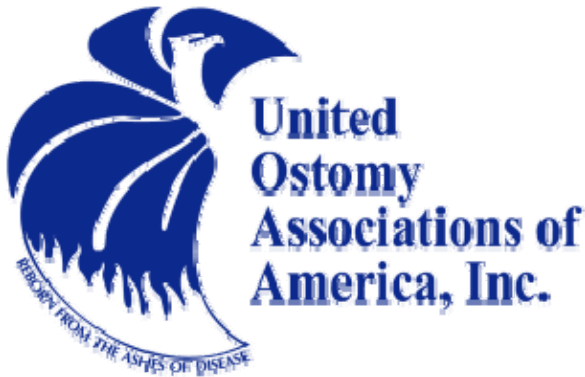
A Rebirth & New Look

By Tillie Horak

Last meeting, my husband Phil and I were asked to be on the board of the BOA. We eagerly agreed, because we believe in the mission of the BOA and would like to see the chapter grow, get the members involved, and have better meeting attendance. **Let's take the opportunity of the birth of the UOAA and make this the rebirth of the BOA.** Come out to the meetings and show your support. Contribute to the newsletter with your ideas and stories.

In addition, I volunteered to take on the task of putting the newsletter together, with the hope of giving it a facelift, and more substantial content. What I'd like to see is some stories from some of the members, perhaps a birthday list, sharing news such as weddings, graduations, births of children and grandchildren, etc. This is your newsletter. I want it to be about our chapter. Give me some ideas and feedback about what YOU want to see in this newsletter.

Have an idea? Send it to me: Fax: 410-550-2465
Attn: Tillie; Email: thorak226@comcast.net or mail:
103 N. Taylor Avenue, Baltimore, MD 21221.



Ken Aukett, President

UOAA Organizing Steering Committee
P.O. Box 318, Collingswood, NJ 08108
Tel 856 854 3737 -- Fax 856 854 5637

kenaukett@uoaa.org

September 9, 2005

To all leaders of support groups concerned with the rehabilitation of people with ostomies and continent diversions.....

Greetings are brought to you from the members of the UOAA Organizing Steering Committee.

Please consider this letter as the formal invitation for your group to join the United Ostomy Associations of America, Inc., the "UOAA", as an affiliated member.

You will notice that both the name, UOAA and the symbol, the Phoenix, are similar to those used to identify the United Ostomy Association. This was intentional decision made by the Organizing Committee. With 43 years of goodwill associated with the name UOA, we felt it was important to keep "UOA" in the new organization's name! Doctors, surgeons, and WOC Nurses, the ostomy product manufacturers and the humanitarian service that support groups like yours have provided to people with ostomies and continent diversions... they know about UOA and what it stands for. "UOA" is an asset that would take a new organization years and a great deal of effort to duplicate, an asset UOAA is proud to be associated with... one that will carry on the tradition of people helping people.

We anticipate that the website we are building, www.uoaa.org will be online in the very near future. It will take several months before it is fully up to speed, but you can see from visiting the site what our plans are.

If you have any questions or thoughts about UOAA, please do not hesitate to communicate with me. The Organizing Committee looks forward to your affiliation and to work with you to make this a better world for CD/ostomates nationwide.

Sincerely yours,

A handwritten signature in black ink that reads "Ken Aukett". The signature is written in a cursive, slightly slanted style.

What Thanksgiving Means to an Ostomate

When the frost is on the punkin' and the chill is in the air, you know Thanksgivin's comin' and it's time to say a prayer, to thank the Lord above you for the miracles He has wrought, 'cause you're still among the livin' in spite of what you've got.

Sure, it cost a heap in learnin' and the best is none too good; and that same old appliance isn't stickin' like it should; or it's leakin' when it shouldn't, or the changin' time's not right; or you find yourself in trouble in the middle of the night.

It's quiet when you're all alone, then acts up in a crowd, and fills up like a toy balloon or rumbles long and loud; and when you least expect it, it can ruin your best clothes, or maybe you get worried wonderin' if it really shows.

When bathroom locks are missin' you can sure feel insecure; and sometimes when you're braggin' it's your smellin' that's poor. All the cleanin' and the fussin' and the airin' is a bore; and affordin' what you're needin' might just become a chore.

Yes, these problems will beset you, and some more, but some less. Some day you'll laugh about 'em and you'll honestly confess that life IS worth livin'; so stop a bit and pray, and give your Thanks and Blessin'
EVERY DAY IS THANKSGIVIN' DAY!

(Marjorie Kauffman)

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your skin, only better

WHAT YOU NEED TO KNOW IN YOUR 30s, 40s, 50s AND BEYOND

Age may be “just a number”, but around the time that it starts to announce itself on your face, you may be wondering how you can keep that number to yourself. And while a host of potions and procedures promise to keep your skin looking as young as you feel, it can be hard to figure out which ones actually work. With this in mind, we’ve compiled a list of important skincare tips that you should know and follow, depending on your current age.

In Your 30s

This is the time when you might begin to notice fine lines appearing around your eyes, or that your skin tone looks a bit uneven. Here’s what to do:

SPF 15 or higher – Use a daily moisturizer or foundation with SPF 15 or higher. Look for a product labeled “broad-spectrum”, meaning it protects you from both wrinkle-causing UVA rays and burning UVB rays.

Antioxidants – Antioxidants protect existing collagen and elastin from environmental agents, and stimulate the production of new collagen. Look for products that contain idebenone, vitamins C and E, green or white tea, and grapeseed extract.

Alpha Hydroxy Acids (AHAs) – Alpha hydroxy acids can help by sloughing off dead cells that make skin look dull. AHAs such as glycolic acid and lactic acid are available in over-the-counter lotions. If you aren’t happy with the results after 4 to 6 weeks, your dermatologist may recommend an in-office procedure that uses more potent ingredients.

Problem areas to consider:

Eyes – The skin around the eyes is thinner and more sensitive. Experts say that if your regular moisturizer doesn’t irritate the skin around your eyes, go ahead and use it. But, if you start noticing redness or irritation, switch to an eye cream. Make sure the one you choose includes sunscreen and antioxidants. Also look for ingredients like caffeine and magnolia extract to reduce puffiness; coneflower to cool and soothe; or vitamin K to lessen dark circles.

Breakouts – Up to 50% of women over 25 have adult acne. Hormones are most likely the problem. Target breakouts without drying your skin by washing your face twice daily with a nonsoap lotion and avoid harsh toners that contain alcohol.

In Your 40s

This is when skin starts to look blotchy, with small dark spots and some red areas. You may also notice your skin feels dry or rough, and it may appear a little dull. Here’s what to do:

Lightening ingredients – Splotchy appearance stems from a combination of skin type and sun exposure. Over-the-counter products containing hydroquinolone can help fade dark spots. You may also want to consider micro-dermabrasion or a chemical peel in a doctor’s office if your skin is extremely ruddy or blotchy.

Humectants – As you age, decreasing estrogen levels influence the production of substances in your body that help keep skin firm. Oil production also slows down. To help counteract these changes, use creams that contain ingredients such as glycerin or propylene glycol (humectants) and petrolatum or shea butter (emollients) to seal in the moisture.

Problem areas to consider:

Frown lines and furrows – Moisturizers or makeup with light-reflecting particles can help reduce the appearance of deep lines by creating an optical illusion. If you’ve got the money and the inclination, Botox injections are another option. Botox temporarily paralyzes the facial muscles. The furrows become less noticeable within a week or two and stay that way for about 3 to 6 months.

In Your 50s and Beyond

This is when you’ll start to notice sagging skin in the neck area. Also, you may have age spots covering your hands and chest. Here’s what to do:

Retinoids, AHAs and Antioxidants – A combination of these treatments can help smooth out some of the fine lines on the surface of the skin and improve overall skin tone. For more dramatic results, ask your dermatologist about laser treatments.

Bleaching Agents – The skin on your hands and chest tends to be more delicate than other areas. Use a lotion with AHA and sunscreen year-round. To fade minor age spots, try a bleaching cream that contains hydroquinone. Darker spots may call for professional help.

Problem areas to consider:

Lips – If your lips seem to be getting thinner, it’s because they tend to lose moisture and collagen over the years. New balms and treatments can create the impression of fullness. Using balms containing ingredients like menthol and vitamin C will help make lips look more luscious.

Excerpted from Health Good Living Tips
<http://www.health.com>

If you do not wish to continue receiving this newsletter, please check here _____ and return. No postage necessary.

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Baltimore Ostomy Association
P.O. Box 15000
Baltimore, MD 21282-5000



BOA Membership Application

To become a member of the Baltimore Ostomy Association, complete this section and return it with your check to:

**The Baltimore Ostomy Association
P.O. Box 15000
Baltimore, MD 21282-5000**

Name (please print)

Marital Status: _____ single _____ divorced
 _____ married _____ widowed

Address

Type of Ostomy: _____ colostomy _____ ileostomy
 _____ urostomy _____ other

City, State, Zip

_____ non-ostomate

Phone (home)

(work)

Occupation: _____

Date of Birth

Date of Ostomy

Your annual membership fee is \$15.00. Dues are tax deductible. Please make your check payable to THE BALTIMORE OSTOMY ASSOCIATION. Please indicate if you want membership but cannot afford to pay dues at this time. We will hold all requests in strict confidence.