

S.T.O.M.A SENTINAL

Monthly Newsletter of S.T.O.M.A. South Texas Osto-Mate Association

NEWS & FEATURES

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Hello Everyone!



Thank you all who joined us for our Ostomy Bingo! We had a great time getting to know each other with the game. I had many people reach out to me after the meeting telling me how much they enjoyed that unique way of getting to know each other. We plan to do it again soon!

I hope people were able to attend the UOAA symposium! It was filled with so much information, a truly wonderful experience! Congratulations to our new member, Valerie, who won the symposium giveaway we had.

We have a new date for the next UOAA conference and I cannot wait for it! It's still planning on being held in Houston, TX so it's much easier for us to be able to attend for those who want to attend. It will be August 10-12, 2023, that's a Thursday-Saturday.

Another big date to keep in mind is our vendor fair, October 24th starting at 6 PM! Hope you can make it, there will be lots of vendors and yummy Halloween treats! We encourage bringing a family or friend with you as an extra ear, there is always so much to learn that extra person really helps incase there is information you missed.

I cannot wait to see everyone's beautiful face again on August 29th.

Sincerely,
Cristine Miller-Trolinger
The Prez

Member Spotlight



Bill Fuller came to San Antonio in 1959 with the Air Force where he met and married a beautiful lady. He went to Southwest Texas State College which is now Texas State University. After graduation he was a teacher at Lee high school, Churchill high school, and then was hired as purchasing agent for the North East school district. He worked as a purchasing agent for 29 years buying everything for schools from paper clips to school buses. He retired in 1995.

He suffered with ulcerated colitis for years, with colon cancer surgery and then an ileostomy in 2003. He found and joined South Texas Ostomy Association that same year which he says was the greatest thing Ostomy wise he ever did. He has met many wonderful people who have shared their Ostomy journey and experiences with him. He eventually joined the Board of this wonderful support group and served as a valuable member for years!

He now spends his days taking care of his wife, enjoying seven grandchildren, and two great grandchildren. He still enjoys attending the Ostomy to meet new people and learn new things!



Come join us **August 29th** as Shelby Moss with Coloplast talk all about accessories!

Shelby herself is a J-pouch and knows all too well how important those little extras are to a good pouch seal.

There will be hands on show and tell with plenty of time for questions!



We want to thank MHST for hosting our meetings and caring for our Ostomate community.



Ostomy supply closet

We are taking all of your donated supplies to help local ostomates!

FOW: Friends Of Ostomates Worldwide

There are no samples locally to meet your needs? Reach out to FOW!

<https://www.fowusa.org/>

UOAA Updates



SCAN ME

What Is a Parastomal Hernia?

A parastomal hernia is like any other hernia. They happen when an organ pushes through a weak spot in the muscle. For people with an ostomy, the organ is your intestine and the weak spot is in the same area the surgeon created your stoma.

While every effort is made to close everything and ensure a tight, snug fit, some extra intestine can force its way through and push against your skin. (This is as opposed to a prolapsed stoma when extra intestine is actually coming out of your body.)

Parastomal hernias usually happen within the first one to two years after ostomy surgery, but can occur later. While people without a parastomal hernia will tell you they're mostly asymptomatic, those with one will likely beg to differ. Parastomal hernias can cause discomfort and pain and make it difficult to keep your appliance on.



Search the website below or scan the QR code to see the magazine for all ostomates!

<https://phoenixuoaa.org>



SCAN ME



Vote in September!!!

President:

- Chair the Executive Committee and Board of Directors
- Appoint committee chairs and task force members
- Be ex officio member of all appointed committees
- Ensure an annual report is given to the membership
- Appoint a parliamentarian as appropriate
- Have such other power and responsibilities, when not in conflict with the provisions of these bylaws and/or the association's policies and procedures, as may be reasonably construed as belonging to the Chief Elected Officer of a non-profit organization

Vice President:

- Assume the office of President in the event of resignation, removal or inability of the President to serve
- Chair the hospitality committee and coordinate program presentations at association meetings
- Assist the President as appropriate

Secretary:

- Prepare and maintain a record of the minutes of the meetings of the Board of Directors and the Executive Committee
- Maintain the standing rules and the policies and procedures under which the organization operates
- Tabulate and report voting results

Treasurer:

- Oversee the security and utilization of the association's funds and securities
- Prepare and submit a yearly budget for approval and adoption of the Board of Directors
- Maintain financial and membership records according to generally accepted accounting principles
- Give a status report on the finances and membership at meetings of the Board of Directors

Board of Directors:

- Consist of 4 elected officers, the immediate past president and 3 elected directors
- Work with Officers to establish/maintain policies, manage the business of the association, determine programs, and approve the budget
- Oversee special committees as assigned (fundraising, visitors, etc)



Executive committee

President: Cristine Miller
(210) 870-6842

6 yrs as President

VP: Melanie Gibbs
(571) 213-2273

1 yr as VP

Secretary: Yvette Tamayo

3 months as secretary

Treasurer: Vickie Miller

6 months as treasurer

Board Members

Past President: Matt Bryant

1: Mari Messenger

1 month on board

2: Amy Ehrlich

1 month on board

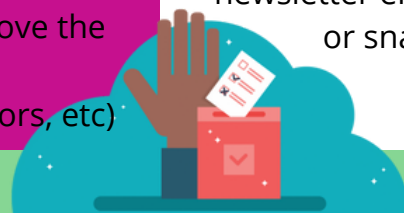
3: Caitlin Scarborough

1 month on board

Membership

Would you love to be one of our regular Ostomates?
Join our organization!

Dues: \$20 per year
Includes a monthly newsletter either electronic or snail mail!





Events Corner:

WALK WITH A DOC & OSTOMY AWARENESS DAY 5K



SCAN ME

Saturday October 1st

Time/Place to be announced!

Register for the STOMA team here!

Team name: STOMA Support Group SATX

<https://runsignup.com/Race/ME/Kennebunk/VirtualOstomy5k>

Register by September 9th to get your Tshirt in time!

Don't want to run/walk/roll?

[DONATE HERE!!!](https://runsignup.com/ostomysouthtexas)

<https://runsignup.com/ostomysouthtexas>

Contact Information

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Next Meeting

September 26th

Diet & Nutrition

Certified dietitian Jenny Wages will talk about the ins and outs of ostomy nutrition.

ostomysouthtx@gmail.com

www.ostomysouthtx.org

IG: [ostomysouthtx](https://www.instagram.com/ostomysouthtx)

facebook.com/ostomysouthtx/