

S.T.O.M.A SENTINAL

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

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Hey everyone!

We had such a good time at our last meeting kicking off our "facelift" with our Ice Cream Social. We had several new faces join us and we were so happy to meet them! Our group is here so no one ever feels left out or alone, we are here for everyone! There is no limit to what to talk about and there is no such thing as a "taboo" topic to speak about, we have all been in the same wet and situation and know first hand what its like; it's what we are here for!!

I cannot wait to see everyone again for our OSTOMY BINGO!!! Last time we did this we had a great time and it really helped everyone to get to know each other a little better. We will have fun prizes to share with a couple winners!

Don't forget, there is still time to enter into the drawing for the UOAA Symposium. It's \$5 an entry. We are doing the drawing at the end of the meeting on July 25th! Once registered for the Symposium you will have unlimited access to the recorded Symposium at any time after August 13th. This is a great chance to learn a little more and possibly meet others like us, virtually. <3

I can't wait to see everyone's bright and shining faces again!

Sincerely,
Cristine Miller-Trolinger
The Prez

Member Spotlight

Meet our VP Melanie!

The life and times of Melanie Gibbs, from her Colon's POV:

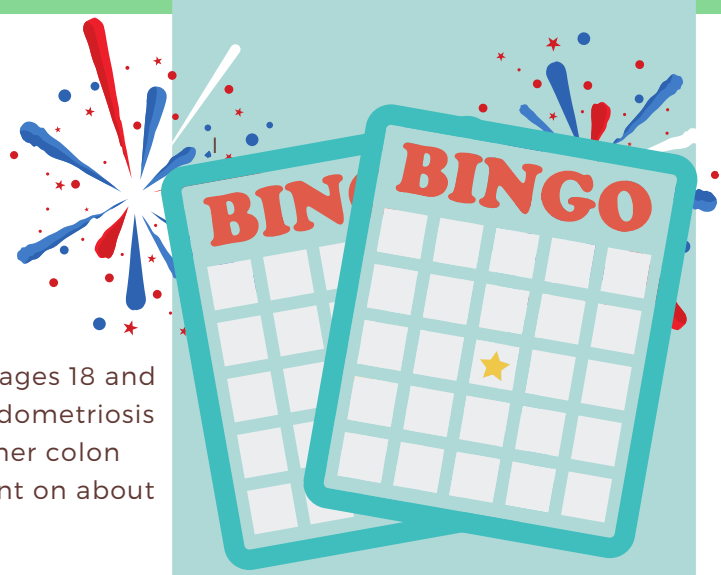
Melanie is married and has two adopted girls from China, ages 18 and 12. When she was in her teens, she was diagnosed with endometriosis and bowel redundancy. So, at age 31, she had four feet of her colon removed and finally was feeling like a new person and went on about her life.

In 2014, Melanie was diagnosed with Multiple Sclerosis, which unfortunately runs in her family. As part of her treatment for that, she went through two chemotherapy-like treatments. One five day infusion in 2019 and then one three day infusion in May of 2020. At the end of day three in 2020, she knew something was wrong and was not feeling well. By that night, she was not able to keep anything down and was in the ER. That was when the blockages began.

She had a small bowel blockage and had emergency surgery for that. She was in the hospital for a week, then was sent home. Twenty-four hours later, she was back in the ER with a second small bowel blockage and once again had emergency surgery, then had a third blockage. After three surgeries and 77 days in the hospital, she was sent home with three fentanyl patches and no plan to get off of the opioids.

She was in immense pain like she never knew before, Melanie tried to get off of the 100 mcg of fentanyl, cold turkey, which led to massive withdrawals and horrible pain. This led to a large bowel blockage, and she woke up from surgery four with a colostomy bag. No warning, no explanation. Another two months in the hospital and more of the worst pain known to her.

Finally in October, Melanie reached out to the ostomy support group and it was the best thing she could have done. They helped her out of the darkest place she had ever found herself in her life. Since then, she has been lucky to have a reversal, and now wants to help other ostomates feel the same support and love she felt when she made that first phone call to the group and went to her first meeting.



Come join us **July 25th** for ostomy Bingo! This type of game is a great ice breaker to help everyone get to know each other as we build a new network of ostomate support!

We want to celebrate **STOMA INDEPENDENCE!** Wear red, white, and blue and come learn different resources that are available to help you thrive in this digital world from local ostomy nurses!



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

SO YOU'RE GETTING AN OSTOMY

By Robin Glover

Oh no! An ostomy! You're going to be pooping or peeing into a bag attached to your stomach?? Your life is over, right? No more dating. No one will ever like you. Children will run from you! It's so gross! Don't worry. We've all been there. As great as they can turn out to be, the idea of getting an ostomy is never really welcomed news. Add on to that, you're probably very sick and haven't eaten well in weeks and you're tired and worried and feel alone. You know nothing about ostomies and are wondering what life will be like with one.

Will having an ostomy bag eventually become second nature and you won't even really think or worry about it? Yes. First of all, life is going to be great! You'll feel better. You'll eat better. You won't be bleeding out of unspeakable places and constantly panic-stricken about finding the nearest bathroom. Your life will become more consistent and routine and you'll end up being happy you had a lifesaving, life-improving surgery. It's possible that you don't believe that right now, though. And while it does turn out to be a good thing for most, there is an adjustment period and a lot of unknowns and myths. For instance, how do I change my ostomy bag? Will I stink? What if I have an accident in public? Can I ever play sports again? Or exercise? Or go swimming? In short- is it easy? No. Will it be fine? Yes, yes and yes. But for a little expanded information and peace of mind, we can go into a little more detail.



SCAN ME

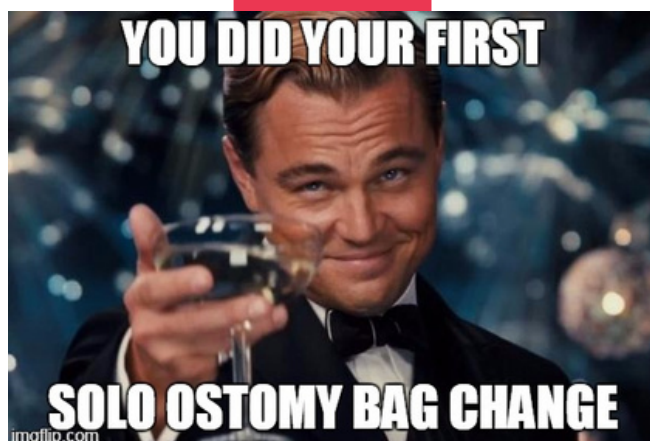


Search the website below or scan the QR code to see the magazine for all ostomates!

<https://phoenixuoaa.org>



SCAN ME



Elections!!!

Are you interested in being a part of the executive committee or a board member?

Elections will be held in September for active members to vote on at the beginning of our meeting



Contact Information

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www.ostomysouthtx.org

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

[facebook.com/ostomysouthtx/](https://www.facebook.com/ostomysouthtx/)



Executive committee

President: Cristine Miller

(210) 870-6842

VP: Melanie Gibbs

(571) 213-2273

Secretary: Yvette Tamayo

Treasurer: Vickie Miller



Board Members

Past President: Matt Bryant

1: Bill Fuller

2: **Vacant**

3: **Vacant**



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!



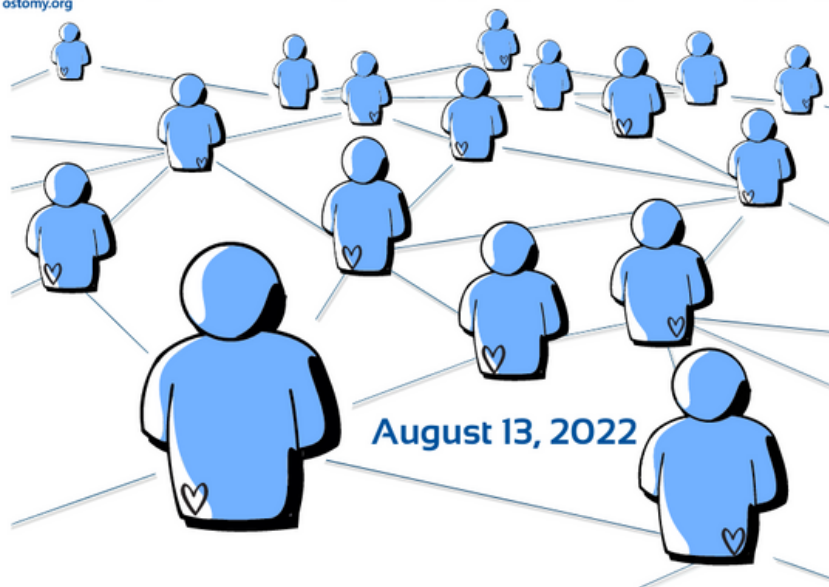
Events Corner:

August 13th from 10:30-
5:30

\$35 for unlimited access!



2022 VIRTUAL OSTOMY SYMPOSIUM



Enter for your chance to win a spot at the
2022 Virtual Ostomy Symposium!!!

\$5 per entry

Cash, Card, or Check accepted

Contact:

Vickie Miller (210) 573-6395

Cristine Miller-Trolinger (210) 870-6842

or sign up during the meetings.

Drawing will be held at the end of the meeting on July 25th. You do not need to be present to win!