

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 at our last meeting when Shelby Moss with Coloplast joined to speak about her product. Its always exciting having Coloplast because they are coming out with new products, often! She will be joining us again at our Vendor Fair in October!

Speaking about our Vendor Fair, we will be having it October 24th starting at 6 PM. This is our biggest meeting of the year! The event is Sponsored by Hydrofera! We are thrilled to have them sponsoring us this year! They are a new company and this is their first time sponsoring our fair. We strongly encourage bringing a plus one to the fair because there is always sooo much information and that plus one can really help with any missed information.

Our meeting in November is usually "Bring your Leftovers" but at our last meeting everyone who attended voted on doing our Holiday party at the same time! We are calling it our Thanks-mas meeting! We will do our White Elephant and if you'd like to participate in our toys for tots donations, bring an unwrapped toy for us to donate.

This coming up meeting, on September 26th; Jenny Wages, a licensed dietitian, will come speak to us! Before she starts, we will be holding our elections for officers. This will hopefully just take the first 5-10 minutes. Let us know if you are interesting in joining the board, we would love to have new faces!

Sincerely,
Cristine Miller-Trolinger
The Prez

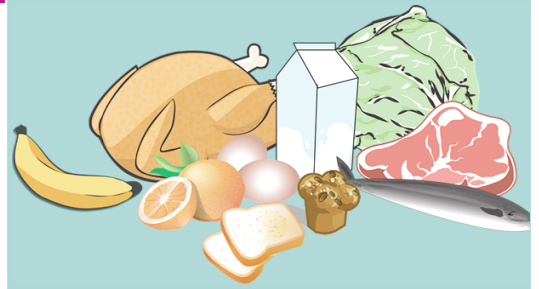
Member Spotlight



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 September 26th as Jenny Wages speaks to us about Diet and Nutrition with an Ostomy!

8026 Floyd Curl Dr.
Physicians Plaza I RM 555
San Antonio, TX 78229



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



Ostomy supply closet

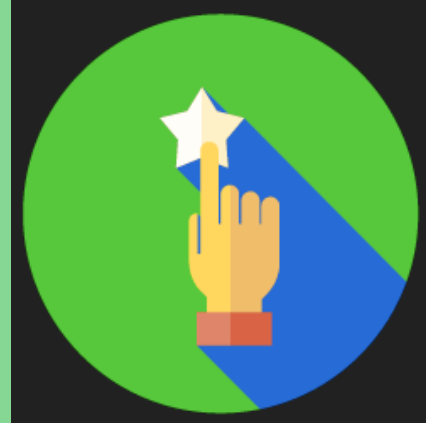
We are taking all of your donated supplies to help local ostomates!

FOW: Friends Of Ostomates Worldwide

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

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

UOAA Updates



AGING IN PLACE WITH AN OSTOMY

Another ongoing advocacy initiative is our efforts to dispel myths on the care required for people with an ostomy in particular for those who wish to reside in an assisted living facility. UOAA has developed new tools to help people self-advocate to reside in this type of facility which include an ostomy self-management checklist and a document of resources for aging place.

We've also created an informative presentation for people to view on "Preparing for the Future - Where You Live Matter: Aging in Place with an Ostomy". All of these resources can be found on this webpage. The bottom line is that people living with an ostomy should be welcomed and treated as a person seeking potential residence.



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

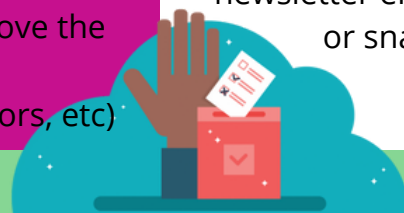
Past President: Matt Bryant



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

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

Next Meeting

October 24th

Vendor Fair!

Starting at 6 PM come learn about the ostomy products out there for everyone!

Sponsored by: Hydrofera

ostomysouthtx@gmail.com

www.ostomysouthtx.org

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

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