

S.T.O.M.A SENTINAL

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

NEWS & FEATURES

New year, New Group
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Cristine Miller

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New Year, New Group!

AND A NEW NAME! S.T.O.M.A. FOR THE WIN!!!

Here we go! In this post COVID era we know this group is more important than ever. It is time to regroup, reorganize, and reenergize the ostomate community of South Texas!

NEW MEETING LOCATION!!

**MSTH: Methodist Specialty & Transplant
8026 Floyd Curl Dr
Physicians Plaza 1 Room 555**

Free parking! This is the office building attached to the hospital. To the left of the ER.

Meetings are the last Monday of the Month from 7-8pm, except in May & Decmber. See you there!

President Spotlight

Meet Cristine Miller!

At the young age of 13 she was diagnosed with Ulcerative Colitis. She was able to get in remission during high school and finish school happy and healthy. In 2010, after her first year of college she had her son, Michael, which sent her into a flare worse than she had ever had before. After several failed medicines, at 19 years old 3 weeks before her 20th birthday with a 4 month old, she had her entire colon removed and a temporary ileostomy put in with a J-Pouch creation. The first few years were a struggle for her not knowing anyone and not knowing who to talk to. She knew about the ostomy group was too scared to go. 4 years after her surgeries she finally joined the group! Since then she has found her passion in helping others who have gone through the similar struggles she went through. She strives to not let anyone know the feeling of being lost and alone after surgery.

<https://ostomysouthtx.org/>



Next Meeting

July 25

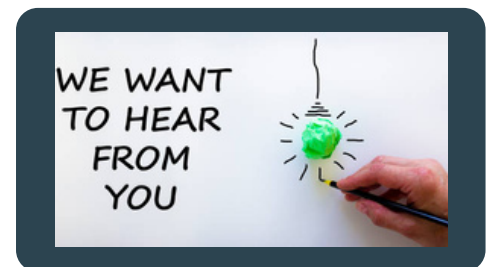
Stoma Independence!

Wear red, white, and blue to learn all the resources to help you!



Come join us **June 27th** for an ice cream social! Non dairy options will be provided too! We will share the goals for the regroup going forward, and discuss upcoming elections! Mix and mingle with fellow ostomates and ostomy nurses!

We want to hear from you! What would you like to learn from this group? Would you like to volunteer as a Bag Buddy (ostomy pen pal/ visitor). Come share all of your tips and tricks!



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

YOU MATTER! KNOW WHAT TO EXPECT AND KNOW YOUR RIGHTS

SCAN BELOW FOR THE OSTOMY BILL OF RIGHTS!



Bowel + Bladder Matters

Coloplast[®]
Professional
PODCASTS

Coloplast Professional is excited to announce our new podcast: "Transition Home After SCI: The Reality of the Journey". In this podcast Host Amy Dannels McClure talks with Tricia Downing as she takes us on the journey from initial rehab to the reality of home: how to make it all work, advocate for yourself and create the life that you want without the confines of a SCI.

Listen to the NEW episode here:
<https://www.buzzsprout.com/600823/10514464>



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

<https://phoenixuoaa.org>



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

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

ostomysouthtx@gmail.com

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: **Vacant**

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 Ostromates? Join our organization!

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



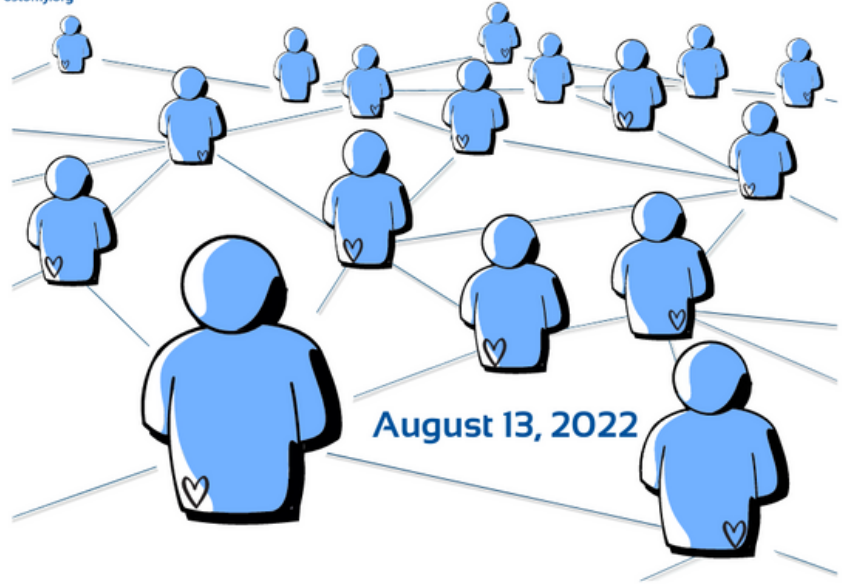
Events Corner:

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!