



LETTER FROM THE EDITOR

If errors are noted in your name or address, please bring these to my attention. If you know of someone to add or delete from our mailing list, please notify me. I can be reached at 325-670-4312 or vgilbert@hendrickhealth.org. We are now sending our newsletter electronically to those who request it be sent that way. **Please send me your e-mail address if you would like a link to the newsletter.**

If you know of someone who would be a good speaker at one of our meetings, please contact us.

– Vina Gilbert, MSN, RN, CWOCN



NEXT MEETING

The next meeting will be April 8 in the Hendrick Diabetes Center at 1742 Hickory St. (corner of Hickory Street and N. 18th St.) at **5:30 – 6:30 p.m.** NOTE THE NEW MEETING TIME! Hope to see you there! In our last meeting, we discussed post-operative peristomal skin care management and had great conversations between our veteran ostomates/families and our newer ostomates/families.

MEETING DATES

April 8
May 13
June 10
No meeting in July

All meetings will begin at 5:30 p.m. at Hendrick Diabetes Center.

CONTACT US

For more information, please contact us at 670-4312.

Newsletter Editor & Professional Advisor:

Vina Gilbert, MSN, RN, CWOCN
325-670-4312
vgilbert@hendrickhealth.org

E-Newsletter

**This is our last paper newsletter
to be mailed out!**

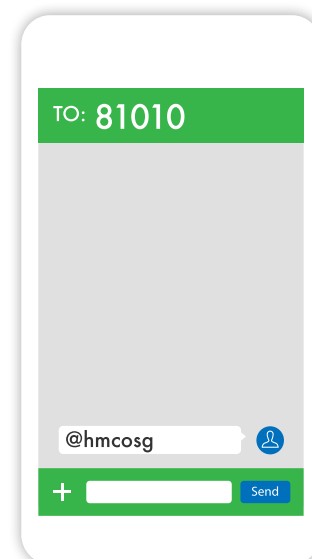
If you would like a paper copy of our monthly newsletter, we will have some available at the Ostomy Support Group meetings.

The newsletter is going electronic!

If you haven't already, please send us an email with your request to receive the Ostomy Support Group e-newsletter. There are many links and resources included and accessible through the electronic version.

**Would you like text
message alerts for the
Ostomy Support Group
meeting times and
locations?**

If you need a little reminder about our meetings, please text the message @hmcosg to 81010. You will receive a reminder once a month with the time and location of the next Ostomy Support Group. Standard text message rates apply.



New WOC Nurse in Town

Please welcome Amber Zickefoose, BSN, RN, to the club! Amber has been with Hendrick Health System for two years, and has experience in oncology and skilled nursing. She will make a great addition to the ostomy nursing team!

Living with Two Ostomies Since 1974 | UOAA 2019

Jearlean Taylor has never known life without an ostomy. She has had two ostomies (colostomy and urostomy) since she was just two years old. But with the support of her family and her own inner drive, she triumphed to become a successful model, author and businessperson. Here she shares her story and offers ostomy fashion tips that work - both on and off the runway.

Dressing Up and Looking Great

Maybe you don't want to be a fashion model. Maybe you just want to look good at your friend's party this weekend. Here are some practical fashion tips Jearlean learned from the modeling business that work in everyday life, too.

When in doubt, try it on.

Maybe not every outfit will work for your ostomy, but something will. If you like something, try it on. You may be surprised.

You can make anything fashionable.

Sometimes I throw on a scarf with an outfit. I might put a belt around my waist. Even when it may seem strange or crazy, I put an outfit on to see if it makes me feel confident.

Find the right jeans.

A lot of people want to get back in their jeans again. If you're anxious to get back into jeans right after surgery, try maternity jeans; they stretch and put less pressure on your pouch as you get comfortable with your ostomy.

Fashion-friendly wraps.

Some ostomy wraps have a pocket on the inside that securely fits your pouch and keeps it flat against your abdomen to help relieve the pressure of your pouch filling. This is helpful when you're wearing certain kinds of clothes.



Ostomy Apparel

There are a number of ostomy apparel products. Below are three popular websites that you can order wraps, slimming products that don't constrict your pouch and more! Send us your favorite websites and ostomy accessorizing apparels!

Osto-My Secrets – <https://www.ostomysecrets.com/>

Amazon: Body Shapers – www.amazon.com

Search “body shapers” and the options are almost limitless. We recently heard some good feedback on the “Jiao Miao Body Shaper Vest T-Shirt Tank.”

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Bring unused, expired or no longer needed medications (households only).
Please leave medications in their original containers.

Saturday, April 13 • 10 a.m. – 2 p.m.

Drive thru:

Texas Tech School of Pharmacy
1718 Pine St.

For more information,
please call **806-414-9495**.



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