

Colorado
River
Ostomy
Chapter



CROC September 2022 Newsletter

September Meeting Added!

Our chapter will meet on Monday of **September 12th**, from 1-3pm.
Come and join us!

Location: Western Arizona Regional Medical Center's (WARMC) education room.

The address is 2728 Silver Creek Road, Bullhead City, AZ 86442.

The Education building is across the street from the main entrance to WARMC. It is labelled building 2.

You may park in building 2 parking spaces or in the WARMC main visitor lot and walk across the street to Building 2.

Enter the building through the right-side door, go down the short hall through the next door, onto the patio and the room will be on the right.

Next Meetings:
September 12 & November 14.

-SEPTEMBER-

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

-NOVEMBER-

S	M	T	W	T	F	S
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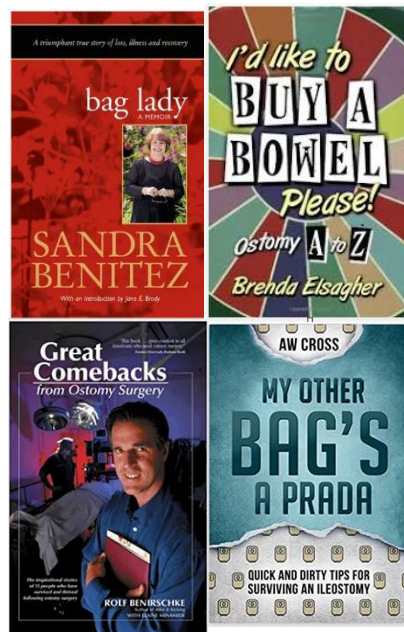
Did you know?

Ostomate Books written by and for Ostomates exist?

Ostomate: a person with an ostomy procedure or stoma.

For our purposes an ostomate is one with a urinary or fecal stomas. There are some who have a tracheostomy which is the hole in the throat to help with breathing.

There are a handful of books you can find with funny stories, humor, memoirs, & stories of those who had/have ostomies. Authors include: Brenda Elsagher



with 2 books, Rolf Benirschke, AW Cross, Sandra Benitez, Ellyn Mantell, Barbara Barrie and a few others you can find by an internet search. Disclaimer-I, Stephanie, have not read any of these titles but have heard favorable comments about some of them.

Education of the Month:

Ostomy Awareness Day

This is a day that is set aside on the first Saturday each year by the Ostomy champions in the US to encourage ostomates and educate others on ostomies.

This year the date is on October 1st!

Every third year, this day is known as World Ostomy Day with a global audience. The next official day for this day be October 5, 2024.

What can you do on our National Ostomy Awareness Day?

- Speak up on Ostomate Rights
- Join a Virtual Run for Resilience Ostomy 5K or an in-person run in Scottsdale. Ask family and friends to support you in donating funds to the UOAA. Checkout www.ostomy.org for more details.
- Coloplast is offering an Ostomy Awareness Day button which can be ordered at <https://www.coloplast.ca/bb-landing-pages/ostomy-awareness-day-2022>
- ConvaTec has their version of a t-shirt for Ostomy Awareness Day at <https://www.ostomysecrets.com/products/world-ostomy-day-t-shirt>
- At times ostomy groups and manufactures offer ostomate education on this day. Hollister has a great Education Theater with videos and written material.

Group Changes

I, Stephanie, am moving to the Phoenix area shortly and will no longer be working at Kingman Regional Medical Center after October 7th.

While I have not been able to attend the CROC meetings for some time, I have maintained the website and have kept the newsletter up for a while now.

CROC, Bob, and Desiree could use some assistance with all things CROC. I can continue maintaining the website and newsletter for a while. If you are interested in taking over one or both of these tasks, please let one of us know. Encourage people to come to the meetings and look at the resources of CROC.

I have many fond memories of our group and many of the folks who are no longer with us. I will miss you all, Stephanie

CROC Co-Facilitator Happenings

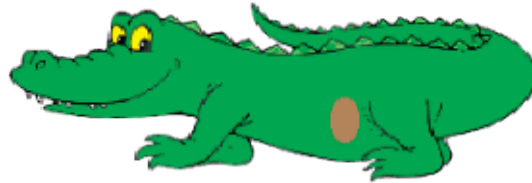
Desiree and Stephanie have taught a 4- hour Ostomy class at KRMC this past July to hospital & home health nurses—there were 7 in attendance.

September 27, Stephanie will repeat this class for more staff to get ostomy champion nurses up to date with the standards in caring for ostomates.

Desiree has also been on non-ostomy service adventures. She will be able to share at the next couple of meetings.

Ostomy Closet

Stephanie has housed an Ostomy product closet for a few years. People would donate back unused supplies rather than throwing the items away. With the move to PHX area, 2 large boxes 16x16x15 inches, and one smaller box have been donated to Friends of Ostomates Worldwide and USA FOW-USA. This organization sent letters of receipt and thanks. Check out the Resource page for this organization's info at our website www.coriverostomy.com.



CROC Phone contacts:

Bob Brown, Group Leader:

Home 928-763-3642

Cell 928-577-7922

Desiree (Group Facilitator):

928- 814-9906

Stephanie (Group Facilitator):

928-444-5468

Stephanie for now will still be able to be contacted for ostomy issues as needed.

Website:

www.coriverostomy.com

There is a contact page on our website to reach us by email.

For Additional Resources:

United Ostomy

Association of America:

www.ostomy.org

CROC is a

