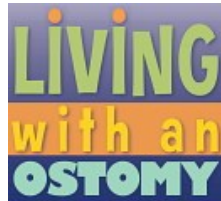




**PLEASE JOIN OUR FEB SPEAKER,
JOANN MALCOM & LEARN
WHAT'S NEW AT
COLOPLAST!!**



BHM OSTOMY ASSN MEETING SCHEDULE

2014

FEB 9	PRINCETON
MAR 9	PRINCETON
APR 27	119 (After Easter !!)
AUG 10	PRINCETON
SEPT 14	119
OCT 12	PRINCETON
NOV 9	PRINCETON

**CHECK BHMOSTOMY.COM FOR
CHANGES TO THE SCHEDULE!**



**TARA ROBINSON
WAS OUR NOV
FEATURED
SPEAKER AND
SHARED NEW
PRODUCT INFO
FROM
HOLLISTER!**

Thank you, Tara & Hollister!!

TWO MEETING LOCATIONS

**ST. VINCENT'S ONE NINE-
TEEN HEALTH & WELLNESS
CENTER**

7191 Cahaba Valley Rd
Birmingham, 35242
205-672-7330 Margaret

**PRINCETON-PROFESSIONAL
BLDG-BARIATRIC CENTER**

701 Princeton Ave SW
Birmingham, 35211
205-516-7238 Joyce

Park under the canopy at the
Professional Bldg-Bariatric Center
(next to the hospital) or in front
parking lot. Enter main door of
that bldg.

**Go to end of hall and enter into
the Bariatric Center. The meeting
will be in the conference room of
the Bariatric Center.**



Tara Robinson and Carlisa Buchanan discuss pouching system options from Hollister

Our Chapter has lost a beautiful angel, **Hattie Bell Stokes, WOCN**. We were very blessed to have Hattie's talent and generosity in our Birmingham ostomy community for years. She was one of the many dedicated nurses that gave her time to attend meetings and help our members. Hattie's nursing career at UAB lasted 25 yrs until her retirement in 2010. She then transferred to the VA Birmingham Hospital and she was a board member for the WOCN group for years. Our prayers of comfort are

extended to Hattie's family. She will be missed!

November 6, 1958—November 17, 2013



THANK YOU TO OUR WOCN GROUP!!!

What a fun Holiday Party & Meeting!! Great food,
industry info and fellowship hosted by our WOCN's,

L to R: Nancy Strunk, Pat Blakley, Misty Edwards,

Karen Edwards and Joy Lynch. Our Birmingham Chapter was also presented with a \$1000 check from the WOCN group. These funds make it possible to continue to serve our members with mailings, website, meetings, special events and Ostomy Camp for kids!

THANK YOU to these professional and dedicated women for donating their Sundays and being there for the Birmingham Ostomy community!



VOLUNTEER SALUTE...

..to our Secretary of two decades..**MARGARET HAIRSTON!!**

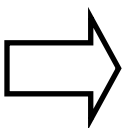
Margaret has counseled with many of us over the years since her own ostomy surgery! Though now retired, she worked full time while also donating countless hours! Her service has helped lead the way for our chapter to continue to serve YOU and many others for the Birmingham ostomy community!

THANK YOU, MARGARET!!!

YOUR SKIN: UOAA Basic Ostomy Skin Care

- ◆ Use a gentle touch when cleaning around the stoma area. The stoma tissue contains small blood vessels and may bleed a small amount when cleaned. Any bleeding that does not stop should be reported to your health care provider.
- ◆ It is not necessary to use soap to clean around your stoma. But if you prefer to, choose a very mild soap. Avoid using soap and cleansers or moistened wipes with oils, lanolin, perfumes, or deodorants as they may cause skin problems or prevent your barrier from sticking properly!
- ◆ If using paste, it may be easier to remove the paste before you wet the area. Some people may use adhesive remover. Do not worry if a little bit of paste is left on your skin.
- ◆ Do not use alcohol or other harsh chemicals to clean your skin or stoma as they may irritate.
- ◆ Always dry your skin well before putting on your new pouching system.
- ◆ Do not apply powders or creams unless recommended as they prevent skin barrier adhesion.

Consult your Dr. or WOCN nurse before trying methods mentioned in this newsletter.



OUR DEDICATED TREASURER, PHYLLIS VAUGHAN, REMINDS US TO PLEASE SEE & RESPOND TO THE ENCLOSED DUES REMINDER FOR 2014! We are responsible to send a portion of our Dues to UOAA and the balance goes to maintain our chapter meetings, website, mailings, Ostomy Camp for ostomy kids and continue the daily effort of supporting new ostomates and current members!! THANK YOU!!!

Visit UOAA.ORG for
more ostomy info!

BOA (BHM OSTOMY ASSN.) PO BOX 36245, BHAM AL, 35236

