



## NO OCTOBER MEETING!!!

**PLEASE COME OUT & JOIN  
OUR NEXT OSTOMY  
SUPPORT MEETING AT  
PRINCETON!**

**NOV 10th—2:30PM**

**Speaker:  
DR. CYNTHIA GARRETT DNP  
Advanced Primary  
Care/Health Coach**

**TOPIC: CARE COORDINATION**

**www.bhmostomy.com  
Check our website for meeting  
changes, speakers & updates!  
speakers & updates!!**

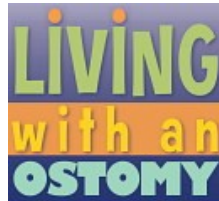
### TWO MEETING LOCATIONS

**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



OUR WOCN SUPPORT FOR  
THE AUGUST MEETING AT  
PRINCETON, PAT BLAKLEY  
& KAREN EDWARDS.

KAREN WAS THE FEA-  
TURED SPEAKER AND MANY  
OF OUR QUESTIONS WERE  
ANSWERED!

**NOTE:**

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.

### BHM OSTOMY ASSN MEETING SCHEDULE

**2013**

NOV 10	PRINCETON
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**2014**

FEB 9	PRINCETON
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MAR 9	PRINCETON
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APR 27	119 (After Easter !!)
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AUG 10	PRINCETON
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SEPT 14	119
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OCT 12	PRINCETON
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NOV 9	PRINCETON
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**CHECK BHMOSTOMY.COM FOR  
CHANGES TO THE SCHEDULE!**

**LEAKAGE** may occur any  
time, from weight loss/gain or  
from skin contour changes.  
You may only need to upgrade  
your pouching system for im-  
provements.

We are very saddened at the loss of our dear friend,

**EUEL McELROY, Jr. 1952-2013**

Euel was a dedicated member of our group for many years and his smiling face was a wonderful part  
of our meetings. He encouraged new members and shared his ostomy knowledge readily.

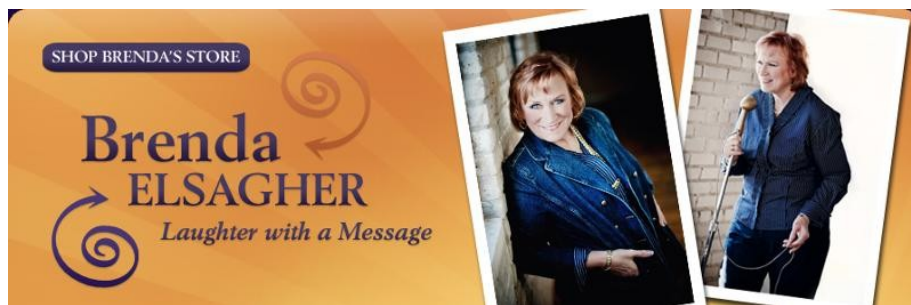
Euel fought a hard battle with cancer and continued to attend our meetings throughout his journey, inspiring many of us  
with his strength and faith! He will be missed!!!

Guest Book at [obits.al.com/birmingham/obituaries/euelmcelroy](http://obits.al.com/birmingham/obituaries/euelmcelroy)

Please remember his wife, Bonnie and children in your prayers.

Be sure to visit BRENDA ELSAGHER'S website and sign up for her FREE newsletters at [Livingandlaughing.com](http://Livingandlaughing.com)!

Brenda is a comedienne with an ostomy and has used her experience to write books and speak about her life. Her perspective may help you laugh at life a little more!



**A BIG THANKS to our WOCN group for their support and especially to WOCN, Deborah Thedford and some of our loyal members for making 2013 SENIOR EXPO at EAST LAKE PARK a wonderful success!!!! Join us out there next year.**

**Our WOCN, Deborah Thedford and Treasurer, Phyllis Vaughan handout info to fair visitors while William Coleman, Louis Williams and friends look on.**



### HINTS & TIPS

- ◆ Do not use antibiotics for colds or flu unless the doctor prescribing them is aware of your ostomy. Antibiotics can change the proper balance of bacteria in the intestines.
- ◆ If you wear a two piece snap-on system, be sure the pouch is snapped securely to the flange. Give a tug on the pouch to test the lock.
- ◆ Ostomy support belts can protect your stoma and provide support and “peace of mind”.
- ◆ Always chew, chew, chew and drink, drink, drink fluids to avoid obstructions and stay hydrated!

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

Visit [UOAA.ORG](http://UOAA.ORG) for more ostomy info!



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