



Five Alive

South Central Region

March, 2006

The Newsletter of the South Central WOCN Region

President's Message—March, 2006

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A New Year calls for reflection on how we did in the year past. The SCR council has been very busy on your behalf, and if I may say so, very successful. My hat is off to all who worked so hard to accomplish the goals we set for ourselves in 2005. **Here is a brief (I want you to know that I do TRY) recap:**

1. Communication

Communication Tree (ongoing)

The council members contacted approximately 10 SCR members via email or snail mail every month to every other month throughout 2005. On average, 4-6 emails have bounced back for each mailing. We have been in contact with national to try and correct this problem. Be sure to update your information on the national website whenever it changes. The goal is not only to keep our members abreast of the latest information, but also to solicit information, suggestions and ideas in which to move.

2. Website

Interactive Website

We have established a chat section and an "Ask the Board" section for members' use on our website, www.scrwocn.org. Two board members are assigned each month the task of checking this section and responding to any postings. We would like to see this section used more frequently.

Hats off to our Webmaster, **Dawn Wooten**. She has done a wonderful job for us. I have received several emails from national and from other region and affiliate Presidents complimenting us on our website and wanting to know how we do such a good job.

E-news

The goal for the SCR e-news is to be posted every other month. We are always looking for information, articles, and/or announcements to post either in the e-news/Five Alive or on the SCR website calendar of events. Please do not hesitate to contact our Communications Chair, **Bette Kussmann** if you have anything to contribute.

On-line SCR store

That goal is now a reality. Any SCR merchandise can be purchased on-line using pay-pal. The order goes immediately to our PR Chair, **Kim Stallo**. Orders on-line are credit or debit card only. If you need to pay by check, contact Kim Stallo with your order.

On-line applications

All of our Application Forms are now on-line. They can be downloaded at anytime. The following applications are available: **Beverly G. Hampton** Scholarship

Poster Presentation Scholarship

WOC Nurse of the Year

NIWI application

Hospital Relief Fund

NIWI application

Hurricane Relief Fund

Nomination forms.

The WOC Nurse of the Year nominations can actually be done on-line! Be sure to use it this year to nominate a coworker, a colleague or yourself.

3. Successful SCR Conference Cruise

DONE! For all those of you who missed it, it was fabulous. Despite all, the first SCR cruise was a great success. For those of you who were able to attend and to our vendor partners, thank you for making it so successful and so much fun! For those who were unable to make it, be sure to join us next time. Trust me: you won't want to miss it!

To Janet Davis and the Planning Committee: Kudos. You are the models of perseverance, coordination, and organization. Great job.

4. Scholarships

NIWI: no applications

UOA Youth Rally: \$1000 in support of campers sent.

Sponsored our first ever young adult person to UOA meeting/camp: \$500

Beverly G. Hampton Scholarship (BGHS): straightened out problems with national office in awarding, and in advertising this award of \$3000, the largest scholarship donation available

BGHS awarded once to **Linda Bowser** of Ft Worth, TX. 03/06

Scholarship donation: **Kristen Borne** of Montz, LA \$3000 (in lieu of BGHS), 10/06

Poster Presentation Scholarship: **Melvin Ray Justice**, MS 06/05

5. Foot and Nail Kit

This was put together by SCR council members in early 2005 and sold at national conference. Of our trial 100 units we sold around 90! The feedback was very positive.

6. Hurricane Relief Fund (This goal was added in late September.)

Born of a desire to help our colleagues in some meaningful way in the wake of Hurricanes Katrina and Rita, we are carrying this work on as one of our major focuses in 2006. Thank you **Mary Walden** for the great idea. Thank you SCR members for your generous donation of \$20,000 in support of our friends. Thank you planning committee: **Bette Kussmann, Ken Clark, Debbie Fulmer, Myra Varnado and Janet Davis** for your hard work in bringing it to fruition.

As you can see, we had a busy year. In my estimation, we not only met our goals, but we surpassed expectations. True to form, SCR members rose to the occasion and above obstacles put into our many and varied paths in 2005. I wish for continued healing for all those who weathered the storms of 2005, blessings for all, and peace and prosperity in this New Year. I am very proud of our region and our members. I don't know if you have every seen this bumper sticker but it goes like this:

I wasn't born in [the SCR], but I got here as fast as I could.

I wish you all good things.

Sincerely and respectfully,

Kathleen M. Murphy

President, SCR

Clinical Corner

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Charcot Foot (Neuropathic Osteoarthropathy)

Charcot Foot Deformity (CFD) occurs throughout a variety of health conditions and disorders, which have neuropathy as a secondary condition. CFD is an insidious, noninfectious, chronic destruction of bones and joints, resulting in pathologic fractures, joint dislocations, and disintegration of foot architecture. Charcot foot may or may not be associated with a wound, and places the foot at significantly increased risk for amputation.

Presentation of Charcot foot in the clinical setting is a warm, swollen foot, often with bounding pulses. The plantar foot surface may also have bulging noted in the mid foot or look extremely flat. Often misdiagnosed as cellulitis, Charcot foot does not generally present with markers indicating infection, and can easily be diagnosed with plain X-rays by the skilled observer. Use of Infrared dermal thermometry is key in driving the management of Charcot foot deformity through the various stages of healing. The goal of Charcot treatment is: Offloading of pressure and prudent wound management, when wounds are present.

Once resolved and stable, the Charcot foot must be continually properly offloaded of pressure to remain stable. Barefoot and sock foot walking are definite no-no's, and proper sizing and fitting of therapeutic shoes is essential.

Myra Veranda, BS RN CDE CWOCN
LSU Diabetes Foot Program

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Membership

Are you Up to Date?

Have you checked out your member information lately? Go to www.wocn.org and log on under the member section and check or update your member contact information, demographics, communication and directory information.

The only way the South Central Region can contact you is if we have up to date records from the national office. The national office needs YOU to update the information.

For regional membership questions or information, contact:

Janet M. Davis

jmdavis@pdq.net

713-895-9541 after 7pm CST

2006 Youth Rally - July 8-12, 2006 in San Diego. For more information visit www.rally4youth.org

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What Would You Do With A Million Dollars?

By: Jeannie Thompson



Who would have ever thought that on a Saturday afternoon, I would stand 3 ½ hours in the rain, without a coat or an umbrella, to sign up to be on a game show for the chance of winning a million dollars? Not me!

Because of his great personality, my husband, Doug, was asked to attend an open casting call for “Deal or No Deal” in downtown Dallas. I went along to support him. We arrived early only to find that 412 other people had the same idea. We certainly weren’t the first to arrive and I quickly realized we weren’t the last. People just kept coming with more than five hundred hopeful participants arriving after us.

Soaked to the bone, we finally got inside. We had 10 minutes to fill out a questionnaire and meet with the casting crew. To my surprise, I was asked to join the numbers of applicants.

Questions ranged from: What was your most exciting job? What is your most embarrassing moment? The last question was: What would you do with the million dollars? A question I never pondered before. I thought, “How would I answer that question, if it would really become a reality?”

When I returned home, the answer struck me like a lightning bolt, duh! I looked around my office; on my shelf was my pink cowboy hat. It had been decorated with beads and a red feather by two beautiful girls that I had met at the UOA Youth Rally camp last summer where I volunteered as an ET nurse counselor. On my wall hung a hand made door sign, JEANNIE ET, so the campers would know where to come when they had a question or concern about their ostomy or anything else. I looked down, on my wrist; I still wore my two camp bracelets. The blue bracelet read, “Got Guts”. The white bracelet read, “You are not alone”. There on my desk was the 2005 Rally Yearbook. On the cover pictures of the young men and women with their bright promising smiles, dressed in their white camp shirts ready to take “us adults” on the ride of our lives at Six Flags theme park. Beside it lay Christmas cards, pictures, thank you cards, and the new Youth Rally brochures that I was planning to put in the mail. My computer was opened to a half written e-mail to my friends and colleagues. Attached was a message from Paul Hastings, President of Youth Rally Inc., describing the desperate need for \$150,000 dollars to make the Youth Rally happen in 2006.

The UOA Youth Rally has been in existence for 25 years. It offers life-changing experiences for adolescents, 11-17, who have any form of bowel or bladder dysfunction or surgical procedures like a colostomy, a urostomy, an ileostomy; or continent procedures such as a J-pouch, Koch pouch, cecostomy, Malone, Mitrofanoff or bladder augmentation. It also includes Irritable Bowel Syndrome, Ulcerative Colitis, Crohn's Disease or urinary or fecal incontinence. Approximately 100 campers gather each year to participate in educational sessions on personal hygiene, sexuality, self-esteem and self-care. They engage in formal and informal discussion groups, swimming, softball, volleyball, skating, dances, crafts and picnics.

Each year staff and campers welcome each other with open arms and open hearts. They share weakness and strengths, and provide peer support and understanding. They act as advisors, resources and role models for one another. They gather as a family to enjoy and support each other. And though they depart with tears streaming down their faces, there is always hope in their hearts that they will be together again next year.

I would not exchange my week at the Youth Rally for a million dollars.

As I sit and look at all of my wonderful Rally memorabilia I am emotionally overwhelmed with the possibility that this wonderful camp may cease to exist. You see, last year the United Ostomy Association dissolved and the UOA Youth Rally lost it's sponsor. But there still is hope, YRC.

Youth Rally Committee, Inc. is a group of volunteers who have tirelessly strived to be a catalyst in creating a climate of acceptance for these children. They are determined that the legacy of the Youth Rally lives on.

So the answer to the question, "What would I do with million dollars?" is simple. I would give the million dollars to the Youth Rally Committee.

Just in case I don't get on the show, would you please take time to read Paul Hastings's letter? Paul is the YRC President. He is devoted to the Youth Rally and the incredible difference the Rally has made in the lives of countless participants. Also, please do what you can to support the Youth Rally. Spreading the word, sponsoring a camper, nurse or counselor or participating in a fund raiser will greatly benefit these children with bowel or bladder dysfunction. Thank you. Jeannie Thompson RN, BSN, CWOCN.

LETTER FROM MR. HASTINGS YRC, PRESIDENT

Dear Counselors and Friends of the Youth Rally,

On behalf of the Youth Rally Committee (YRC), I am writing you to ask for your help. Without it the Youth Rally is in grave danger of not happening this summer. Your involvement is critically important.

Your YRC is a group of incredibly kind people who are selfless and generous

Your YRC, a group of incredibly busy people, who are selflessly volunteering their time to organize our Youth Rally this summer, has made fantastic advances.

First, we have obtained tax-free status which allows us to apply for funding from major corporations and to operate as an independent organization. We obtained our tax-free status with the IRS by going through an incredibly time-consuming and expensive process. We were fortunate to get a major law firm to gratuitously provide us with the legal assistance necessary to make it happen. Unfortunately we missed some of the deadlines for applying for funding from some of our corporate sponsors because of the time involved in obtaining our status. Our sponsors have this tax-free corporation status as a prerequisite for applying for donations from their firms,

Second, we have applied with the former UOA for some of its "residual funds" to help us operate as an organization.

Finally, one member of the YRC has paid for the initial deposit for our San Diego site this summer to secure our space.

Now, for the challenges:

As an organization, at the moment we have a fraction of the money we need to operate the Youth Rally this summer. The money we have has been donated by members of the YRC.

We will need you more than ever this summer to help us make the rally a success, and that includes raising money for the rally, both for your registration as well as the campers. We have put together fund raising packages, and we are all going to raise money for this important cause any way we can. We need your help raising money. Every little bit helps and contributes to this event. Members of the YRC are working to visit the corporate sponsors, but this will not be enough.

To summarize with emotion:

We all remember hearing a child say that the Youth Rally has changed his/her life. Many of us get the same benefit from the rally. We all want this summer to be the first rally ever operated by JUST US, the people who have been volunteering their time for years.....and we want to show our kids that we are there for them, always. One day we hope they will come back as counselors and continue the tradition that we will START ANEW this summer! We all have the chance to make the rally the most huge success of our lives. This is big, folks. Imagine the wonderful feeling we will all have running the rally for many years to come.

I personally am very excited, and proud to be a part of this. I have raised \$30,000.00 for the Youth Rally this summer. I challenge you all to beat me, because we need to raise over \$150,000.00 to make this happen! Remind your chapters that we are still here, and we still need their help to send kids to this incredible event.

Best,

Paul Hastings
President, Youth Rally Committee, Inc.

YRC Members:

April Gimlen, Vice President
Liz Hiltabidel, Vice President
Linda Aukett, Secretary/CFO
Jude Ebbinghaus, Director
Bonnie McElroy, Director
Joanne Sisco, Director
Zachariah Walker, Director

The 2006 Youth Rally that is planned for July 8-12, 2006 in San Diego. For more information visit www.rally4youth.org or Contact April at YouthRally@aol.com or Linda at laukettrally@snip.net.

Spotlight on Ken Clark & Rhonda Kelly

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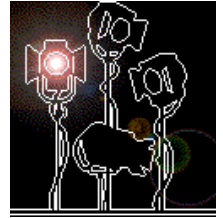
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Submitted by Kathleen Murphy



Our spotlight focuses on two individuals this edition. I would like to take this opportunity to introduce to new - and **FIRST TIME**, members to the SCR Council, **Ken Clark and Rhonda Kelly**.

Ken Clark agreed to serve as our Ad Hoc council member. Ken lives in Jackson, MS and works for Gilbert's Home Health Agency. Ken has been a WOC nurse for 9 years. Ken is married and has a daughter. He is an avid sailor. When asked what he would like the membership to know about him, he answered:

"I want to give back to an organization that has given a lot to me over the years. I want members to know that I would like them to contact me if I can help them in any way."

As Ad Hoc Chair, he completes random assignments or assists other Council members as needed. Ken was called into service early, and did so with gusto. Ken has been an integral part of organizing and launching our Hurricane Relief fund.

Rhonda Kelly of Edmond, OK, agreed to serve as Bylaws Chair while punch drunk with motion sickness on the SCR conference cruise. Lucky for us, she didn't change her mind when the ship stopped moving a week later! She has ably taken up the reins handed to her by Jeannie Thompson. Rhonda has been married to Patrick for 25 years and they have 3 children (2 in college; one in Jr. High) and "one very spoiled cat." In her spare time, she enjoys reading, sewing and family activities. Rhonda has been a nurse for 21 years, the last two as a CWOCN at OU Medical Center in Oklahoma City. Rhonda has already begun her work of updating our ever-evolving Bylaws and Operations Manual.

We are so pleased to have these two individuals join us on the SCR council. Please join me in welcoming Ken and Rhonda.

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How do we do.....

This is the third article in the "How do we do" series. This series keeps the SCR-WOCN membership aware of how things are accomplished in our region. This issue will focus on how to apply for the various scholarships available to members in our region.

1. The **2005 Hurricane Relief Scholarship** is our newest scholarship. As all of you know, the hurricanes in 2005 had a devastating impact on WOC nurses in our region. The purpose of this scholarship is to assist those WOC nurses with the cost of recertification through the WOCNCB. If you are a WOC nurse from the affected areas and have successfully completed WOCNCB certification this year, you are eligible to apply. Complete instructions and the 2005 Hurricane Relief Scholarship Fund Application form are available on the SCR-WOCN website. Completed applications are submitted to the SCR Scholarship Chair for review and determination of eligibility by the SCR Scholarship Committee.

2. The **Beverly Hampton Scholarship** was created to assist a WOC student from the SCR enrolled at the MD Anderson WOC Accredited Nursing Education Program with the program costs. Application for this scholarship is submitted directly to the WOCN National Scholarship Committee. This committee reviews the applications and notifies the SCR Treasurer and President of the applicants that meet scholarship application criteria. This scholarship is awarded twice each year with application deadlines of May 1 and November 1. The SCR places scholarship monies into a national account to be used for the successful applicants. Complete instructions and the scholarship application form are on the WOCN website.

3. The **Nurse in Washington Internship Program (NIWI) Scholarship** is designated to assist one WOC nurse from the SCR to attend this program in Washington, DC, each year. The SCR pays for all expenses for the NIWI participant. The WOCN Society also has five (5) Tuition Scholarships available for NIWI. The application form is available on the WOCN website. The completed application form is submitted to the WOCN. A copy is also submitted to the SCR-WOCN Scholarship Committee Chair for review and determination of eligibility by the SCR Scholarship Committee.

4. The **SCR WOCN Poster Presentation Scholarship** funding is to encourage and support WOC nurses from the SCR presenting posters at the National WOCN conference. Two of these scholarships are available each year. Only those SCR WOC nurses who present posters which are not being subsidized by industry or commercial sources are eligible for these scholarships. The application form is located on the SCR-WOCN website. Completed applications are submitted to the SCR Scholarship Chair for review and determination of eligibility by the SCR Scholarship Committee.

The **SCR Youth Rally/YODDA Scholarship Fund** is available to youth or young adults who have bowel or bladder dysfunction, who live within the SCR region, and are attending one of the available summer camps. Complete instructions and the application forms are available on the respective organization's websites: www.rally4youth.org or yodda@uoaa.org A copy of the completed application form is also submitted to the SCR-WOCN Scholarship Committee Chair for review and determination of eligibility by the SCR Scholarship Committee. These scholarships are also available to any SCR WOC nurse who will be attending the summer camps

are also available to any SCR WOC nurse who will be attending the summer camps as counselors or camp nurses.

I encourage each of you to take advantage of the scholarships which are available to SCR members. We are so fortunate to have the support of our region with these varied scholarships.

Respectfully submitted,

Debbie Fulmer, SCR Scholarship Committee Chair

SCRWOCN - How to Support YOUR website

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Need to know how to submit news and information to the SCR website? You are in the right place! Our web administrator has created a guide for how to best navigate the website and submit news. Go to the home page and click on About Us. Here, you will find the section - Members: How to Support Your Website. With these helpful guidelines, you can submit, photos, articles, case studies, or participate in chat sessions.

All members are able to contribute in making the website more and more innovative.

[How to Support your Web Site](#)

[Submitting Website Additions/Corrections](#)



WE NEED YOU!

Have you ever had an experience with wound, ostomy,
or continence care that stumped you?

Write to us in the **Clinical Corner!**

Share your WOCN pearls with colleagues in the next edition of the Five Alive!

E-mail Tammi Short at ettammi@aol.com with your story and photos.

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Wound, Ostomy, Continenence Education Programs

The University of Texas M.D. Anderson Cancer Center Wound, Ostomy, Continenence Nurse Education Program (WOCNEP)

UT M.D. Anderson Cancer Center

Attn.: Shirley Woolems (Unit 163)

1515 Holcombe Blvd., Houston, TX

77030-4009

Phone: (713) 745-0219/745-0216

Fax: (713) 745-0025

E-mail: swoolems@mdanderson.org or cbellis@mdanderson.org

Also see MD Anderson's website—

www.mdanderson.org/departments/woundosto

Program Director: Coni Ellis, MS, RN, OCN, CWOCN;
Program Co-Director: Janet M. Davis, MSN, RN, APRN-BC, CWOCN

8-Week Traditional Programs: **2004:** 1/12/04; 3/22/04; 9/13/04. **2005:** 1/10/05; 3/21/05; 9/12/05.

4-Week On-Site Houston Didactic/4-Week Off-Site Clinical Program: Start dates same as 8-week programs.

Emory University Wound, Ostomy, Continenence Nursing Education Center (WOCNEC)

The Emory Clinic, Room AT 732

1365 Clifton Rd., NE

Atlanta, GA 30322

Phone: (404) 778-4067

Email: cindy_strickland@emory.org

Center Faculty: Dorothy Doughty, MN, RN, FNP, CWOCN and Janet M. Ramundo, MSN, RN, CWOCN, CFNP

9-Week Traditional Program on-site: 3/1—4/30/05; **5-Week** Split-option program—1/12—2/13/04; Distance Learning Program—Ongoing.



WOCNs in Action (where your local group meets)

Austin, TX—Meets 2nd Wed. at 6:00 PM. Contact Karen Hollis @ (512)-324-1053.

Arkla-Tex—Meets 2nd Fri. of each quarter at 6:30 PM in Bossier City, LA. Contact Margaret Davis @ (318)-675-6924.

Biloxi, MS—Contact Paula Green @ (601) 288-4244.

Dallas, TX—Meets 2nd Thurs. of each month at 11:30 AM at Presbyterian Hospital Dallas in the Tenth Floor board room, 8200 Walnut Hill. Contact Presbyterian WOCN Dept. 214-345-5053

Northeast Texas WOCN—Meets quarterly at various locations in the Longview-Tyler area. Contact Tammi Short@ (903) 297-2560.

Fort Worth, TX—Meets 1st Thurs. at 11:30 AM at the Klabzuba Tower. Contact Valerie Pemberton @ (817) 820-4970 (W).

Houston, TX—Meets 4th Wed. at the Rotary House at 11:30 AM. Contact Contact: Janet Davis @ 713-895-9541

Houston Northwest—Meets every 3rd Thursday of the month at 6PM. Contact: Pat Thompson, (W) 281-397-2799; (H) 832-484-8656; pat.thompson@tenethealth.com

Lafayette, LA—Meets 3rd Thurs. of each quarter at 6:30 PM. Contact Rita Hernandez @ (337) 981-4935.

Oklahoma City, OK—Meets 3rd Wed. of every other month on “on-call”basis in the American Cancer Society office. Members will receive mailing notice of when meeting will be held. Contact Sharon Williams @ (405) 949-3770.

San Antonio, TX—Meets 3rd Wed. at the American Cancer Society at 4:30 PM. Contact Diane Rudolph @ (830) 336-3565 (H).

Please send any updates about your local WOCN group to Tammi Short. Send by US mail or by email to ettammi@aol.com.