



## Lincoln Ostomy Association Meeting

Feb. 6, 1:30 p.m.  
8320 South St.  
(Aldersgate Church)

Makayla Wiese, APRN, COWCN will visit the group to bring the latest tips and techniques on ostomy care.

This month, LOA has invited home health care agencies and visiting nurses to partake in the meeting.

Pizza will be served!  
RSVP to  
lincolnostomy@gmail.com

# OPERATION *Outreach*

The Lincoln Ostomy Association added an important focus in recent years to help the ostomy community in Southeast Nebraska: outreach to nursing students and ostomy care providers.

For two years in a row, the association welcomed students from Southeast Community College to the group for frank discussions on the care and experiences surrounding ostomy care.

On Feb. 6 at 1:30 p.m., we're doing it again welcoming Makayla Wiese, APRN, COWCN to the group to discuss ostomy care. LOA invited home health care business leaders and managers to the meeting to boost their knowledge in ostomy care.

According to several studies, the

study of ostomy care is often short or non-existent in many nursing programs.

According to a study by Wayne State University College of Nursing in Detroit, only 30 percent of oncology nurses surveyed felt they lacked opportunities to provide care and were concerned that ostomy patients were poorly prepared for discharge. Almost 50% of students surveyed said they had no experience caring for a patient with an ostomy and their mean levels of ostomy knowledge were very low.

In another study by the University of Hawaii, 73 percent of nurses survey indicated they had only seen one to three ostomy patients in the past six months. On the

high end, 12 percent reported seeing 10 or more in the last six months.

In the Hawaii study, 32 percent of the nurses reported they recalled no ostomy training in nursing school. Forty-four percent said they learned ostomy on the job.

References:

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7707129/>
2. <https://dspace.lib.hawaii.edu/bitstream/10790/5732/II%20Final%20PIP%20HOKU.pdf>
3. <https://www.hmpgloballearningnetwork.com/site/wmp/article/assessment-prelicensure-undergraduate-baccalaureate-nursing-students-ostomy-knowledge-skill>

# New CWOCN serves clinic and beyond

The ostomy community in Nebraska just got a boost as CHI Health St. Elizabeth Registered Nurse Nicole Carmine completed the challenging certification to become a Certified Wound Ostomy and Continence Nurse.

While she's worked as a nurse for 19 years, Carmine said the profession needed more CWOCNs to serve a growing population of ostomy patients.

Carmine serves in St. Es Wound and Burn Clinic and fills in for Rhonda Soucek when needed.

"The things we learn in certification just isn't covered during nursing school," Carmine said. "Skin care and breakdowns are a big concern and we have to be ready for it."

Carmine said ostomy care is unique because the patients are often the instructors and bring their wisdom to the treatment.

"Those with ostomies have been through a lot and I'm honored to learn from them as I get to treat them at the same time," she said. "It's a partnership."

WOC nurses are registered nurses who hold a baccalaureate degree or higher and have completed additional education focused on wounds, ostomies, and/or continence care.

Carmine said the need for CWOCNs continues, especially in more rural areas. She said during her certification period, she happened to be working at the York, Neb., hospital when an ostomate arrived with a blowout. She said her studies came in handy and was definitely needed that day.

Off the job, Carmine enjoys tennis and time with her two daughters age 11 and 15.



Nicole Carmine, RN, BSN, CWOCN  
Burn Outpatient/WCC Case Manager  
CHI Health St. Elizabeth

# Rural ostomates should plan ahead for care

According to the UOAA, telemedicine ostomy services help patients receive remote care and are now offered across the country. Living in rural areas, in need of immediate consultation, those who are homebound or far away from outpatient ostomy clinics and certified ostomy nurses shouldn't prevent ostomy patients from receiving care.

Some telehealth resources to reach ostomy experts on the phone can be found at [www.corstrata.com](http://www.corstrata.com); <https://wocn.org>; [www.ostomyrn.com](http://www.ostomyrn.com); and <https://todaystostmysolutions.org>.

Nearly every advertiser listed in the Sparrow offers a ship-to-your-door delivery of supplies.

Local medical experts (listed on the back of this Sparrow newsletter)

backed by local offices are also helpful in providing emergency advice. Call ahead and leave a list of those contacts on your fridge or by the phone.

In the end, those living in rural Nebraska should know there are resources, but also plan for some extra calls and extra drive time to their nearest ostomy care.

**Na`Scent™**  
ELIMINATING OSTOMY ODOR SINCE 1998

**New Look!**  
**Same Trusted Formula**

The original clear ostomy odor eliminator. Odorless, non-toxic, and instantly effective.

The original clear ostomy odor eliminator. Odorless, non-toxic, and instantly effective.

**Our customers SATISFACTION and QUALITY OF LIFE is our #1 PRIORITY!**

As Seen On  
**The Balancing Act**

Available at select medical suppliers nationwide!

Get your **FREE Sample** at [nascent4u.com](http://nascent4u.com)

★★★★★

*"Absolutely amazing! Seriously works. Tried other brands .. none compare to this. Thank you for making such an excellent product!" - Linda W.*

**Ask Your Medical Supplier about Na`Scent or visit [nascent4u.com](http://nascent4u.com)!**

[nascent4u.com](http://nascent4u.com) 1.888.880.1959

# Enjoying life is a healthy and enjoyable path

From Aging.com

Enjoying your life is a significant contributor to healthy aging. A study conducted by researchers from the University College in London showed that happy people were more robust and fit.

The study followed older people including 3,199 men and women aged 60 years and above living in England during the course of 8 years. They examined the relationship between a positive outlook and physical well-being.

The evidence showed that those who were unhappy were three times as likely to develop issues in their physical activities as their animated counterparts.

It revealed that happy seniors had less trouble getting up, dressing, or taking a shower, as opposed to unhappy seniors who were twice as likely to develop diabetes, heart disease, cancer,



## LOA member John Stevens honors veterans at parade

As thousands lined K St in Lincoln on Nov. 7, Lincoln Ostomy Association's own John Stevens mounted the American flag on his motorcycle and rode with an American Legion group down the parade route. Stevens has long been a supporter of veterans as well as the Lincoln Ostomy Association.

and strokes.

The enjoyment of life and general happiness are relevant determinants of mobility and future disability in seniors.

One of the more damaging myths of aging is that after a certain age, you just won't be able to try anything new or contribute to things anymore. The opposite is true. Middle-aged and older adults are just as capable of learning

new things and thriving in new environments, plus they have the wisdom that comes with life experience.

If you believe in and have confidence in yourself, you are setting up a positive environment for change no matter what your age.

Source: <https://www.helpguide.org/articles/alzheimers-dementia-aging/staying-healthy-as-you-age.htm>

## GREAT OSTOMY ACCESSORIES

designed to **Cleanse, Protect, Secure and Assure**

**Our Most Popular Products:**

SNS00525 - Peri-Stoma Cleanser & Adhesive Remover Wipes	SNS684U2 - Conforming Adhesive Seals
SNS00807 - No-Sting Skin Barrier Wipes	SNS21130 - X-Tra Wide Skin Barrier Arcs
	SNS41408 - Assure C Odor Eliminator

A Cost Effective Brand to  
**Enhance Your Life with An Ostomy!**

- Available thru your valued product suppliers
- Covered by Medicare and most insurances

For more information or to request a sample please call our toll-free number or visit our website

**Safe n Simple**  
Clean. Comfortable. Confident.  
**844-767-6334**  
[www.sns-medical.com](http://www.sns-medical.com)

Safe n Simple™ is a registered trademark of Safe n Simple, Inc.

Available on Amazon YouTube Facebook

## GASTROENTEROLOGY SPECIALTIES, P.C.

The physicians and staff of Gastroenterology Specialties and Lincoln Endoscopy Center specialize in the diagnosis and treatment of disorders of the esophagus, stomach, intestines, gall-bladder, liver and pancreas; including colon cancer, irritable bowel syndrome, acid reflux, liver disease, Crohn's Disease and more.

4545 R Street  
Lincoln, NE 68503  
Phone: 402-465-4545

*Specialists* IN  
DIGESTIVE DISEASE



**Wound & Ostomy Services**  
 at Beatrice Community Hospital with  
**Makayla Wiese**  
*APRN, CWOCN*  
*Call to schedule today!*  
**402-223-7275**  


**U.S. Highway 77 North | 4800 Hospital Parkway | Beatrice, NE**



**minutes spent watching funny videos helped improve memory in seniors...**

aging.com

# Medicare and ostomies

Medicare’s policies regarding ostomies are fairly straightforward, but reality can get a bit more tricky.

The best way to tackle Medicare for supplies is to understand your Medicare benefits and discuss them with your doctor, then your insurance agency, then with a supplier. In. That. Order.

As long as your doctor prescribes ostomy items, and you receive them from a medical supplier that accepts Medicare, you pay 20 percent of the cost for ostomy supplies.

Medicare covers ostomy supplies if, “you have a surgically created opening, or stoma, to divert urine or stool to outside your body.” We’re talking colostomy, ileostomy or urinary ostomy.

Your supplier will need that prescription signed and dated by your doctor.

Ostomy supplies are covered by Medicare Part B as durable medical equipment. Specifically, these items are considered prosthetics because they replace a body organ or organ function.

You may pay less for supplies if you have supplemental insur-

Remember Medicare may cover more items *if your doctor clearly documents a need for additional supplies in your medical record. Therefore, understand the benefit, then talk to your doctor.*

Otherwise, Medicare may deny excess quantities if adequate documentation is not provided when requested.

Getting the ostomy products you need can be tricky unless you follow certain Medicare rules and procedures.

For new ostomates being discharged from the hospital, your doctor should send a prescription for supplies to a distributor approved by Medicare.

This prescription will include your list of ostomy supplies, amount and manufacturer reference numbers.

### Denied for Ostomy Claim?

If Medicare denies your claim for ostomy supplies, you can file an appeal.

It may be helpful to review the denial with a health care professional who’s familiar with ostomies prior to filing an appeal. He or she might be able to identify the problem and provide a solution.

You can also call Medicare at 1-800-633-4227 for more information about why your claim was denied, and if needed, assistance with filing an appeal.

**In 2019, nearly 30 percent** of Original Medicare ostomy supply claims were improperly billed to Medicare, resulting in more than \$65.5 million in improper billing.

Source: U.S. Centers for Medicare & Medicaid Services

**According to Medicare.gov**  
 Medicare Part B (Medical Insurance) covers medically necessary ostomy supplies if you’ve had a colostomy, ileostomy, or urinary ostomy. Medicare covers the amount of supplies your doctor says you need, based on your condition.

You pay 20% of the Medicare-Approved Amount for your doctor’s services and supplies, and the Part B deductible applies.

ance, like Medicaid or a Medigap policy. Remember, Medicare Advantage plans, administered by private insurers, must provide the same basic coverage as original Medicare.

However, if enrolled in a Medicare Advantage plan (private), there may be additional benefits or criteria to order supplies.

### Who determines what I need?

The quantity and kind of supplies you need depends on the type of ostomy surgery you undergo. The U.S. Centers for Medicare & Medicaid Services, or CMS, has determined standard quantities of ostomy supplies each beneficiary can receive.

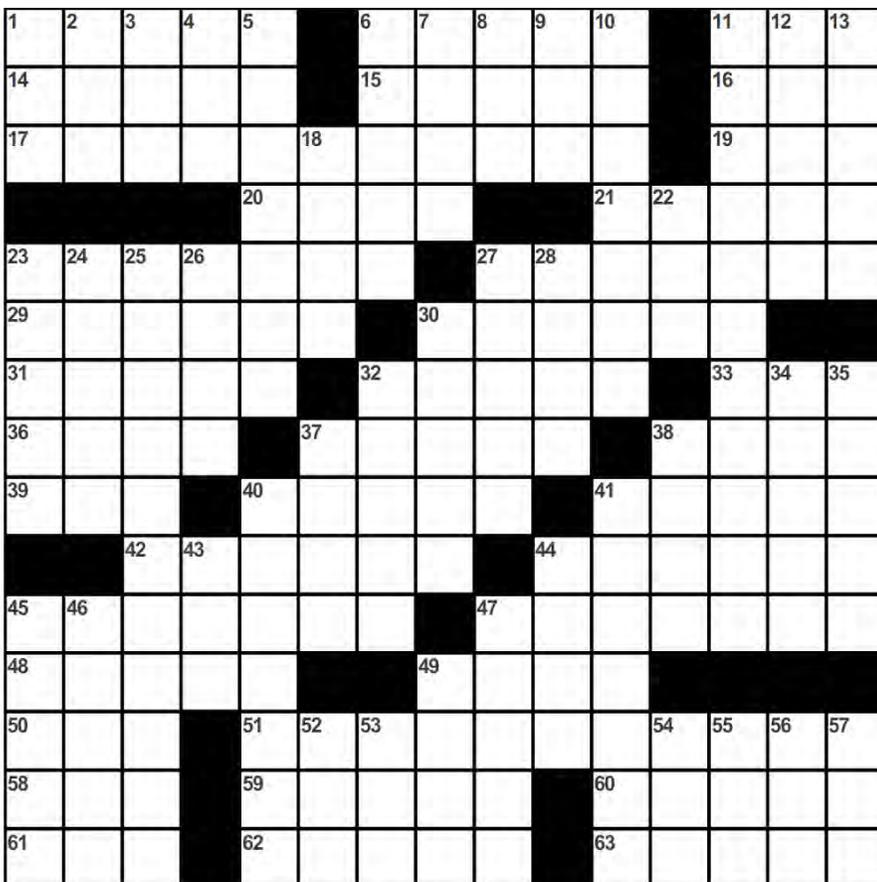
# LOA WORDS

## ACROSS

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| 1) Make pigtails                   | 38) Broadway star Verdon            |
| 6) Trendy place to go downhill     | 39) Hurricane heading, sometimes    |
| 11) Agent for trips?               | 40) Popular game                    |
| 14) Wavelike design                | 41) Beside                          |
| 15) Brahman, for one               | 42) California county               |
| 16) Ring bearer, often             | 44) Far from eager                  |
| 17) Busy bodies?                   | 45) Opens a map                     |
| 19) Card to keep                   | 47) More expressionless, as a stare |
| 20) Apple leftover                 | 48) Hauled away                     |
| 21) "Four" at the fore             | 49) Exec, in slang                  |
| 23) Movie theater purchase         | 50) "How was ___ know?"             |
| 27) Knight to remember             | 51) Computer user's locale          |
| 29) Many have chapters             | 58) Dog that's far from a purebred  |
| 30) Erase                          | 59) Arctic inhabitant               |
| 31) Claims on homes, e.g.          | 60) Event with cowboys and lassos   |
| 32) Chops finely                   | 61) Inquire                         |
| 33) Nipper's co.                   | 62) Requires                        |
| 36) Darned thing                   | 63) Brenda who was drawn out        |
| 37) This makes five in this puzzle |                                     |

## DOWN

- 1) Mercedes competitor
- 2) "Winnie-the-Pooh" baby
- 3) Requirement for a useful balloon
- 4) Aggravate
- 5) Some church officers
- 6) Squash type
- 7) Ad headline, often
- 8) Letters on tires
- 9) "Yadda, yadda, yadda"
- 10) Snuggles down
- 11) It's done in some tanneries
- 12) Pelvic bones
- 13) Apprehension
- 18) \_\_\_ d'oeuvre (appetizer)
- 22) "Dig in!"
- 23) Sign of life
- 24) Bermuda vegetable
- 25) Complicated, eccentric person
- 26) Bop on the head
- 27) Little leapin' lizard
- 28) Pub offerings
- 30) Funeral hymn
- 32) Ding-\_\_\_ (doorbell sounds)
- 34) Perfume by burning
- 35) Rage
- 37) Breeze component
- 38) Hidden valley
- 40) Variety of apple
- 41) Images representing posters
- 43) Lobster eggs
- 44) Came down to earth
- 45) Central New York town
- 46) "We didn't do it!"
- 47) Some sculptures
- 49) Prepare to crash
- 52) Half and half
- 53) Have regrets
- 54) "Sesame Street" viewer
- 55) Potato state (abbr.)
- 56) "\_\_\_ the ramparts ..."
- 57) Word partnered with "neither"



This New Year's, I resolved to lead a better life. Now all I have to do is find someone who will trade lives with me.

What do sea monsters eat for lunch?  
Fish and ships.

Q: What did Adam say to Eve on December 31? A: It's New Year's, Eve.

# StomaGenie®

NEW  
Ostomy Innovation



Capture and contain uncontrolled output during an ostomy pouch change. For more information and free samples, please email [info@stomagenics.com](mailto:info@stomagenics.com).



Carried by major ostomy supply distributors such as Byram Healthcare and Edgepark. StomaGenie is Medicare reimbursable and covered by most health insurance companies.

844.696.7866

[www.stomagenics.com](http://www.stomagenics.com)

# Osto-EZ-Vent®

#1 preferred venting device for any pouch



- Easy to Attach, Open and Close
- Convenient and Simple
- Provides Comfort, Relief, & Confidence
- Attaches to Any Pouch



Enterprises, Inc.  
Manufactured by  
KEM in the U.S.A.

[kemOnline.com](http://kemOnline.com)

for Where to Buy,  
How to Attach and more.

Medicare Code A4366

888-562-8802



## Monoclonal Antibody IV encouraged

Nebraska Gov. Pete Ricketts and the state's Chief Medical Officer, Dr. Gary Anthonie, encouraged people who have COVID-19 to get the Monoclonal antibody IV infusions treatment.

"We strongly recommend that you get that monoclonal antibody treatment. That means talking to your doctor and getting the prescription for it," Ricketts said. "If your doctor won't give you that prescription without a good reason, and I've had many people tell me their doctor just doesn't want to do it, get a new doctor."

"There are two main groups that can receive treatment, the first and largest pool are those that have symptomatic but not severe COVID-19 disease, so patients who have tested positive and who have one or more high-risk criteria as defined by the CDC, and then finally they would have to not be in a few categories, they can't be hospitalized, they can't be on oxygen therapies," said Bryan Alexander, a Clinical Pharmacist for Infectious Diseases at Nebraska Medicine

Source: [www.wowt.com](http://www.wowt.com)

*UOAA recommends all individuals consult with their own primary care physicians with questions concerning their risk factor or if they exhibit any symptoms. Please follow the Center for Disease Control (CDC) website for actual up to date information. We recognize that many people living with an ostomy or continent diversion are older people and those with chronic disease and are therefore at higher risk of developing serious illness. Please also see CDC guidelines for people at risk.*



Download Our Belt Guide: [bit.ly/NuHopeBeltGuide](http://bit.ly/NuHopeBeltGuide)

Questions? [info@nu-hope.com](mailto:info@nu-hope.com) | 800.899.5017

[nu-hope.com](http://nu-hope.com) | [facebook.com/nuhopelabs](https://facebook.com/nuhopelabs)

**COLO-MAJIC®** the liner people



## RECLAIM YOUR FREEDOM

Flushable pouch liners open up a world of possibility.

Get a free sample today! Visit us at [www.ColoMajic.com](http://www.ColoMajic.com)

For more information please call 1-866-611-6028



## LINCOLN OSTOMY ASSOCIATION

President Denise 402-464-7544  
Vice President Sally  
Secretary Beverly 402-525-9271  
Treasurer Val 402-489-7709  
Visitation Denise 402-464-7544  
Visitation Marie 402-750-5621  
Communications John 402-310-3496

### Lincoln Ostomy Home

LOA welcomes calls from ostomates, especially new people, with questions on everything from, "how do I shower?" to "what about clothes?" Call our visitation specialists above (Denise & Marie).

### Meetings (Let's meet, shall we?)

In person meetings are at a church at 8230 South St., starting at 1:30 p.m. Zoom may be available at See <http://ostomynebraska.com/lincoln>  
We're getting back into action with live meetings! Finally! Upcoming meetings will be announced at <http://ostomynebraska.com/lincoln/>

### Contact, Advertise

Contact or visit LOA to learn more about support group meetings, ostomy products and educational opportunities. Sparrow is a quarterly publication for the Lincoln Ostomy Association. If you'd like to advertise or to submit an article, email [lincolnostomy@gmail.com](mailto:lincolnostomy@gmail.com)

### Ostomy Nurse Contacts

Beatrice Community Hospital  
Makayla Wiese, APRN, COWCN

Bryan Medical Center 402-481-2018  
Ann Lif MSN, RN, CWOCN  
Amanda Paprocki RN, BSN, CWOCN  
Cindy Skinner RN, BSN, CWOCN

CHI Health St. Elizabeth  
Rhonda R. Soucek, RN BSN CWOCN  
Deb Bussey, RN BSN, CWOCN  
Nicole Carmine, RN BSN, CWOCN  
[RSoucek@stez.org](mailto:RSoucek@stez.org)

The Healing Touch, Inc.  
Joan Junkin RN, MSN; APRN-CNS,  
CWOCN; wound/ostomy consultant  
[joanjunkin@gmail.com](mailto:joanjunkin@gmail.com)  
[ostomynebraska.com/lincoln](http://ostomynebraska.com/lincoln)

### Lincoln Ostomy Association Sparrow

1847 Atlas Ave  
Lincoln, NE 68521  
[lincolnostomy@gmail.com](mailto:lincolnostomy@gmail.com)

# YOU'RE INVITED

## INFORM OSTOMY FEB 6

### Join us for the February Lincoln Ostomy Association Meeting

Feb. 6, 1:30 p.m.  
8320 South St.  
(Aldersgate Church)

Makayla Wiese, APRN, COWCN will visit the group to bring the latest tips and techniques on ostomy care.

This month, LOA has invited home health care agencies and visiting nurses to partake in the meeting. Pizza will be served!

RSVP to [lincolnostomy@gmail.com](mailto:lincolnostomy@gmail.com)