



# The Advocate

## Greater Eastside Ostomy Support Group

IN THIS ISSUE	PAGE
<ul style="list-style-type: none"> <li>Registration/Donation Request</li> <li>Ostomy Supply Closet</li> </ul>	2
<ul style="list-style-type: none"> <li>On the Lighter Side</li> </ul>	3
<ul style="list-style-type: none"> <li>Eight Reasons for Pouch Leakage</li> <li>Ostomy "Birthdays"</li> </ul>	4
<ul style="list-style-type: none"> <li>Five of the Best Exercises You Can Ever Do</li> </ul>	5
<ul style="list-style-type: none"> <li>CDC's COVID-19 Coping with Stress</li> </ul>	6
<ul style="list-style-type: none"> <li>Date Night With an Ostomy</li> <li>UOAA Conference Update</li> </ul>	8
<ul style="list-style-type: none"> <li>Tips for Coping in a Crisis</li> </ul>	9
<ul style="list-style-type: none"> <li>Know Your Stoma</li> </ul>	11
<ul style="list-style-type: none"> <li>Ostomy101.com</li> </ul>	10
<ul style="list-style-type: none"> <li>UOAA Emergency Supply Resources</li> <li>Phoenix Magazine</li> </ul>	13
<ul style="list-style-type: none"> <li>GEOSG Contact Info</li> <li>MFR Contact Info</li> </ul>	14
<ul style="list-style-type: none"> <li>GEOSG Registration/Donation Form</li> </ul>	15

### Winter Schedule Upcoming Meetings

Date	Time	Topic/Speaker	Room
1/6/21	Wed 6:30-8:00 pm	Virtual Meeting Topic: New Year's Resolutions	N/A
2/3/21	Wed 6:30-8:00 pm	Virtual Meeting Topic: Vaccines	N/A
3/3/21	Wed 6:30-8:00 pm	Virtual Meeting Topic: TBD	N/A



### Recap of last meeting: December 2, 2020

Thank you to Mitch Manning for setting up the Zoom call in Laurie's absence.

While our numbers are down considerably since we haven't been meeting in person, we had 10 people join us for our Holiday "Happy Hour."

Laura Vadman led a discussion about Long Term Care Insurance policies, based on a relative's experience. It is important that anyone with a long term care insurance policy know when they are eligible for benefits, and the conditions under which the benefits are paid. Many policies have an Elimination Period, so be sure to check this out if you have a policy.

We also shared a toast to the holidays, with a wish for everyone to be safe and healthy!



3  
Important

### GEOSG Registration & Donation Request

Formal membership is not required to attend the Greater Eastside Ostomy Support Group, however we encourage and are very grateful to everyone who registers each year and donates funds to the group.

We seek donations for several reasons, but the primary need for assistance is to help us fund the Ostomy Supply Closet which serves many individuals on a monthly basis who have no other access to supplies for their ostomies. While we don't purchase supplies (everything is donated by individuals) the Supply Closet is maintained at a Public Storage facility and is a hefty monthly expense. In addition, other funds are required to maintain our UOAA Affiliated Support Group membership, brochures, website fees and speaker honorariums.

Donations are accepted all year. Please consider donating what you can to the group for this year. The funds will be put to very good use. We wouldn't be able to maintain the Ostomy Supply Closet without your assistance.

Registrations are valid from September—August. There is a form at the back of this newsletter. Please fill out the form and mail your form to the address provided on the form. However, if you would prefer to donate without registering that is also acceptable.

Registration forms for the 2020/2021 September—August year will continue to be available upon request or on the website at [www.geosg.org](http://www.geosg.org).

#ostomysupplyclosetcares

## The Ostomy Supply Closet

Maintained by local ostomy support groups associated with 

The Ostomy Supply Closet provides supplies free of charge to anyone with an ostomy that has a need due to lack of insurance coverage, financial hardship or is in need of emergency supplies. The program is totally dependent on donations for the supplies and the cost of the storage. If you have extra, unneeded supplies, please consider donating them to the Ostomy Supply Closet. Those who benefit from this program greatly appreciate the much needed help.

The supply closet is located at a Public Storage in Kirkland. If you would like to donate, have a need, or know someone who is in need, please email Laura Vadman to arrange a time to meet and pick up needed supplies. ([lovadman@hotmail.com](mailto:lovadman@hotmail.com))

Tax deductible cash donations to GEOSG for the support of the supply closet are accepted and are greatly appreciated.



## On the Lighter Side

### Puns for Educated Minds

- In a democracy, it's your vote that counts. In feudalism, it's your count that votes.
- A backward poet writes in inverse.
- When cannibals ate a missionary, they got a taste of religion
- If you jumped off the bridge in Paris, you'd be in Seine.
- A vulture boards an airplane carrying two dead racoons. The flight attendant looks at him and say, "I'm sorry, sir, only one carrion allowed per passenger."
- Two fish swim into a concrete wall. One turns to the other and says "Dam!"
- Two hydrogen atoms meet. One says, "I've lost me electron." The other say, "Are you sure?" The first replies, "Yes, I'm positive."
- Two silk worms had a race. They ended up in a tie.

### Church Bulletin Bloopers

- Next Thursday there will be tryouts for the choir. They need all the help they can get.
- A bean supper will be held on Tuesday evening in the church hall. Music will follow.
- The peacemaking meeting scheduled for today has been canceled due to a conflict.
- The Fasting and Prayer Conference includes meals.
- Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- Don't let worry kill you off—let the church help!



### Eight Reasons for Pouch Leakage

- **Poor adherence to peristomal skin** — Apply pouch to dry skin. A warm hand over the pouch for 30 to 60 seconds assures a good seal.
- **Wrong size of pouch opening** — Be sure that the size of your stoma has not changed. Remeasure and adapt accordingly.
- **Folds and creases** — Ostomy paste can be used to build up an area in order to avoid leakage. Consult your ostomy nurse for proper methods.
- **Peristomal skin irritation** — Avoid irritated or denuded skin. If any of these problems develop, consult your ostomy nurse.
- **Too infrequent emptying** — Pouches should be emptied before they are full. Weight of the effluent may break the seal causing a leak.
- **Extremely high temperatures** — Wafer melt may cause leakage in warm weather. Change pouch more frequently or try a different wafer.
- **Pouch wear and tear** — If you are stretching your wear time, leakage may be due to wafer wearing out. Change pouch more frequently.
- **Improper storage** — Store your ostomy supplies in a cool, dry place. Humidity may affect your pouch adhesive. Appliances don't last forever. Ask your vendor what the recommended shelf life is for your brand of pouch.

Thanks to *The By-Pass On-line*, The Houston Area Ostomy Group.



## Happy Stoma "Birthday"



January	Ostomy Type	Years
Jim Morgan	Colostomy & Urostomy	72
Kirsten Nehila	Ileostomy	7
Joe Shin	Urostomy	13
Terri Stecher	Ileostomy	4

February	Ostomy Type	Years
Gary Fiber	Colostomy	5
Marvin Johnson	Urostomy	3

If you're not seeing your stoma birthday recognized, be sure that you have completed a registration form and included your type of ostomy and surgery date.

## Five of the Best Exercises You Can Ever Do!

By Harvard Medical School—Healthbeat

If you're not an athlete or serious exerciser—and you just want to work out for your health or to fit in your clothes better—the gym scene can be intimidating and overwhelming. What are the best exercised for me? How will I find the time?

Just having to walk by treadmills, stationary bikes, and weight machines can be enough to make you head straight back home to the couch.

Yet some of the best physical activities for your body don't require the gym or ask you to get fit enough to run a marathon. These "workouts" can do wonders for your health. They'll help keep your weight under control, improve your balance and range of motion, strengthen your bones, protect your joints, prevent bladder control problems, and even ward off memory loss.

No matter your age or fitness level, these activities are some of the best exercises you can do and will help you get in shape and lower your risk for disease:

### 1. Swimming

You might call swimming the perfect workout. The buoyancy of the water supports your body and takes the strain off painful joints so you can move them more fluidly. "Swimming is good for individuals with arthritis because it's less weight-bearing," explains Dr. I-Min Lee, professor of medicine at Harvard Medical School.

Research has found that swimming can also improve your mental state and put you in a better mood. Water aerobics is another option. These classes help you burn calories and tone up.

### 2. Tai Chi

This Chinese martial art that combines movement and relaxation is good for both body and mind. In fact, it's been called "meditation in motion." Tai chi is made up of a series of graceful movements, one transitioning smoothly into the next. Because the classes are offered at various levels, tai chi is accessible—and valuable—for people of all ages and fitness levels. "It's particularly good for older people because balance is an important component of fitness, and balance is something we lose as we get older," Dr. Lee says.

Take a class to help you get started and learn the proper form. You can find tai chi programs at your local YMCA, health club, community center or senior center.

### 3. Strength Training

If you believe that strength training is a macho, brawny activity, think again. Lifting light weights won't bulk up your muscles, but it will keep them strong. "If you don't use muscles, they will lose their strength over time," Dr. Lee says.

Muscle also helps burn calories. "The more muscle you have, the more calories you burn, so it's easier to maintain your weight," says Dr. Lee. Similar to other exercise, strength training may also help preserve brain function in later years.

Before starting a weight training program, be sure to learn the proper form. Start light, with just one or two pounds. You should be able to lift the weights 10 times with ease. After a couple of weeks, increase that by a pound or two. If you can easily lift the weights through the entire range of motion more than 12 times, move up to slightly heavier weight.

(Continued on page 10)

## Centers for Disease Control and Prevention

### Pandemics can be stressful

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19.

**Coping with stress in a healthy way will make you, the people you care about, and your community stronger.**

**Stress during an infectious disease outbreak can sometimes cause the following:**

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, and/or alcohol and other substances.

### Take care of your mental health

You may experience increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.

**Get immediate help in a crisis**

- Call 911
- Disaster Distress Help: CALL or TEXT 1-800-985-5990 (press 2 for Spanish).
- National Suicide Prevention: 1-800-273-TALK (8255) for English
- National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522
- National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- National Sexual Assault Hotline: 1-800-656-HOPE (4673)
- Veteran's Crisis Line: 1-800-273-TALK (8255)

### Everyone reacts differently to stressful situations

How you respond to stress during the COVID-19 pandemic can depend on your background, your social support from family or friends, your financial situation, your health and emotional background, the community you live in, and many other factors. The changes that can happen because of the COVID-19 pandemic and the ways we try to contain the spread of the virus can affect anyone.

People who may respond more strongly to the stress of a crisis include:

- People who are at higher risk for severe illness from COVID-19 (for example, older people, and people of any age with certain underlying medical conditions).
- Children and teens.
- People caring for family members or loved ones.
- Frontline workers such as health care providers and first responders,
- Essential workers who work in the food industry.
- People who have existing mental health conditions.
- People who use substances or have a substance use disorder.
- People who have lost their jobs, had their work hours reduced, or had other major changes to their employment.
- People who have disabilities or developmental delay.
- People who are socially isolated from others, including people who live alone, and people in rural or frontier areas.
- People in some racial and ethnic minority groups.
- People who do not have access to information in their primary language.
- People experiencing homelessness.
- People who live in congregate (group) settings.

### Take care of yourself and your community

(Continued from page 6)

Taking care of your friends and your family can be a stress reliever, but it should be balanced with care for yourself. Helping others cope with their stress, such as by providing social support, can also make your community stronger. During times of increased social distancing, people can still maintain social connections and care for their mental health. Phone calls or video chats can help you and your loved ones feel socially connected, less lonely, or isolated.

### Healthy ways to cope with stress

- **Know what to do if you are sick and are concerned about COVID-19.** Contact a health professional before you start any self-treatment for COVID-19.
- **Know where and how to get treatment** and other support services and resources, including counseling or therapy (in person or through telehealth services).
- **Take care of your emotional health.** Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.
- **Take breaks from watching, reading, or listening to news stories**, including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.**
  - ◊ Take deep breaths, stretch, or meditate.
  - ◊ Try to eat healthy, well-balanced meals.
  - ◊ Exercise regularly.
  - ◊ Get plenty of sleep.
  - ◊ Avoid excessive alcohol and drug use.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Connect with your community- or faith-based organizations.** While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

### Know the facts to help reduce stress

Knowing the facts about COVID-19 and stopping the spread of rumors can help reduce stress and stigma. Understanding the risk to yourself and people you care about can help you connect with others and make an outbreak less stressful.

### Take care of your mental health

Mental health is an important part of overall health and wellbeing. It affects how we think, feel, and act. It may also affect how we handle stress, relate to others, and make choices during an emergency.

People with pre-existing mental health conditions or substance use disorders may be particularly vulnerable in an emergency. Mental health conditions (such as depression, anxiety, bipolar disorder, or schizophrenia) affect a person's thinking, feeling, mood or behavior in a way that influences their ability to relate to others and function each day. These conditions may be situational (short-term) or long-lasting (chronic). People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. If you think you have new or worse symptoms, call your healthcare provider.

**Call your healthcare provider if stress gets in the way** of your daily activities for several days in a row.

Free and confidential resources can also help you or a loved one connect with a skilled, trained counselor in your area.

### Suicide

Different life experiences affect a person's risk for suicide. For example, suicide risk is higher among people who have experienced violence, including child abuse, bullying, or sexual violence. Feelings of isolation, depression, anxiety, and other emotional or financial stresses are known to raise the risk for suicide. People may be more likely to experience these feelings during a crisis like a pandemic.

However, there are ways to protect against suicidal thoughts and behaviors. For example, support from family and community, or feeling connected, and having access to in-person or virtual counseling or therapy can help with suicidal thoughts and behavior, particularly during a crisis like the COVID-19 pandemic.

Other Resources:

- National Suicide Prevention 1-800-273-TALK (8255)

## **Date Night with an Ostomy**

By Andy Snyder - ConvaTec

**Are you feeling nervous at the thought of date night after ostomy surgery? You're not alone. With a little planning ahead, you can be sure to have a great night out.**



**My first question would be, what are your plans for the evening?** Plans might be different for a first date versus dining with a long-term partner or spouse. You might be considering an outdoor outing following dinner, such as a walk. Or you may need to keep in mind if there is a potential for intimacy at the end of the night.

**Keep in mind where you will be throughout the evening.** Will you be in a place where you won't have access to a bathroom, or do have access, but have concerns about odor? There are certain foods or drinks that will cause an increase in output, gas and a potential embarrassing smell. I don't entirely follow all the "food rules", but I do limit carbonated drinks and monitor how much I eat. I'm lucky, my stomach can handle most foods. I do not get blockages and am not too concerned about potential odors.

**If you fear odor that may accompany emptying your pouch, I recommend carrying a small bottle of odor eliminating toilet spray.** You spray it in your toilet before you empty, and it helps hide the odor. Now that doesn't solve the problem entirely, but in combination with a lubricating deodorant you can empty with more confidence.

If you do end up having a little more output than expected without access to a bathroom, I find using one of the Ostomysecrets® wraps to both hide the potential bulge from your shirt or leverage extra support in case you fear an accident. The wrap can also prevent self-consciousness if your shirt "accidentally" comes off during the date or evening.

If you are hoping to avoid the bathroom altogether, keep in mind, how much you eat will also drive output. If you eat a lot, then you could potentially be in and out of the bathroom all night.

**Bottom line: plan ahead thinking about where you're going, what your plans are and you'll be able to face the evening with even more confidence!**



(Continued from page 7)

## **Recovering from COVID-19 or ending home isolation**

It can be stressful to be separated from others if you have or were exposed to COVID-19. Each person ending a period of home isolation may feel differently about it.

Emotional reactions may include:

- Mixed emotions, including relief.
- Fear and worry about your own health and the health of your loved ones.
- Stress from the experience of having COVID-19 and monitoring yourself, or being monitored by others.
- Sadness, anger, or frustration because friends or loved ones have fears of getting the disease from you, even though you are cleared to be around others.
- Guilt about not being able to perform normal work or parenting duties while you had COVID-19.
- Worry about getting re-infected or sick again even though you've already had COVID-19.

Children may also feel upset or have other strong emotions if they, or someone they know, has COVID-19, even if they are now better and able to be around others again.



## Tips for Coping in a Crisis

*Two ostomy community leaders discuss effective ways to stay positive when times get tough.*

Living through a crisis is hard for anyone, but there is an extra layer of concern for people with ostomies. Hollister sat down with two influential people in the ostomy community to find out how they cope during challenging times.

Amber Wallace is the creator of the Ostomy Diaries YouTube channel and social media platforms, and Dr. Paul Wischmeyer, MD is a critical care, perioperative, and nutrition physician at Duke University School of Medicine in Durham, North Carolina. Both Amber and Paul live with an ostomy.



**Q: How can people with ostomies stay healthy both physically and emotionally when facing a crisis?**

Amber: The best way to take care of your emotional health is to take care of your physical health. Continue to take your supplements. Stick to a schedule and make checklists. During a difficult time, I do the same things at the same time every day and that helps. It's also important to get enough rest and exercise, even if you have to find a routine online. Grief and anxiety can manifest physically if you don't put those things into practice.

Paul: I agree with taking the proper supplements. Some of us with ostomies absorb vitamins differently, so it's important to consult your doctor before starting a regimen. Exercise is also very important. As a senior in college, I was doing research with a doctor at Mayo Clinic. One day he said, "Paul, you're getting soft and look a little out of shape – do you want to keep getting sick? You should start running and taking better care of yourself." I had never had anyone say that before and was motivated (and a little miffed) so I started running and ran almost every day for a year. And when that same doctor performed my tenth surgery to remove my failed ileal pouch, it took only four hours instead of eight. Afterwards he said, "Your abdomen looked like you never had surgery – your adhesions were gone! Whatever you did

in the last year, you should definitely keep it up!" I haven't stopped running and exercising since.

**Q: What can we do to stay healthy if we have to travel during a health crisis?**

Amber: It's important to keep a change of ostomy supplies on your person when traveling and make sure to stay hydrated. We all have leak stories. One time I was hiking in the Great Smoky Mountains and my pouch fell off. I had to change it in a porta potty! And, of course, I use hand sanitizer constantly, especially on my phone.

Paul: I've had leaks on planes and have had to run to the washroom with it pouring down my leg. Never a dull moment with an ostomy some days! I keep supplies in a small kit. I also always wear an ostomy belt, which helps keep my pouch secure. When my wife and I travel now we wear masks and bleach wipe every thing we have to touch.

**Q: Where should people turn when having a really bad day?**

Amber: Stay connected with nature and focus on things that are beautiful. Take a moment and be still. Keep grounded and turn to your faith. It's OK to cry and let those emotions out. Recognize it, feel it, and embrace it. There's a myth that if you ignore depression it will go away. You have to deal with it before you can move ahead. Last year after my wedding I was feeling down and didn't know why. I was too ashamed to tell anyone. So I decided to speak to my doctor. He ran some tests and it turned out that my vitamin levels were out of whack. Never be ashamed to talk to your doctor, that's what they're trained in.

Paul: Well, as I shared before, exercise has been a true lifesaver for me. When I'm down I also often turn to my family. Being vulnerable is hard especially when you're sick. I often have trouble loving myself with a body that could turn on me and threaten my life at any moment. Just a few years ago, I was sick again and needed three surgeries and a prolonged hospital stay (almost a month). My wife slept every night at my bedside in the hospital. Through that I realized that perhaps I am loveable no matter what. When feeling depressed, another resource I often use is to connect to the ostomy community on Instagram and other social media. I've seen so many people get support from others all over the world. It's definitely healing to share your story...and to hear others and know you are not alone.

*(Continued on page 10)*

*(Continued from page 5)*

## Five of the Best Exercises You Can Ever Do! (cont'd)

### 4. Walking

Walking is simple, yet powerful. It can help you stay trim, improve cholesterol levels, strengthen bones, keep blood pressure in check, lift your mood, lower your risk for a number of diseases (diabetes and heart disease, for example). A number of studies have shown that walking and other physical activities can even improve memory and resist age-related memory loss.

All you need is a well-fitting and supportive pair of shoes. Start with walking for about 10 to 15 minutes at a time. Over time, you can start to walk farther and faster, until you're walking for 30 to 60 minutes on most days of the week.

### 5. Kegel Exercises

These exercises won't help you look better, but they do something just as important—strengthen the pelvic floor muscles that support the bladder. Strong pelvic floor muscles can go a long way toward preventing incontinence. While many women are familiar with Kegels, these exercises can benefit men too.

To do a Kegel exercise correctly, squeeze the muscles you would use to prevent yourself from passing urine or gas. Hold the contraction for two or three seconds, then release. Make sure to completely relax your pelvic floor muscles after the contraction. Repeat 10 times. Try to do four to five sets a day.

Many of the things we do for fun (and work) count as exercise. Raking the yard counts as physical activity. So does ballroom dancing and playing with your kids or grandkids. As long as you're doing some form of aerobic exercise for at least 30 minutes a day, and you include two days of strength training a week, you can consider yourself an “active” person.

*(Continued from page 9)*

## **Tips for Coping in a Crisis (cont'd)**

**Q: A crisis can present problems with participating in milestone events, such as graduations and funerals. How can people still stay connected?**

Amber: If it's a death, you can honor them by the way you live your life and stay positive. That's how you can keep their memory alive. If it's a graduation or birthday, plan something with the person or people when you're feeling better or the crisis is over. Connection is so important. Check-in with people, even your happy friends. You never know what they're going through. Gratefulness works too, I write down one thing I'm grateful for each day and put it in a jar.

Paul: I agree about gratefulness. In our family, we play a game every night called “3 GOOD THINGS” where we all go around and name three good things that happened each day. At our hospital, we are spending conscious time thanking people for the little things they do. Getting out of your head and thanking someone else is so essential and therapeutic. It's so important especially if you're down. Gratitude is as rewarding to yourself as it is to the one you're thanking.

This is an excerpt from “[Tips for Coping in a Crisis](#)” in the [Hollister Incorporated Ostomy Learning Center](#).

**Know Your Stoma**  
 by Joanna Burgess-Stocks, BSN, RN, CWOCA,  
 UOAA Advocacy Chair

Good communication skills are the key to problem solving. This became clear to me when, as an ostomy nurse, I found myself having to unravel what people were trying to tell me when facing a problem. I realized I was speaking a medical language that was not always understood, and my patients were trying to work with that language the best that they could, but miscommunication often happened, resulting in unresolved problems. One day it dawned on me that I needed to do a better job in teaching my patients ostomy language. Sometimes a change just takes a moment of truth.

The challenges that ostomates face at home motivated me to start an outpatient ostomy clinic connected with my hospital so that my community of people had somewhere to go for help. After seeing patients in the clinic I learned that many ostomates had no idea how to describe the problems they were having with their stoma or skin. Some did not know the type of ostomy they had, some could not describe their stoma and most had difficulty describing their skin problems other than using the words: red, painful and hurting.

What I have found over the years, is that the better my patients are able to describe the problems they are having with their ostomy, the more I am able to help them come to a successful solution; whereby, they are able to help themselves. To help learn ostomy language, try using the checklist below to describe your ostomy.

**KNOW YOUR OSTOMY CHECKLIST**

**Surgeon:** \_\_\_\_\_ **Surgery Date:** \_\_\_\_\_

**Ostomy Type:** I have a (n) \_\_\_\_\_ Colostomy \_\_\_\_\_ Ileostomy \_\_\_\_\_ Urostomy \_\_\_\_\_ Other \_\_\_\_\_  
 \_\_\_\_\_ Temporary \_\_\_\_\_ Permanent (A healthy stoma should look red, moist and shiny.)

**Stoma Shape:**  
 Round  
 Oval  
 Irregular  
 Smaller at the top, larger at the bottom  
 Has one opening  
 Has two openings

**Stoma Color:**  
 Red  
 Pink  
 Brown (not normal)  
 Black (not normal)  
 Maroon (not normal)  
 Blue/Purple (not normal)  
 Other

**Stoma Position and Level:**  
 Below skin level (in a fold or sunken)  
 Flush to skin level/at skin level  
 Above skin level

**Stoma Location:**  
 Right side of the body above the belly button  
 Right side of the body below the belly button  
 Left side of the body above the belly button  
 Left side of the body below the belly button  
 In or near a skin crease  
 In or near a skin fold  
 On a flat skin surface

**Stoma Size:**  
 \_\_\_\_\_ x \_\_\_\_\_  
 Round  
 Oval  
 Irregular

Thanks to *Ostomy Life Newsletter*, Tulsa Ostomy Association, OK



Always remember:  
*be kind,  
 be fair,  
 be honest,  
 be true,  
 and all of these  
 things will come  
 back to you.*



### New Resource for Ostomates

Ostomy101.com offers online classes at no charge  
Ostomy101.com is a non-profit organization launched in 2020 to help improve patient adjustment and self care, while helping reduce the workload for our hardworking WOCNs. Check them out!



**Tools, Resources & Information  
for LIVING Successfully  
with an Ostomy**

#### Ostomy 101 Lifestyle Classes

Virtual ostomy lifestyle classes facilitated by a person living with an ostomy & an ostomy nurse.

**Learn more & Register at**

**Ostomy101.com**

**Free**

#### Ostomy 101 Mobile App

Available for iOS & Android devices.  
Educational videos, resources, connect with a WOCN, Patient Coach & more!

**Free App**

**Ostomy 101**

**Helping Patients & Supporting Clinicians**



Ostomy 101 Inc.  
is a 501c3  
Vendor Neutral  
Nonprofit

**Ostomy101.com**



## UOAA Emergency Supply Resources

UOAA recognizes that you may have a need for emergency supplies. Below are resources that may be of assistance to you on a temporary basis.

### Manufacturers Assistance Programs

Please **call directly** to ask for information and to apply for these programs.

**ConvaTec** 800-422-8811

**Hollister** 800-323-4060

**Coloplast** – Coloplast Patient Assistance 877-781-2656

### Alternative Local Resources

- GEOSG Supply Closet - See page 4

Contact the following types of agencies in your area, and ask if they maintain a "Donation Closet".

- Local hospitals
- Local Visiting Nurse associations
- Local clinics
- Local Goodwill Industries
- Call your state's 2-1-1 number. Just dial 211 as you would 911

**Kindred Box** is a Facebook Group for Ostomy Supplies

### Supplies Available not including Shipping and Handling

**Osto Group:** 877-678-6690

Offers supplies for the cost of shipping and handling. They have a small all-volunteer staff, but if you call and leave a message, they will respond. Please be patient in awaiting a response.

**Ostomy 211:** [ostomysupplies.ostomy211.org](http://ostomysupplies.ostomy211.org)

Emergency supply pantry. Donation requested to help cover expenses.

### Lower Cost Supply Options

There are several distributors that do not accept insurance, therefore, their supplies may be available at a lower price.

**Best Buy Ostomy Supplies:** 866-940-4555

**Mercy Surgical Dressing Group:** 888-637-2912

**Ostomy4less:** 877-678-6694; contact Patti or Tom at [patti@ostomymcp.com](mailto:patti@ostomymcp.com)

**Parthenon Ostomy Supplies:** 800-453-8898

**Stomabags:** 855-828-1444

## Get Ostomy Answers!

The Phoenix magazine provides answers to the many challenges of living with an ostomy. From skin care to nutrition to intimacy, in-depth articles are written by medical professionals, ostomy experts and experienced ostomates. Subscriptions directly fund the services of the United Ostomy Associations of America.

Your satisfaction is guaranteed and your personal information will never be disclosed to a third party.

**Subscribe or Renew Today!**



**Save 38%\***



The Phoenix

One-year subscription \$29.95  Two-years: \$49.95

Please send me FREE product samples, special offers and information.\*\*

Name \_\_\_\_\_

Address \_\_\_\_\_ Apt/Suite \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Payable to:** The Phoenix magazine, P.O. Box 3605, Mission Viejo, CA 92690

\*Based on cover price of \$9.95. \$39.95 for Canadian one-year subscription. U.S. funds only. \*\*Your contact information will be disclosed to third party companies to fulfill the request. Published March, June, September and December. If you are not satisfied for any reason, we will gladly refund the unused portion of your subscription.

**Money Back Guarantee!**

ASG052016

**Contacts**

<b>GEOSG Board Contacts</b>	<b>E-mail</b>
Nancy Upton, Ostomate Board President	nancyupton8@gmail.com
Quyen Stevenson, ARNP, CWOCN Board Vice-President	nursequyen@gmail.com
Laura Vadman, RN, CWON, Board Treasurer	lovadman@hotmail.com
Laurie Cameron, Ostomate, Board Secretary, Registrar, Newsletter Editor, Webmaster	lauriecmrn@aol.com



<b>Manufacturers</b>	<b>Phone</b>	<b>Website</b>
Coloplast	888-726-7872	www.us.coloplast.com
ConvaTec	800-422-8811	www.convatec.com
CyMed	800-582-0707	www.cymed-ostomy.com
B. Braun Medical	800-227-2862	www.bbraunusa.com
Hollister	800-323-4060	www.hollister.com
Marlen	800-321-0591	www.marlenmfg.com
Nu Hope	800-899-5017	www.nu-hope.com
<b>Organizations</b>	<b>Phone</b>	<b>Website</b>
United Ostomy Associations of America	800-826-0826	www.ostomy.org
American Cancer Society	800-227-2345	www.cancer.org
Crohn's & Colitis Foundation	800-343-3637	www.cffa.org
Friends of Ostomates Worldwide	N/A	www.fowusa.org



*Like us on Facebook.*  
[www.facebook.com/  
 GreaterEastsideOstomySupportGroup/](http://www.facebook.com/GreaterEastsideOstomySupportGroup/)



*We're on the web!*  
[www.geosg.org](http://www.geosg.org)

Greater Eastside Ostomy Support Group
Annual Membership Form

2020-2021

GEOSG Membership is open to anyone interested in learning about ostomies, sharing and learning on how to care for yourself or a loved one after surgery and what to expect before surgery.

Be sure to visit our website for more information: www.geosg.org

[ ] New Member (Please mark if this is the first time you have registered and fill in the info below)

[ ] Returning Member (Please mark if there are no changes to your address/email/phone info)

Ostomate Name: \_\_\_\_\_ Spouse/Support Name: \_\_\_\_\_

Fill in this section if this is the first time you have registered

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Email Address 1: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email Address 2: \_\_\_\_\_

Ostomy Information

> Type of Ostomy: [ ] Ileostomy [ ] Colostomy [ ] Urostomy [ ] Other \_\_\_\_\_

> Stoma Surgery Date: \_\_\_\_\_

There are no dues required for membership, however the group does have need of funds for expenses; i.e. UOAA ASG dues, Support for the Ostomy Supply Closet, speakers, brochures and website.

If able, GEOSG asks that you make a tax deductible (501(c)3) donation in lieu of membership dues.

(Suggested donation \$25.00) Donation receipt available upon request

Donation ..... \$ \_\_\_\_\_

- Make checks payable to: GEOSG
• Return completed form to the next meeting or send to:

Laurie Cameron
GEOSG Registrar
728 218th Pl. NE
Sammamish, WA 98074

For any questions or to receive a tax receipt, email:
lauriecmrn@aol.com

GEOSG members often participate in activities together, but that participation is the choice and responsibility of the individual. GEOSG is neither responsible for, nor does it exercise any control over, these activities.

For treasurer's use only:
Paid Amount \$ \_\_\_\_\_ [ ] cash [ ] check ck # \_\_\_\_\_ Date: \_\_\_\_\_