



The Advocate

Greater Eastside Ostomy Support Group

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Winter Schedule Upcoming Meetings

Date	Time	Speaker/Topic	Room
12/09/17	Sat 2:00 – 4:00 pm	Winter Holiday Social @ Ro's house (Address and details will be sent in an upcoming email)	
1/3/18	Wed 6:30 – 8:00 pm	Round Table Forum (Topic TBD)	Tan 119
2/7/18	Wed 6:30 – 8:00 pm	Speaker TBD	Tan 119

Annual Support Group Registration

Our annual Support Group Registration & Donation drive is going well. While formal membership is definitely not required to attend the support group, we are grateful to everyone who has registered and donated funds to the group. These funds go towards the group's expenses for the Ostomy Supply Closet (see page 4), invited speakers, UOAA Affiliated Support Group membership, brochures and website fees.

Registration forms for the 2017/2018 (September – June) year will continue to be available for the remaining meetings. Forms are also available on the website at www.geosg.org.



GEOSG MEMBER STOMA “RE-BIRTH” DATES

November	Ostomy	Years
Carl Burroughs	Ileostomy	35
Paul Runkle	Ileostomy	7
Irma Sessums	Ileostomy	4
Sierra Stone	Ileostomy	2

December	Ostomy	Years
Shawn Forsyth	Ileostomy	4



Happy Re-Birthday!

Contacts

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Laura Vadman, RN, CWON, Board Treasurer	lovadman@hotmail.com
Laurie Cameron, Ostomate, Board Secretary, Registrar, Newsletter Editor, Webmaster	lauriecmrn@aol.com

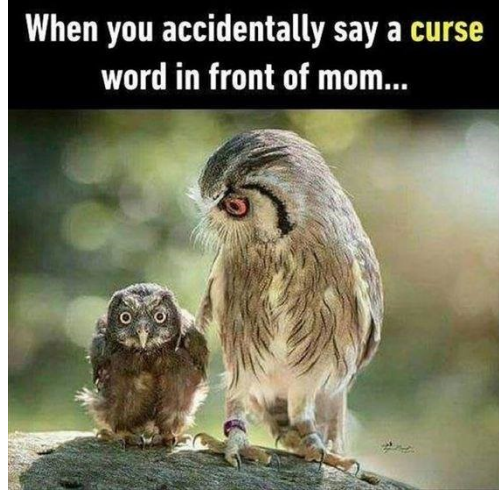
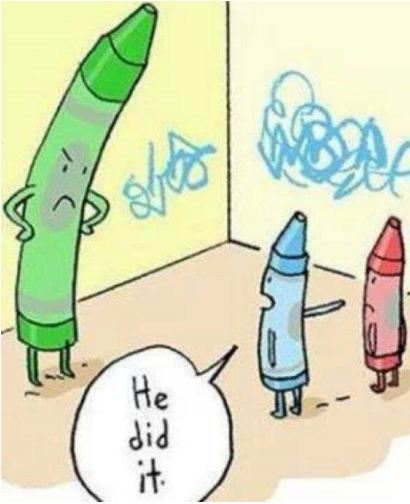


We're on the web!
www.geosg.org



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

ON THE LIGHTER SIDE



BENEFITS OF LAUGHING

- Reduces heart disease
- Natural pain killer
- Improves breathing
- Helps you lose weight
- Gives good sleep
- Decreases stress
- Makes you look young

THERE'S NO REASON NOT TO LAUGH!

Inspiring Quotes That Will Give You A Push In Life

Listen

Not all arguments need an answer. Sometimes, victory lies in walking away from a pointless conversation. We often misunderstand the meaning of life – the real meaning lies in the ability to listen to understand and not just reply.



Listen to your Heart



Overthinking leads to frustration and anger. It's better to switch yourself off from all worldly distractions and go somewhere, where there is nobody to judge you, to talk to you, to rule you.

Mingle with the Young

We, adults, might be practical and rational, but we often misinterpret the simplicity of life. In such situations, just try talking to a toddler and you will be bewildered at the careless and happy life of that little soul.



#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)

Tax deductible cash donations to GEOSG for the support of the supply closet are accepted and are greatly appreciated. 501(c)(3)



Personal Stories of Healing & Hope

Would you be willing to share your story?

What led up to your ostomy surgery? How have you handled the difficulties that are inevitable when recovering from your surgery? Do you have any special "tricks of the trade"? Do you have any funny stories to tell?

Have you travelled with your ostomy? Do you have any pictures to share with the group?

Would you rather write up your story anonymously?

We're looking to inspire, comfort, encourage and possibly even entertain those who have new ostomies and those who may be facing ostomy surgery.

One story for every newsletter would be fantastic. If you are willing to share, please submit your written story to Laurie at lauriecmrn@aol.com.

This is a wonderful opportunity to not only feel empowered by your own journey, but to also assist those who are just starting down the path.

Sleeping with an Ostomy

Posted on Newbieostomy

Sleeping is different for everyone and is based on personal preference in many different areas including:

Ileostomy & Colostomy

- **What position to sleep in?**

Here's the progression of positions I went through after surgery, as I became more comfortable with my ostomy.

Immediately after surgery and when I got home, I started sleeping propped up so I was almost sitting. I had a fear that my output wouldn't fall to the bottom of the pouch and felt this position would encourage it to do so better. It was also more comfortable right after surgery, as my abdomen was really sore and it was uncomfortable for me to lay flat.

As I became more comfortable with my ostomy, and my abs healed a little, I started laying on my side (the one my ostomy is on), but I still kept myself kind of propped up. The pillow props decreased to where I was sleeping on my ostomy side with just one pillow for my head. At this time, I also used a pillow on either side of me to help keep me on my side. I was worried about rolling onto my stomach and not quite sure if sleeping on my back would be okay. Despite the pillow barrier, I woke up on my back occasionally and it was fine. I used my front pillow barrier as a pouch barrier too, keeping it close to me so my pouch wouldn't fold over. It came in handy as a leg support, because it's much more comfortable to sleep on my side with my top leg bent

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An Open Letter To My Stoma, 6 Months After Colostomy Surgery

By [Jason McIntosh](#)



Dear Stoma (clever nickname yet to be determined),
It's been six months since we've been together, can you believe it? Oh, how the time flies. I wanted to take a moment just to let you know what you

mean to me, reflect on the past, and celebrate what lies ahead.

At first I wasn't quite sure how to take you since you were kind of shy and didn't say much. It was as if you were like a Kuato that was a bit too lazy to fully appear. It was a constant stress to know how to treat you and to make myself well again. When you first arrived I had so many questions on how to deal with you, treat you, and make sure you didn't embarrass me with your unpredictability. Looking back on where I was then and how comfortable I am now is like world's away. You pushed me mentally and physically to keep one foot in front of the other. You forced me to publicly proclaim and take pride in my new normal. This was truly the starting line of the comeback trail.

I've never been ashamed to have you by my side. As soon as the first day after surgery I was in the hallway doing the strut with my front butt, if you will. I've heard horror stories of those so embarrassed with their stoma that they didn't leave home until they were able to get it reversed. I couldn't imagine not being able to revel in the fact that I may have this, but it doesn't make me any less of a person. In fact, it gives me a quiet satisfaction to know at this point that you don't limit me AT ALL.

It ain't no sin to be glad you're alive. – Springsteen
If I didn't already talk about my digestive track enough, you've caused me to annoy the hell out of people by talking about it even more. I thought that

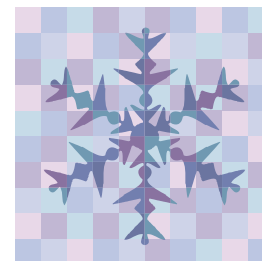
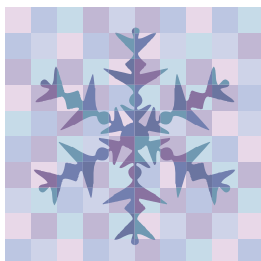
was nearly impossible. I already enjoyed talking about poop and farts enough, but now I get to do so medically. Without a strong spirit and sense of humor this relationship would be impossible.

To others, the leftover scars may be shocking, but to me they're barely noticeable. It's almost like when the kid realizes he doesn't see Mel Gibson's imperfections anymore in "The Man Without A Face." I wouldn't want them to disappear because they tell a story in themselves and remind me of how hard I've fought through all of this.

You've brought a whole new community of people into my life. Folks from online ostomy groups, in-person support groups, nurses, doctors, and related businesses. I love being able to impart my knowledge on those that need answers or are just looking for someone to understand their situation. The opportunity you've given Jessica and I with [Awestomy](#) has been so exciting. To be able to help people feel more comfortable with their situation through [ostomy apparel](#) makes us strive for success every day. We are busting with enthusiasm for what we've got planned not only to make people feel cool with their ostomy (coolostomy?), but also the ideas for helping those in less fortunate situations that have to deal with this medical issue. WE. CAN'T. WAIT.

Finally, the biggest thing I can admit is, frankly, you saved my life. Without you being placed, I know deep down that I wouldn't be here. To this point you've allowed me to get back to the full, abundantly joyful life that I had previous to being riddled with worry of what digestive issue I would deal with. You've brought loved ones even closer to me, and have given me the opportunity to help others and advocate. Thanks for everything,

Jason



This NFL All-Time Great is a Grateful Patient

Posted on www.mygooddays.org

When it comes to chronic illness *or* sports, nothing is more inspirational than a great comeback—and one of the greatest chronic illness comeback stories in professional sports is that of Rolf Benirschke.

Shortly into his second NFL season as the placekicker for the San Diego Chargers, Benirschke became very ill and was diagnosed with [Inflammatory Bowel Disease \(IBD\)](#). He played that season but would require several major abdominal surgeries that left him wearing two [ostomy bags](#) and his future very much in doubt. Remarkably, he recovered and made a dramatic return, receiving numerous awards such as NFL Man of the Year, Comeback Player of the Year, NFL Players Association Hero of the Year, and earning a spot in the Pro Bowl. In 1997 he was the twentieth player inducted into the San Diego Chargers Hall of Fame and, in 2004, was inducted into the Academic All-America Hall of Fame.

These days Benirschke serves as a spokesperson for the [Crohn's and Colitis Foundation of America](#), founder of the [Grateful Patient Project](#) and co-CEO of [Legacy Health Strategies](#). We caught up with Benirschke to discuss his experiences and insights for those who suffer from chronic illness.

Good Days: Could you share your personal healthcare journey—the challenges you faced and how they were overcome?

Rolf Benirschke: I was drafted into the NFL in 1977, but became sick in my second season and was diagnosed with Crohn's disease, an IBD. At that time IBD was not well understood and there were not many good treatment options, so I continued to play as best I could. I played sick all through the 1978 season, doing the best to manage my illness but getting sicker and sicker.

That off season, after trying every possible treatment available, I convinced myself I was getting better and began the 1979 season with some optimism. Unfortunately, my illness returned with a vengeance and I collapsed on the team plane flying home after our fourth game of the season. I was taken to the hospital for an emergency bowel resection but complications necessitated a second operation six days later. I woke up from that second surgery 65 pounds below my playing weight, wearing two ostomy bags, and septic with the physicians telling my dad they weren't sure I would survive the night. I would spend the next six weeks in

the intensive care unit fighting for my life and wondering what there really was to live for.

I survived, was finally released from the hospital, and began to recover, examining my life and looking for inspiration. I found it in the books written by several of the POWs who had survived the Vietnam war and horrific treatment endured during extended imprisonment. I decided to employ some of the techniques they had used to get through the long days, weeks, months and even years of captivity. I learned to break time down into smaller blocks, began setting small achievable goals like simply getting up in the morning to walk to the mailbox and back, but then each day adding a mailbox. In the process, I discovered what they had discovered, an “indomitable spirit” that I now believe resides in all of us but that lies dormant until we are severely tested. I'm talking about having greater courage, greater creativity, and a greater ability to persevere and overcome things we couldn't even imagine.

Buoyed by this new-found courage and outlook, I asked to meet with our team owner to see if he would allow me to compete for my job again when everybody had assumed my football days were over. Much to my surprise he agreed so long as the medical staff could devise a plan to protect my ostomy bags while playing. I returned the following season and would play seven more years, four while wearing ostomy appliances. I would have two additional abdominal surgeries, one to do a complete colectomy and the other to create an internal reservoir, a Koch pouch procedure, that would enable me to get rid of my ostomy appliances.

GD: But this wasn't the end of your healthcare challenges. Can you tell us about what happened next?

RB: Yes. As a result of the 80 units of blood I had received during my first two surgeries, I was inadvertently infected with the Hepatitis C virus. This wasn't discovered, however, until a routine insurance exam almost 20 years later. Faced with this new challenge, but now married with four young children, my physician enrolled me in a new clinical trial as the medical community sought ways to combat this recently discovered virus. It would take three different year-long trials but I was finally cured of my Hep C in 2006.

GD: Why did you choose to become a patient advo-

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**LIFE IS 10%
OF WHAT HAPPENS
TO YOU AND
90% OF HOW
YOU REACT TO IT**

**You need to
understand
that life isn't
what you're
given; it's what
you create,
what you overcome,
and what you
achieve that
makes life beautiful.**

(Continued from page 6)

cate?

RB: Advocating for patients was not a conscious choice until after returning to the NFL in 1980. There was a lot of publicity surrounding my comeback and it prompted patients to write me letters asking how I was able to live and play with an ostomy. I quickly learned that there are over 100,000 ostomy surgeries performed every year and that each was life-changing for that patient and their families...and... nobody was talking about it. I decided to do something about that and created a program for patients living with IBD, colorectal cancer, or an ostomy, to share their stories and bring awareness to the situation. I realized that with the visibility of my position in the NFL, I had a unique opportunity to comfort and inspire others and provide the hope that we patients are all desperately looking for.



GD: What is the Grateful Patient Project?

RB: The Grateful Patient Project was created after September 7th was officially recognized as Grateful Patient Day. That date marks the anniversary of my first day back playing in the NFL after my illness. Our goal is to provide patients the opportunity to thank a doctor or nurse, a caregiver or family member, and even a medical device or pharmaceutical company who made a treatment that allowed them to live or return to doing something they love.

In a world that is increasingly divided, what we see and hear from grateful patients is their shared humanity, the goodness of people, and their appreciation for life. Misunderstanding aspects of healthcare can inadvertently do real harm and stifle research and innovation. We are at the verge of creating breakthrough therapies for all kinds of diseases, using new tools like genomic sequencing, immunotherapy, and precision medicine that can really change healthcare. If we make it difficult for this to happen with burdensome regulations, an onerous clinical trial and FDA approval process, we may miss this golden age of medicine that is upon us.

GD: What advice would you offer patients who may be struggling to find, access, or afford certain treatment for their illness?

RB: First, I would encourage you to “own” your disease, to take it head on and to be your own advocate, and then look for other foundations or associations supporting your disease. Second, as new therapies are being approved, know that not everybody is instantly aware of them, including insurance companies and health plans. What we’re finding is that there is often an automatic denial of coverage for certain treatments even though there is clear clinical evidence of their effectiveness. What we have learned, however, is that if you push back and ask for a peer to peer review, cite relevant studies, show that the procedure or medication will in the end be less expensive than other traditional treatments, in many cases your medication or surgery will eventually be approved. So, don’t take an initial denial of coverage lying down—fight for the treatment that you believe will help!

A Stoma is Born - The humorous ways ostomies get their names

By Linda Blumberg

Gutsy was a first timer, well-dressed in a Koolostomy pouch cover. She confidently “strutted her stuff” at daily and nightly events at the 2013 UOAA National Conference. She particularly enjoyed the Ice Cream Social and comfortable commodes :)

Who is Gusty? She’s my stoma! Seven years ago, she saved my life. We have been a great team ever since. After suffering 14 miserable years of Crohn’s disease and a colon cancer scare, I had permanent ileostomy surgery.

Before surgery, I found Shaz’s Ostomy Pages (www.ostomates.org) where Sharon writes about both her stoma’s birth and naming it! Weird, huh?! But, after I awoke from surgery, grateful to be alive, I looked down at the hulking, purple blob in my “sandwich bag” pouch, and I sad, “Chai Gutsy!”

Chai is Hebrew for life and gutsy having had the guts to have the surgery! Later, it was shortened to “Hi Gutsy”, then “Gusty.” A star was born!

Gutsy was quite a personality. To account for her various moods and antics, I embellished her name. When she’s at her best: Gusty Queen/Lady/Girl or Trusty Gutsy or maybe Gutsy Trooper. When she’s not behaving: Gusty Brat, Schmutzy Gutsy or Gutsy Pooper.

Naming my stoma was cathartic and fun! Besides, Gutsy loves the limelight and a well-developed sense of humor is as vital to my survival as Gusty’s birth! My journey through chronic illness and life-saving/affirming ileostomy surgery has both triumphs and tribulations. Ultimately, my salvation is ostomy

(Continued from page 4) *Sleeping with an Ostomy*

slightly.

Fast forward a little more and I still like to sleep on my side spooning a pillow, though I don’t use a pillow behind me for support anymore. I don’t really like sleeping on my back and have always struggled to fall asleep in that position, but I still wake up there on occasion. For sleeping through the night, I don’t sleep on my stomach, though I have fallen asleep on my stomach for a short nap and been just fine.

- **What kind of pajamas work best for you?**
- **How often you get up in the middle of the night (if at all).**

My pajama preference is high waisted shorts or pajamas. I like the mental security they provide, keeping my pouch close. Most nights I get up once to empty. I usually set an alarm just to be safe, mostly because I tend to eat later in the evening and prefer to wake up once and empty than risk waking up in a mess. Sometimes I wake up on my own, before my



alarm. Other times, I sleep through my alarm completely and am just fine.

Urostomy

- **What time to be done eating before bedtime.**

What you eat does not affect your ostomy in this instance so enjoy dinner at whatever time you like! However, your liquid intake will affect your output.

People with urostomies can use **night drainage bags** to eliminate the need to get up to empty in the middle of the night. These night drainage bags hook onto the bottom of your pouch.

A trick for making sure your night drainage bag drains is to connect it while you still have a little urine in your urostomy pouch. Doing this allows the urine to flow down the tube as you hook it up, forcing the air from the tube to go into the night drainage bag. This keeps your ostomy pouch empty through the night and encourages the output to go into the night drainage bag.

If you use reusable night drainage bags, it’s really important to **wash them thoroughly** between uses and use a new one each week. You can also buy **disposable night drainage bags** that are one time use.

7 Awkward Friendships You Might Have If You're An Ostomate

Ostomy Connection [Editorial Team](#) Posted On June 7, 2017

Friendships can be slightly different when you rock an ostomy.

Don't worry—the basics haven't changed. But you'll probably experience one of these awkward relationships at some point or another, courtesy of your new appliance...

1. The Friend Who's A Little Too Fascinated

This guy's got a thing for bruises and scars, so naturally he's a bit fixated on the whole "intestines outside the body" concept. Also, can he please see the stoma? Now? Later? Tomorrow?

The curiosity is endearing, and it's nice that he's not weird about it, but still... fending off constant questions about your body's method of disposing waste does wear on one.

2. The Friend Who Found Out About Your Ostomy When You Had A Leak

The topic of ostomies just never came up. And now you're not sure if you should tell her?

Never mind, she just found out! The wafer was being annoying and you had to make an adjustment and whoomp, there it is! LEAKAGE!!! NOT THE SUBTLE KIND!!!!

Thankfully, this friend was a total champion as you declared your immediate need for a bathroom. Furthermore, her unquestioning acceptance of your ostomy earns her big humanity points. Still, you're not sure if you will ever speak of this again.

3. The Friend Who Can't Stop Laughing When Your Stoma Decides To Be Noisy

This friend knows about the stoma and its games. Like how it enjoys being chatty when you're out in public. At moments like this, locking eyes with this friend leads to laughing/crying into weird silent laughter. You're both basically nine years old.

4. The Friend You Tell WAY TOO MUCH Information

Possibly the same awkward friendship as the one above.

You and this friend have been through everything together, so she knows the intimate details of your ostomy. If your stoma has a name, you both call it that and talk about its antics regularly.

Given that you casually refer to the texture of your output while dining with this person, you should probably go out and buy her a gift immediately.

Then again, you valiantly endured a relationship with her annoying ex, so maybe you're even.

5. The Friend Who Tries To Be Cool, But Looks Like They're Going To Pass Out When You Mention It

This friend gets squeamish around any mention of bodily humors and cannot handle your ostomy.

He does try to stay cool, and for that you give him credit. But you notice all of the color drains out of his face if you happen to unveil your bag, or even talk about it, so you do your best to pretend it doesn't exist when you're around him.

Kind of awkward, but the power to make someone faint if you wanted is the smallest bit intoxicating.

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www.facebook.com/GreaterEastsideOstomySupportGroup/

How I Explained An Ostomy To My Future Husband

This post originally appeared in November, 2017 on [Crushing Life with Crohn's](#).

I like to think we have a great first date story.

I have to share the story of how my husband and I met. For one reason, it's too special not to share. And another reason, he wasn't just getting *me* in the relationship... he was getting my health "baggage" too. So now I'd have to tell him everything, and then hope he wouldn't run away.

Prior to meeting Geoff, I was depressed and lonely. I had been looking for "the one" since I was 13 or 14-years-old, and now I was 23. My siblings were all married and out on their own, one even had a child. So I guess I probably felt left behind. With all my health issues I wasn't up for dating much, yet I was always looking for that one guy that would make my life complete.

Where I was at the time with Crohn's, didn't lead to meeting many people anywhere close to my age, and I didn't go out much in general due to not feeling well. Plus, I'm just a homebody anyways. I got the suggestion from my mom to try eHarmony. I was floored that she would even suggest this because it was such an out-of-the-box idea that I never expected would come from anyone in my family. But I went with it.

The site asked many questions to get the best idea of my interests so that they would be able to match me with a potential suitor. After filling out the necessary information, I was given a list of male matches that I could contact. I sent out a few messages, but the only one who replied back to me was my now husband.

We communicated through the eHarmony site briefly and then realized we were both on Facebook, so we communicated that way for a while. But of course, sooner or later we'd need to meet in person if this relationship was going anywhere. This was where I was most nervous, and not only because we would be meeting for the first time, but because I was meeting someone I'd only spoken to online.

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(Continued from page 9) **7 Awkward Friendships You Might Have If You're An Ostomate**

6. The Friend Whose Food You Keep Having To Reject

Sorry, can't do popcorn. Thanks, though.

Beets. Nuff said.

Nope to almonds.

Uncooked broccoli? Heh. Can't chance it today.

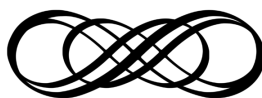
Why does this friend eat nothing but fiber?

7. The Friend Who Also Has An Ostomy

They call our group "ostomates" for a reason, right? Wearing a bag means gaining a giant network of new mates.

They might be in person, online, over the phone, via Instagram, or whatever, but these friends get you in a way that's hard to match. And the jokes... oh, the jokes. Outsiders, listen at your peril.

You never imagined life taking you down this road, but it's nice to know you're not alone for the ride.



(Continued from page 10)

How I Explained An Ostomy To My Future Husband

Now I have seen enough movies, TV shows, and news reports to know that people on the screen may not be the same person who is communicating with you. With this realization, Geoff suggested we meet in a public place and in our case, that was the food court of a mall. I got the approval of my family before the outing, and thankfully he looked like his profile picture.

We decided to eat at Longhorn Steakhouse, and this story to follow has provided us with a yearly tradition to celebrate. As we walked into the restaurant, the manager was standing there. Apparently, I had a large grin on my face because he asked Geoff if he just proposed. We told him that we'd just met. He takes us to our table, we order and eat, and the manager comes back to our table with balloons and their Chocolate Stampede dessert. He apologizes for embarrassing us (although we were more humored than embarrassed) and says our meal is taken care of. Every year we go to Longhorn around the time of our first date and we always order the Chocolate Stampede. This year we happened to get the dessert for free!

A few weeks after meeting in person, I realized I would need to be upfront about my health issues. It seemed unfair not to share issues that would inevitably be a part of his life if things grew more serious. I'm not good at explaining things verbally. I need visual aids. But I didn't want to show my own ostomy to a guy that I had known for just a short time. However, I always have spare ostomy supplies and accessories with me just in case I need to make an emergency change. I used those to give him a more visual idea of what I was trying to explain. I don't know how much

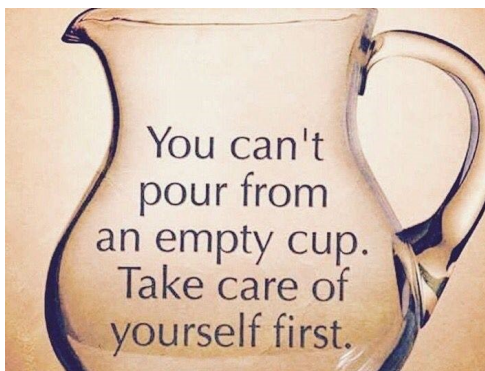
he understood, but he didn't run away in disgust or fear.

On one date in the beginning of our relationship, the ostomy bag I had on sprung a leak while we were at a restaurant with some of his friends. I was subtly trying to get his attention to let him know this, and to find out where the restrooms were. He just kept saying hold on because he didn't understand what I was trying to say. I learned that I would have to be more blunt (this is still the case). Once he figured out what I needed, he was apologetic and helped me the best he could.

That was the first time I changed my ostomy appliance outside of home or work, and this was the first time I'd met his friends. I'm not sure they were aware of the situation, but I almost wish they were. It was embarrassing because it seemed like I was in the restroom a long time... and it was a single occupancy restroom so people were waiting on me... and it had leaked enough to get my shirt dirty. I was thankful to have worn a long sleeve shirt under a short sleeve one. I just took off the dirty one and was good to go. As embarrassing and gross as that was to me, Geoff still stuck around.

He was also with me when I had surgery to remove the rectal muscles. And he despises hospitals. But he tried to stay the entire time I was there. We continued dating, and seven months after our first date he proposed. Six months after that, we were married. Our seven year wedding anniversary was just last month.

Megan and Geoff



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Greater Eastside Ostomy Support Group Annual Membership Form

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

Membership (Individual/Family) New Member (Please mark if this is the first time you have registered)

Ostomate Name: _____ Spouse/Support Name: _____

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: _____

Social Media

I, hereby, grant permission to Greater Eastside Ostomy Support Group to use my photo on the group's social media.

Signature

Do not use my photo.

During the last few years GEOSG numbers have grown substantially. We expect these numbers to continue to expand. New members and especially those who have recently had surgery could use a helping hand. Please let us know if you are interested in becoming a part of a welcome team for our group. A Welcome Team member would be paired with an ostomate of the same ostomy type and gender to assist them with questions or concerns on adapting to and living with their ostomy.

I am interested in being a part of the "welcome team" for new members

There is no charge for membership, however the group does require funds for expenses; i.e. Support for the Ostomy Supply Closet, speakers, UOAA ASG dues, brochures and the website.

*GEOSG asks that you make a tax deductible (501(c)3) donation in lieu of membership dues.
(Suggested donation \$25.00)*

Donation | \$ _____

Make checks payable to: GEOSG

A receipt for donations will be issued upon request.

Return completed form to the next meeting or send to:

Laurie Cameron

For any questions or to receive a receipt:

GEOSG Registrar

Email: lauriecmrn@aol.com

728 218th Pl. NE

Sammamish, WA 98074

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: _____