



# The Advocate

## Greater Eastside Ostomy Support Group

An affiliate of the United Ostomy Association of America

### Mission:

The Greater Eastside Ostomy Support Group is a volunteer-based health organization dedicated to assisting ostomates, their families and supporters who have had or will have an ostomy.

### Our Goals:

\*To provide information, emotional support and educational opportunities for people with a Colostomy, Ileostomy or Urostomy.

\*To provide education for individuals, their families and for members of the healthcare profession.

\*To provide information for the public.

### Meetings:

Regular meeting dates are the 1st Wednesday of each month, 6:30pm - 7:30pm on the first floor of Evergreen Hospital Tan Section, Room #119. An Ostomy nurse will be present at each meeting.

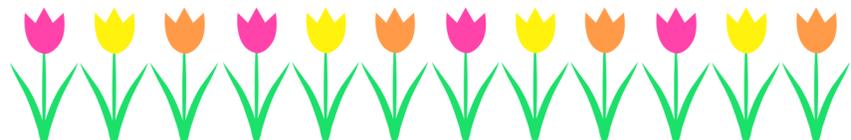
### Spring / Summer Schedule Mark Your Calendars

Date	Time	Speaker/Topic	Room
04/06/16	6:30-7:30p	Susan Baker, Coloplast Laura Vadman, Visitor Training Program Preview	Tan 119
05/04/16	6:30-7:30p	Mandi Murtaugh Physical Therapist DeYoung Pavilion, 2nd floor 12039 NE 128th St, Kirkland	Rainier Room DeYoung Pavilion
05/07/16	9:00-12:00p	Visitor Training Program	Tan 100
06/01/16	6:30-7:30p	Summer Fashions/Active wear	Tan 119
07/23/16	5:00-9:00p	Summer Social BBQ @ Laura Vadman's residence	
08/13/16		GEOSG members participating in the Lake Meridian Triathlon with Ostomy United	
09/07/16	6:30-7:30p	Welcome back; Open Forum, Annual registration drive	Tan 119

### Visitor Training Program

The UOAA Visitor Program is a training program to certify volunteers for service to those with ostomies or continent procedures. Certified and trained visitors would be made available to those with a new surgery or one that is pending.

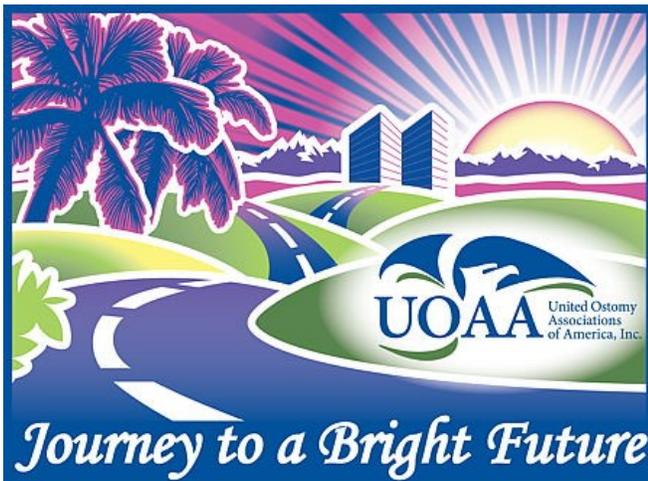
It is GEOSG's intention to offer to anyone with a new ostomy or continent procedure as much information and understanding as our knowledgeable and generous membership can provide. Please consider joining us for a Visitor Program Training on May 7, 2016 in the Tan Building, Room 100, Evergreen Hospital (9:00am – 12:00pm)



### Supply Closet

The Ostomy Supply Closet provides supplies free of charge to anyone with an ostomy that has a need due to lack of insurance coverage or is in need of emergency supplies. The Supply Closet is dependent on donations. If you have extra, unneeded supplies, please consider donating them to the Supply Closet.

The supply closet is located at the Public Storage in Kirkland, 11910 NE 116th Ave. If you have a need, or know someone who is in need, please contact Laura Vadman ([lovadman@hotmail.com](mailto:lovadman@hotmail.com)) to arrange a time to meet and pick up needed supplies.



### 6<sup>th</sup> National Conference

Tues.–Sat., Aug. 22–26, 2017, Hotel Irvine, Irvine, California

**Sixth UOAA National Conference**  
**August 22-26, 2017**  
**Hotel Irvine, Irvine CA**

**Anyone interested for 2017?**  
**Let's get a group of GEOSG**  
**members together to make the**  
**trip!**

#### Contacts

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Lea Carpenter, RN, CWON

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Quyen Stevenson, ARNP, CWOCN

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Ro Moncrieff, Ostomate, Ileostomy

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



[www.facebook.com/GreaterEastsideOstomySupportGroup/](https://www.facebook.com/GreaterEastsideOstomySupportGroup/)

Upcoming Stoma Birthdays: April

Christina Sowell  
13 years

Nancy Suchy  
2 years



Articles of Interest .... Newsletter articles provided by the UOAA

**When to Contact a WOC Nurse**

By Julie Powell, WOCN

Living with an ostomy can be a bit challenging at times. One of the most important things to remember is that everyone's ostomy is different. The following are reasons to contact a WOC nurse for advice:

- A change in the size or appearance of the stoma.
- Skin problems around the stoma including a

rash, open sores, redness or weeping.

- Ongoing leakage of the pouching system.
- Weight gain or loss that may cause difficulty with pouching system.
- A cut in the stoma.
- Difficulty in getting an appliance to secure to

the skin around the stoma.

- General questions regarding ostomy care and management. Issues may revolve around diet, bathing, activity, odor, diet and travel.
- Contemplating a change in pouching system.



*Ostomy A to Z*

Used with permission from Brenda Elsagher from: *I'd Like to buy a Bowel Please: Ostomy A to Z*  
[www.livingandlaughing.com](http://www.livingandlaughing.com)

**H: Handicapped Bathroom**

An usher at the theater downtown would guard the handicapped bathroom and only let "handicapped" people in to use it before or during the plays. When I walked toward the door, she said, "This bathroom is for handicapped people only." Am I handicapped, I thought? No, but I knew the bathroom upstairs had no sinks in the stalls, and I had not brought things with me that I would need. Instead, I said, "Some handicaps cannot be seen. Although I am not handicapped like some people, I would prefer to use a stall with a sink in the same room." She seemed perplexed, but I would have done a show-and-tell and embarrassed her if I needed to get my point across. Luckily, she stepped aside.

**Humor**



Most of the time, I coped with my ostomy and colon cancer with humor. It seemed to relax me as well as those around me. It gave them permission to tease me when they saw I could laugh about it. Conversations were less strained because we didn't pretend; we just dealt with it head on using a well-placed laugh.

## The Doctor/Patient Partnership

By Carol Larson,

When support groups of people who have survived a serious illness gather, it's a good bet that eventually their doctors become the topic of conversation. Because of the life and death issues involved, strong feelings emerge. Good experiences tend to breed hero worship, while unpleasant encounters can leave everyone bitter. The impressions that make these relationships work the best are based mostly on the gifts of a good diagnostician and the ability of doctors to connect with their patients while dispensing care. Stories about insensitive physicians top the list.

We have our good stories too, praising the doctors who have what is known as "a good bedside manner." The realities of modern medicine make it hard to establish much of a personal exchange. Time allocated for most appointments is short, and patients are usually scheduled in tightly. Instant judgments abound. Some hasty comment, look of boredom, or impatience on the part of the doctor can influence the effectiveness of care more than it should. But rudeness works both ways. Patients need to do their part to pay attention and make the best use of this time.

### How to get the best care possible:

#### Be Selective

- If you have insurance, call the number on your card and find out which doctor is in your network.
- Call another doctor you admire and ask for a referral. Find a doctor who is convenient for you to see and who works in a hospital you would prefer.

#### Be Efficient

- Be on time for your appointments.
- Bring in a list of your medications and insurance information.
- Deliver your information concisely. If you are experiencing pain, grade the pain from 1-10. Be specific about your concerns.
- Don't expect a doctor to want to listen to unrelated facts.

- Don't overwhelm the doctor with a diagnosis you pulled off of the Internet or from well-meaning friends.

#### Listen Carefully

- Take notes. Bring a list of questions you had beforehand.
- Write down treatments or words you don't understand.
- Be reasonable and respectful. Understand that both of you will not always be at your best, especially when an illness is hard to treat.
- It is primary to your care to be able to accept honesty and not try to persuade your doctor to give you glib promises.
- Repeat the doctor's message out loud so that you truly understand what is being said.



[The Phoenix](#) is America's leading ostomy patient magazine providing colostomy, ileostomy, urostomy and continent diversion information, management techniques, new products and much more.



Each 80-page issue features professionally written, in-depth articles on topics new and experienced ostomy patients care about such as stories of recovery after colostomy, ileostomy, urostomy or continent diversionary surgery; ostomy care advice in Ask the Ostomy Nurse and Ask the Doctor and living a full life with an ostomy pouch (bag).

[The Phoenix](#) magazine is published quarterly – March, June, September and December. Annual subscriptions are \$29.95 and two-year subscriptions are \$49.95. The [Premier Online Edition](#) allows instant access for only \$19.95 per year.

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