



The Advocate

Greater Eastside Ostomy Support Group

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Fall / Winter Schedule

Date	Time	Speaker/Topic	Room
09/06/17	Wed 6:30 – 8:00 pm	Welcome back; Annual Registration Drive; Small Group Discussion by Ostomy Type	Tan 119
10/04/17	Wed 6:30 – 8:00 pm	Welcome; Annual Registration "Navigating Insurance for Ostomy Supplies" Quyen Stevenson	Tan 119
11/01/17	Wed 6:30 – 8:00 pm	Welcome; Patient Panel	Tan 119
12/09/17	Sat 2:00 – 4:00 pm	Winter Holiday Social	TBD

Annual Support Group Registration

We will be conducting our annual membership drive in September and October for the 2017/2018 (September – June) year. While formal membership is definitely not required to attend the support group, we urge everyone to become registered members of the group.

In lieu of annual dues, we are asking that members make a tax deductible donation 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. Your donations are greatly appreciated.

Registration forms will be available at the support group meetings, on page 11 of this newsletter and can also be printed online from our website at www.geosg.org.



GEOSG MEMBER STOMA “RE-BIRTH” DATES

September	Ostomy	Years	October	Ostomy	Years
Ro M.	Ileostomy	68	Ted J.	Colostomy	2
			Tom D.	Urostomy	3
			Jerry S.	Urostomy	6

Happy Re-Birthday!



Contacts

GEOSG Board Contacts	E-mail
Ro Moncrieff, Ostomate Board President	rjmlocal@hotmail.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	lauriecmm@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



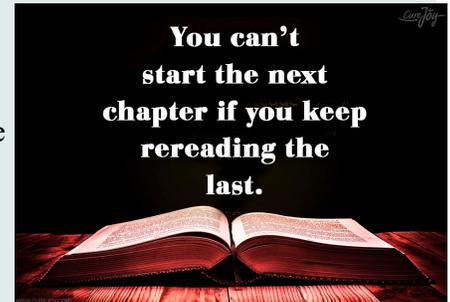
ON THE LIGHTER SIDE



Inspiring Quotes That Will Give You A Push In Life

Life can be hard at times. No matter what decisions we make in life – good or bad – at some point or another, we get a feeling of being lost in the humdrum of life. During these times, all you need is a little push that will give you the energy to move forward in life, to beat the failures, and try again, to be ready for all the challenges that life throws at you.

No matter how bad the last book was, we still pick a new book another day. Similarly, if you keep thinking about your past and regretting about things that you did yesterday, you will never find the courage to move on. Learn the lessons from your past mistakes and give a fresh start to the new day.



Sometimes in life, no matter how much hard work we put into something, the result might not be what we expected. Life always gives us multiple routes. If on one road you were stopped by a roadblock, then don't give up. Just take some other route with the same passion and energy.

Often, in the struggles of our daily life, we forget who we are. It's okay to get lost at times; not all who wander aimlessly are lost. Have a clear mind and believe in yourself and your dreams.



#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 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.

10 Things I Wish I Could Tell Myself Before My Ostomy

By [Amy Oestreicher](#) Posted On February 8, 2017



When I first got my ostomy, I felt very alone. I felt self-conscious of the smell and sound, and sometimes I longed for my old body. When I couldn’t take self-loathing anymore, I decided to make friends with it. I reached out. I inquired about support groups in my area and realized there are many people

like me. I realized my ostomy is a beautiful thing and has enabled me to do all the things I’ve been able to accomplish over the years. It is my uniqueness.

These are 10 things I would have liked to tell myself when I first had an ostomy — 10 things I didn’t know but eventually learned, which I am so grateful for today:

1. What it was.

I had no idea what an ostomy was before I had one. But I have a confession: I didn’t realize exactly what it was until a year later! Coming out of multiple surgeries, I had so many bags and new anatomical surprises to think about that a little pink bulge on my belly seemed to be the least of my problems! I’ve learned things in the past

10 years that have shocked, scared and relieved me, such as: you can’t actually feel your stoma — no nerve endings! I’ve had three ostomies and four ileostomies over the years. I didn’t realize how different they were, but once I learned about the differences and functions of each I was better able to take care of them.

2. What my limits were.

When I saw that I’d have to live life with a bag stuck to my side, I assumed I’d be “fragile” for the rest of my life. But believe it or not, there are so many active ostomates out there! Swimming, karate, ballet, yoga — I’ve done everything I did before my ostomy... and more.

(Continued on page 10)

Insanely Nice Things You Can Say To Any Ostomate

Editorial Team Posted On January 24, 2017

Compliments are powerful — they can instill confidence, reinforce what is good in our life, and make us smile if we're having a hard day.

Did you know January 24th was National Compliment Day? Here are some small, but enormously kind things you can say that'll make any ostomate's day — and (possibly) change the way they look at themselves.

1. "The way you carry yourself is so elegant."

Elegance is not always about the way you wear clothes, it comes from within. Admiring someone who shows gratitude for being an ostomate not only makes the person feel good, but also praises everything they've gone through to stay alive.

2. "I saw what you did, and it restored my faith in the human race."

Oh, the things ostomates do!

The woman who started a local ostomy support group in her town.

The guy who picks up the bill for those who can't afford ostomy accessories.

The lady who walks for ostomy awareness weeks after her own surgery.

The man who offers to share his ostomy supplies with those in need, even if it means having to come out of pocket to buy more.

You may know people doing small acts of kindnesses. Take time to thank him or her for what they're really doing — helping us remember that we're all here for one reason, to serve others.

3. "You have a condition not understood by mere mortals."

We all have something that makes us different, it's a gift really. But living with an ostomy is not always easy, being that most media focuses on external appearances. Some ostomates might feel unattractive

and alone. Understanding the reason behind these surgeries and acknowledging a person for going through them is a moment of respect.

4. "You're incredible!"

The ostomate in your life could be upset and scared and maybe even in denial about having the surgery. Recognizing what's really happening — that they've been through A LOT — can give a much needed opportunity to look at the situation with pride. Warning: these two words may cause little sparks of happiness to go off inside.

5. "I actually like the sound of your stoma."

Sometimes ostomates aren't sure what to say or do when they have a noisy stoma. It can be embarrassing, funny and shocking all at the same time! Interestingly enough, most people don't snicker when these so-called "toot" things come out, nor do they smell anything. Just say it, and if that's too goofy or embarrassing, text it.

6. "Your ostomy brings me joy. It makes me happy."

This phrase isn't common because it might seem cheesy or we don't know the person well enough or we don't know what to say when ostomy leaks get messy. Saying this in an unexpected moment shows ostomates that you appreciate they are alive and well, no matter what awkward situation may arise.

7. "I love you just the way you are."

There's a special glow that comes when somebody likes you for who you are. If you notice that an ostomate is feeling discouraged or depressed, what they may need is your reassurance that everything is going to be okay. This phrase can be a way of expressing the most honored of human emotions: love and acceptance.

National Compliment Day is one day out of the year, but the movement lives on! Pay it forward by sharing an honest compliment to an ostomate who you admire. You never know how far it will go, and you'll feel good about yourself knowing you've made someone's day better.

In Memoriam

Jerry Singer

Memorial Service

Sunday, October 15 2-4pm
Chateau at Bothell Landing
17543 102nd Ave NE, Bothell, WA 98011

How I Spent my Summer Vacation..... at the UOAA's National Conference in Irvine, CA. *By Laurie Cameron*

The UOAA's National Conference was held in Irvine, CA from August 22-26. The theme of this year's conference was the "Journey to a Bright Future." I couldn't have asked for a better venue for attending my first conference. The accommodations were excellent and the atmosphere was inspiring.



At the opening ceremony, we had the privilege to hear from a fellow ostomate, Pam Wall, who spent six years travelling around the world with her husband and two small children on a 39' sailboat. She took us on a pictorial trip through their travels. It was amazing to watch the children grow through the years. Their journey was interrupted for a few weeks when they came home due to Pam getting ill. She came home to find out that she had colon cancer. After treatment and ostomy surgery, the family returned to their sailboat to continue their voyage. Pam managed her ostomy without the benefit of a shower or hot water. Truly she was an inspiration and we could have listened to her all day. Of course there were many other speeches during the opening ceremonies, but Pam's story will always be the memory that I take away with me.

I was joined at the conference with Laura Vadman, our own GEOSG Board Treasurer and valued WOCN. We attended many workshops each day and then had some wonderful evenings at the UOAA socials planned for the attendees.



One of our guest speakers was Brenda Elsagher. Brenda is a well-known author, national speaker and comedian who is also a fellow ostomate. She kept us all laughing at her hilarious outlook on life and living with an ostomy. She has written several books and was kind enough to hand some out to the attendees. (See article on Page 8)



There was an Exhibit Hall open on Thursday and Friday. All of the distributors and manufacturers of supplies were present to show off all of their wares. It was honestly a little overwhelming because there was so much to look at. There were freebies at each table. By the time we left I had such a bag full that I was a little concerned about getting it all home. I've got samples coming to me from several manufacturers. It was great to be able to talk to the representatives about my individual concerns and get some possible answers.

I spent a good portion of the closing ceremonies wishing that I had brought tissues with me. The two speakers gave such heartfelt and honest accounts of their travels through illness, pain, struggles, ostomy surgeries and subsequently to full and enriching lives.

One speaker was an ex-football player with the San Diego Chargers, Rolf Benirschke. Rolf had surgery during his 3rd season as a kicker for the Chargers. Through a lot of determination he came back to the NFL to play with his ostomy. He is now a patient advocate who shares his



story and is trying to help remove the stigma of having a stoma.

The other speaker that brought many a tear to my eyes was Joanna Burgess-Stocks, BSN, RN, CWOCN, and newly elected member of the UOAA's Management Board of Directors. Joanna's journey to wellness started when she was 3 years old. She endured a treatment for a rare form of bladder cancer and subsequently had both a urostomy and a colostomy at a very young age. Joanna has the advantage of being both a Wound/Ostomy nurse as well as an ostomate. She is another person who has proven that there is nothing that we can't do.

There was a "cooking class" offered by Hollister. We learned how to make skin barriers and what kinds of materials the manufacturers use to make these wafers. It was both a learning experience and a lot of fun.



The conference ended with a BBQ and a Fashion Show by members of the Board and anyone else brave enough to get up on the stage. There was dancing to a DJ and lots of fun had by all.



This was my first national conference and I am so glad that I attended. The next conference will be held in Philadelphia in 2019. I'm hoping that I can make that one too!

I took a valued workshop on creating Newsletters. Hopefully, I learned something, right?

Life Definitely Looks Different When You Crap From Your Belly

By [Matthew Mewhorter](#)

Posted On Facebook/Ostomy Connection August 20, 2017

About 12 years ago, when my wife and I were still college-aged and planning to marry, we had a running joke that neither of us ever pooped. It was a joke, but it was also a clever way to keep the rosy courtship going full steam. And of course, a year into marriage and several stinky bathrooms later, my wife ditched our clever joke and embraced the idea that she poops, poops often, and does it well.

I, on the other hand, kept this joke running way, way too long. Not that anyone believed me, especially when I started growing a tumor in my butt and I couldn't seem to stop making duck sounds.

So, after I was diagnosed with colorectal cancer in November, 2014 and had all kinds of doctors and robots in my butt, and talking non-stop about my butt, and bowel movements, I had to face the dirty truth about myself: I'm human like everyone else.

Having an ostomy will force you to tell the truth, and truth will set you free.



And the truth did indeed come after my resection surgery, when I was given a temporary ileostomy. Now there was no way I could joke about not pooping, especially when my wife was scrubbing the kitchen floor when the bag exploded open.

But the funniest thing happened though; my wife kept telling me how sexy I was. She said the bag made me sexier because it meant I've survived cancer and have something to show for it. She wrapped her arms around me and my bag, while my stoma belched loudly. She kissed me like it was our wedding night.

There's something attractive about honesty, and having an ostomy bag will definitely keep you honest.

And this honesty led me to create [Cancer Owl](#), a webcomic where I share my life with cancer and draw myself as an owl. And so far, I've had so many people telling me how my comics have touched their lives.



People who wonder if the glass is half empty or half full, miss the point.
The glass is refillable.



Instead of obsessing over the things you can't change, focus on what you CAN:
Your Attitude
Your Mindset
Your Energy



-Mandy Hale

Sharon K. Brayfield, Leadership Coach
FB.com/LivingLifeWithPassion



Books By Ostomate Authors

Editorial Team Posted On August 28, 2017

Fall might be fast approaching, but we aren't quite ready to say goodbye to our summer reading list just yet. From entertaining to thought-provoking to downright hilarious, we hope one—or all—of these books will land on your reading list. Grab a hydrating drink, find a quiet spot and relax with a book (or Kindle) that'll make you laugh, cry, or even change the way you think about your ostomy. Here's a round up of three books by ostomate authors not to miss before season's up.

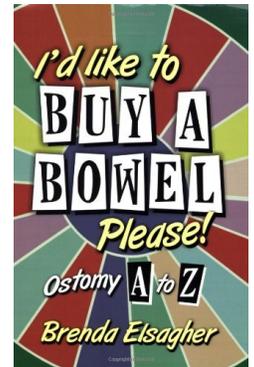
1. I'd Like to Buy a Bowel, Please!

by Brenda Elsagher

I'd Like to Buy a Bowel Please! is filled with stories from eighty contributors comprised of health care workers, support people or one who lives with an ostomy. These stories give us a glimpse into the daily challenges of a person dealing with an ostomy while it shows their incredible spirit and humor to cope and move on with their very full lives. The author's witty and slightly sarcastic humor is weaved throughout.

About the Author

Brenda Elsagher is a national keynote speaker, comic and author. Diagnosed with colorectal cancer at age 39, Brenda's mission is to educate people on the importance of colorectal screening. Brenda's philosophy is to "find something to laugh about so everything's easier to get through!"



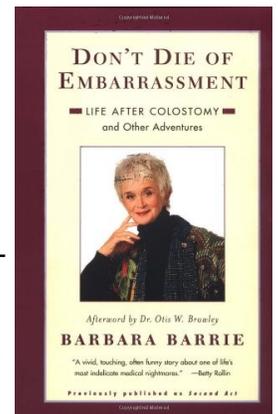
2. Don't Die of Embarrassment: Life After Colostomy and Other Adventures

by Barbara Barrie

A remarkably candid and informative first-person account of surviving colon cancer and living after a colostomy. Don't Die of Embarrassment: Life After Colostomy and Other Adventures is a helpful guide for anyone facing this life-altering surgery. In 1994, Barbara Barrie became an ostomate. When the successful actress received the diagnosis of colorectal cancer, she knew that this was the greatest crisis she and her family would face. But it also became an adventure that, through courage and humor, brought new joys and a greater appreciation to her life. More than just a memoir, Don't Die of Embarrassment provides valuable information about the ostomy experience.

About the Author

Barbara Barrie is an American actress of film, stage and television. For several years she played Mrs. Barney Miller on the television series Barney Miller. She has performed Shakespeare at Stratford and with the New York Public Theater in Central Park, and she played Brooke Shields's feisty grandmother on the hit series Suddenly Susan.



3. It's Not Over Till the Bag Lady Rings

by Ian F Spratley

Intended for cancer patients, survivors and those who care for people with cancer – healthcare professionals as well as friends and family – and those wanting an insight into this disease. It's Not Over Till the Bag Lady Rings enables the reader to get inside the mind of a cancer patient and discover what it feels like to have to cope with this disease. On the basis of comments left on the author's blog, this book should appeal to cancer patients, survivors and those who care for people with cancer – healthcare professionals as well as friends and family – and anyone else wanting an insight into this wretched disease.

About the Author

Ian Spratley was diagnosed with advanced bowel cancer in December 2005. He lives in Milton Keynes with his partner Annie, 3-1/2 bikes, 2 guitars, a photo of his dog and continues to out-ride and out-sing this disease.



My Initial Thoughts About a Colostomy Wasn't Altogether Positive

By Robin Glover

Posted On Facebook/Ostomy Connection August 22, 2017

Can you smell that smell?

It's amazing the things you get used to. If you told me eight months ago that I'd wake up at 3:30 in the morning with sh** on my stomach and think nothing of it, I would have called you a liar. A dirty liar, in fact.

But, waking up to discover just this very thing has become a part of my life. In a perfect world, there'd be no blowouts or leaks and everything would stay where it's supposed to. However, as someone pooping in a bag attached to his stomach, life not working out perfectly all the time doesn't come as much of a surprise.

I've gotten used to it though. When the doctors first mentioned a colostomy bag it sounded like the worst possible thing in the world. It sounded like a life sentence of being gross and undesirable. I had heard of colostomies before and knew they were for incontinent old people who smelled bad.

I mean, seriously, poop coming out of my stomach? Really? I'm supposed to live like that? Just go ahead and end it now because my life would be over as I knew it.

But, I got used to it. Not right away, though. I was pretty depressed at times through those first few weeks. Some of my first thoughts were not being thankful I was alive, but being crushed that I'd never find love and no one would ever want me because of this stupid bag. Here I am, 34 and single and defecating into a bag. I gotta tell you, it doesn't do much for the confidence.

And then they want you to change it. They want you to peel the bag off your skin and look at yourself in the mirror while you do it. The first time I had to do it

myself I couldn't stand the sight of the huge, gaping hole in my stomach. It was an awful experience. I shook, dripped with sweat, and tried to cover it up as quickly as possible. But I got used to it.

For a while, I still dreaded having to change it. What if I start going while I don't have the bag on? What if poop starts pouring out of the hole while I'm standing in front of the mirror? Well, the what-ifs happened and, while never pleasant, they were never overwhelming. They were just another thing I got used to.

So when I smell that smell and wake up to find that my bag has spilled out, it's a simple "darn it" and then getting up to fix it. I take off the old bag, wipe myself clean, wash up, and put on a new bag. Then go back to bed. Not a big deal. It doesn't happen that often either, and I can usually trace it back to those all those beans I shouldn't have had at dinner.

Yes, I've gotten used to having stool on my stomach. I've gotten used to peeling off a dirty bag and then staring at myself in the mirror while I put on a new one. It's nothing now. It's easy.

The worst thing I thought could ever happen to me has turned into just another ordinary aspect of life—one more reminder that life can be pretty sh**y at times, but it's almost never as bad as you think it will be.



www.facebook.com/GreaterEastsideOstomySupportGroup/

(Continued from page 4)

3. There are so many strong ostomates.

I was privileged to be the Eastern regional recipient of the Great Comebacks® award and meet five other amazing ostomates doing incredible things. There is a huge, supportive ostomy community. Did you know Great Comebacks® was founded by former NFL linebacker Rolf Benirschke? Rolf Benirschke played for the San Diego Chargers in the late 1970s & 1980s



4. Ostomates excel at innovation and inventiveness.

It turned out I was able to do all those things I thought I couldn't — but that didn't mean it was easy. Some of the best things in life take work, and that makes you appreciate it even more. Let's just say that ostomy wraps, stoma guards and pouch covers have become good friends of mine, all products that were created by ostomates.

5. How amazing my body is.

I have a new respect for my body and the way it can function now.

Amy Oestreicher artist, I Am Me



6. Judgment hurts, but fear hurts more.

Stay informed and know the facts. The more I actually understood how an ostomy worked, the more I realized how wonderful it was. After that, I took it as my responsibility to educate others. Instead of wondering if I was being “judged” by others, I took it as a privilege to inform them.

7. Everything is connected.

Take care of your full self: emotional, spiritual, mental and physical. If you're stressed, you might be bloated

or feel pain or discomfort. Remember to take deep breaths in difficult times.

8. The people who love you, love you.

If you're just getting comfortable with your ostomy, remember that your support system loves you for who you are. You are more than your ostomy. Reach out when you feel alone and never forget how loved you are.

9. Eat fresh!

You are what you eat, so eat whole and nourishing foods. Your ostomy will thank you, and so will you!

10. Life can go on.

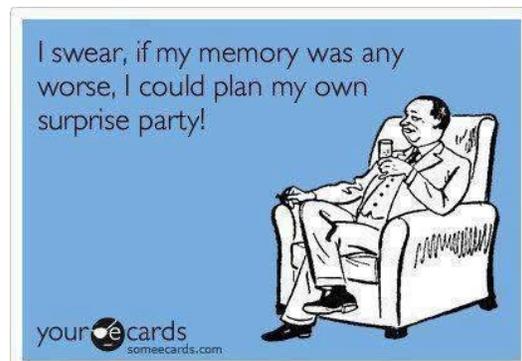
Throughout the years, I've been strong, determined and willing to do whatever it took to stay alive. I've dealt with tubes, bags, poles, you name it. And if this ostomy is all that I'm left with after everything, then I am truly grateful. More than that, I thank my ostomy for enabling me to live life to the fullest, to my fullest. I call it my Harry Potter thunderbolt scar: a symbol of strength, courage, individuality and life.

These are a few things I didn't know before my ostomy, but what I look forward to most is everything left to learn. Thank you, ostomy, for making the world a wide open door once again.



Amy Oestreicher performing in Gutless & Grateful Musical Autobiography

A version of this post originally appeared January 11, 2016 on www.amyoes.com.



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	\$ _____
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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: _____			



OSTOMY AWARENESS DAY 2017!

Do you want to change the public perception about this life-saving surgery? Join UOAA and our nearly 300 Affiliated Support Groups for this year's Ostomy Awareness Day on **Saturday, October 7, 2017**. This year's theme is **Navigate the Journey Together**. We want to champion the idea that you are not alone as you navigate through your journey of living with an ostomy or continent diversion and also recognize all those who have helped you along the way.

We also hope this special day empowers you to reach out and help those still in need of support. Let's work together to raise ostomy awareness and eradicate remaining stigmas about this life-saving surgery. Here are just a few of the ways you can get involved:

- Spread the word by getting an official proclamation passed in your town, county or state officially declaring Ostomy Awareness Day in your community.
- Generate buzz by submitting a letter to the editor of your local newspaper.
- Print and complete our "Navigate the Journey Together" sign. Then share a photo on Twitter or Instagram with #OstomyDay2017. Tag and thank caregivers, nurses, family and friends who have helped you along the way. Post on (or tag) UOAA's Facebook page.
- Support, join or cheer a Run for Resilience Ostomy 5k near you or do a virtual run/walk in your favorite place to walk. You can now register at www.ostomy5k.org. Help us reach our virtual run/walk goal this year!
- Print and handout our Ostomy 101 Infographic to raise ostomy awareness.
- Ask your town if you can post ostomy awareness balloons, or request to light-up local landmarks in UOAA's official colors of blue and green.
- Plan your own short journey with family/friends/ASG on a geocache treasure hunt near you and leave behind a stoma pin with a "What is this?" card in the geocache. (Call toll free at 800-826-0826 to order pins with cards.)
- Order a subscription of The Phoenix for your local library.
- Get creative and carve an ostomy awareness pumpkin to display during the month of October.
- Donate to ostomy awareness in someone's honor or memory at www.ostomy.org/Donate.html

Be sure to check back frequently for the latest information and guidance on how to make an impact on this special day!

We want to hear from you! Email advocacy@ostomy.org and tell us how you raised ostomy awareness.

Questions? Call us at 1-800-826-0826. #OstomyDay2017

