Vol. 3, Issue 3,, December 2018

The Advocate

Greater Eastside Ostomy Support Group

UOAA United Ostomy Associations of America, Inc.
AFFILIATED SUPPORT GROUP

Winter Schedule
Upcoming Meetings

Date	Time	Speaker/Topic	Room
2/7/18	Wed 6:30 – 8:00 pm	Byram Representative	Tan 119
3/7/18	Wed 6:30 – 8:00 pm	Dr. Jonathon Wright UWMC Urologist	Tan 119
4/4/18	Wed 6:30 – 8:00 pm	Janet Buttenwieser, Ostomate & Author of “Guts: A Memoir” (See Page 3)	Tan 119
5/2/18	Wed 6:30 – 8:00 pm	Speaker TBD	Tan 119
6/6/18	Wed 6:30 – 8:00 pm	Jeff Osborne, Ostomate, World Traveller	Tan 119
7/4/18		No meeting	
8/4/18	Time TBD	Summer Social Steve & Laura Vadman’s residence	

Happy Valentine’s Day!

GEOSG MEMBER STOMA "RE-BIRTH" DATES

January	Ostomy	Years
Jim Morgan	*Colostomy/ Urostomy*	*69*
Kirstin Nehila	*Ileostomy*	*4*
Terri Stecher	*Ileostomy*	*1*

February	Ostomy	Years

Happy Re-Birthday!

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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

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

We're on the web!

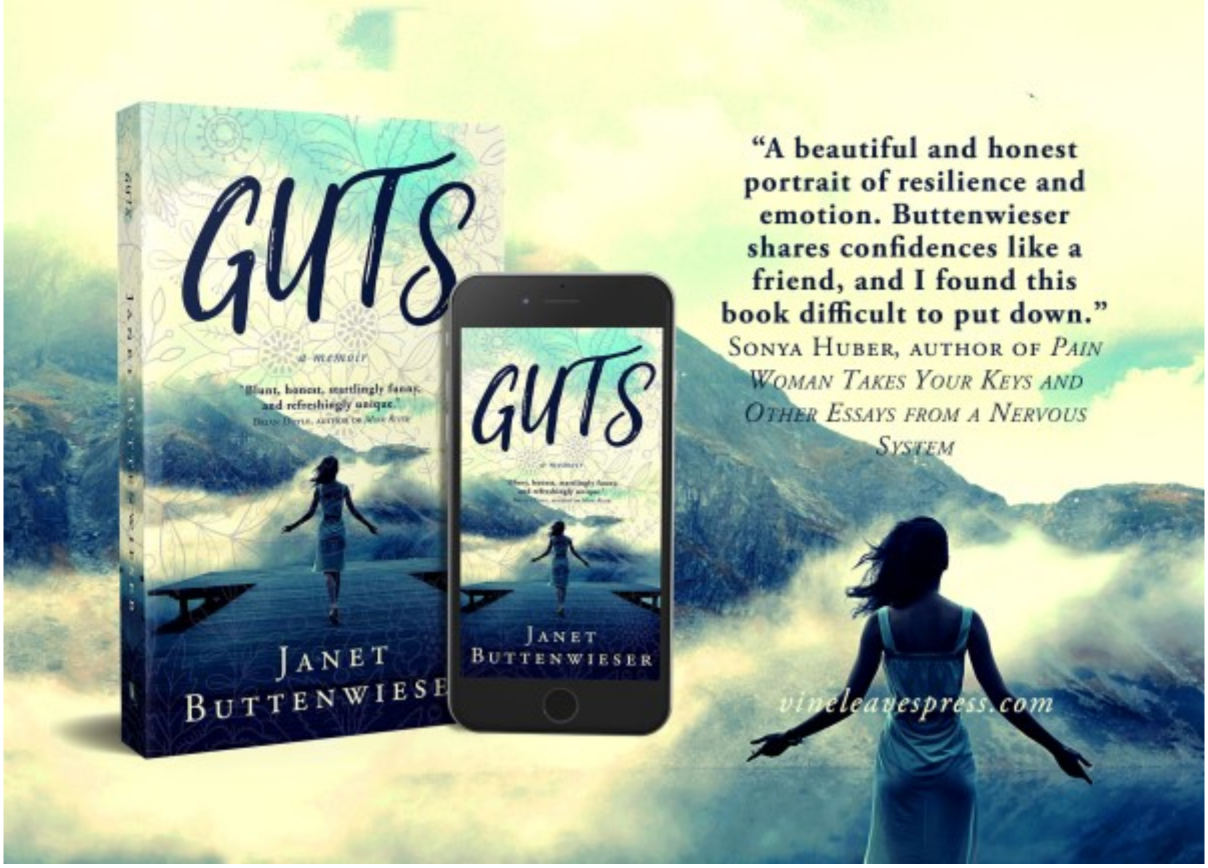
www.geosg.org

GUTS: A Memoir

By Janet Buttenwieser

At age 24, Janet Buttenwieser moved to Seattle with a résumé devoted to public service and fantasies of single-handedly ending poverty. But within a year she'd developed an intestinal illness so rare she wound up in a medical journal. Janet navigated misdiagnosis, multiple surgeries, and life with a permanent colostomy. Like many female patients her concerns were glossed over by doctors. She was young and insecure, major liabilities in her life as a patient. How would she advocate for low-income people when she couldn't even advocate for herself? Janet's model for assertiveness was her friend Beth. She was the kind of friend who'd accompany you to the doctor when you got dysentery in Ecuador, nonchalantly translating the graphic details of your symptoms into Spanish. Throughout Janet's illness Beth took care of her; then she developed brain cancer and their roles reversed. Eventually Janet recovered, but Beth's condition worsened. At the age of 38, Beth died. To cope, Janet competed in endurance events, becoming a triathlete with a colostomy pouch.

Now Available for Pre-Order at Amazon.com!



"A beautiful and honest portrait of resilience and emotion. Buttenwieser shares confidences like a friend, and I found this book difficult to put down." Sonya Huber, author of *Pain Woman Takes Your Keys and Other Essays from a Nervous System*

#ostomysupplyclosetcares

The Ostomy Supply Cl♥set

Maintained by local ostomy support groups associated with UOAA

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?

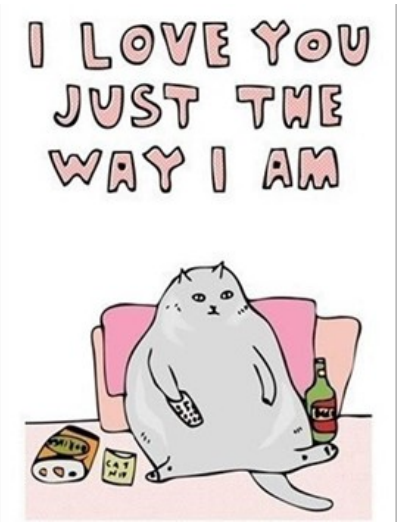
Have you travelled with your ostomy? Do you have any pictures to share with the group?

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.



GREATER EASTSIDE OSTOMY SUPPORT GROUP FALL FUNDRAISER

Greater Eastside Ostomy Support Group is planning to create a cookbook as a fundraiser. This cookbook would be available for purchase to share with family and friends in the Fall.

We are calling for our membership to share with us five recipes from their library of family favorites. These can be appetizers, beverages, main dishes, desserts, smoothies, soups, salads or whatever you choose. We would especially like to highlight any recipes that you may have found to be compatible with your ostomy; i.e. low residue, gluten free, low glycemic, etc.

We will need to collect the recipes over the next 2-3 months to give us enough time to have the cookbook printed before our September meeting. Please bring your recipes to one of the next meetings or send them by email to **geosg.asg@gmail.com.** Looking forward to getting recipes from everyone!

We're really COOKING now!

FOR MORE INFORMATION CONTACT: LAURIE @ 206-919-0152

My Life With a Hole in My Stomach

By Jasmine Haakerson As Told To Roni Jacobson on www.thecut.com

I started going out with my boyfriend Ash a week before going into hospital. My Crohn's was really flaring up at the time, but I didn't show it — I didn't want him to know. But my body basically decided it wasn't going to work with any kinds of drugs anymore, and the doctor took one look at me and said I needed surgery. A week later I had to get my mum to message him and let him know that I wasn't ignoring him, and that I was actually in hospital. He came up every day after work or before work.
It was a day or two before I really looked at my stoma. It was really bizarre to see — you look down and there's a bit of your intestine poking out of your stomach, and then there's a bag and there's poo in it. The nurse actually said, "You can look away if you like." It is such a bizarre thing to see on your own body. Because suddenly you look and it's really weird, and you don't really have any training on how to deal with it.

Getting used to changing the bag was pretty bizarre as well, because there were all these products that I didn't even know existed that suddenly were a part of my everyday life. My hygiene routine has changed. When my bag gets wet in the shower or the bath, I have to change it immediately. I have to kind of plan my showers around my bag, and ask, "Have I got time to change my bag as well?" Five times a day I have to go to the toilet and empty it. But that's nothing compared to how many times I was pooing before, when I had a bowel. That was, like, more than 25 times a day of going to the toilet, which is obviously really painful and not pleasant, and not very fun to have to explain where you're going.

There wasn't a specific time, place, date that I really came out to Ash about it. He had been reading my blog beforehand, so that was sort of his in. I've always been quite open on my blog and on Facebook and whatnot. I think everyone that has me as a friend on Facebook knows what's going on. Most of my close friends knew, because I would update Facebook and just let people know how I was and what was going on. And I would message people when I was in the hospital because it's a quite boring place to be. But I've met new friends since having my operation who didn't know anything about it, such as my housemates. I live in a student house with 15 other people, and situations came up when I had to let them know about it, and they were just kind of like, "Whoa! What? Seriously?" I showed them my bag and everything. I'm not shy about answering questions. If I was, then I'd never be able to talk about anything.

Illustration: Getty Images

But for a while it was quite hard to comprehend. I wouldn't really look at myself in the mirror. I have bad days and things in my head, like, "Oh, it's so disgusting," and "It's so horrible." And when it leaks sometimes, it's quite discouraging, because you're just there and suddenly you've got poo all over your clothes. It does make you feel really ugly and gross. Most of the time, just because I feel a lot more energetic, I also feel better about myself, but there are down days. I'm working on it.

There's lots of chewing involved. You can generally eat most things — my stoma nurse told me, Try everything and just chew it a lot. If it feels weird you can try it again and chew more. So I haven't had popcorn because I know that's one of the main things that causes a blockage, and I try to avoid sweetcorn. It's nice to just have an appetite, to be honest.

I quite enjoy dressing myself up, but I wasn't doing that immediately after my operation. For a really long time, it was just all comfy clothes — I didn't have my usual sense of style or enjoyment in dressing myself. I remember looking in the mirror and I couldn't even recognize myself. I was looking into my eyes and willing some kind of connection to happen, and it just wasn't there. But when I felt physically recovered, I think mentally I felt a lot better as well. So there just came a day where I was like, "I'm weird, I'm going to dress weird. I don't care anymore." There's nothing really that you can't wear with a stoma. The only thing is some jeans sit wrong and press into your bag, so as it's filling up it gets really tight. You have to find the perfect waist. Everyone's stoma will sit in a different place — generally the same area, but a little higher or a little lower depending on your shape and size, so it's kind of trial and error. I don't like normal-waisted jeans. I've had to get high-waisted jeans just so it sits

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over my stoma rather than under, because that can be really uncomfortable. I still wear tights all the time. Because they're stretchier, I feel my bag can kind of handle it.

I don't really mind showing off my scar. Sometimes I wear high-waisted something and a midriff top, so you can kind of see the top of my scar. I think it looks kind of cute — it looks like I've got abs or something. I went to a festival and I wore a bra-lette kind of thing, but you couldn't see my bag because I was wearing high-waisted shorts. I haven't worn a bikini yet. I'm kind of looking forward to it, in a way. I think you've just got to go for it, because people are definitely going to stare. It's not a thing you would usually see at the beach or by the pool, so you kind of have to embrace the fact that people are going to look at you.

That's where bag covers come in handy as well, because you can make it look a lot cuter, like a fashion accessory rather than a medical thing. I think that's what's difficult about it sometimes — it looks so medical, and it's not nice having the majority of your life revolving around medicine and hospitals and clinical equipment.

Sex has never really been a problem. You can get really cool underwear, like crotchless underwear and high-waisted briefs, and then it has sort of an internal pocket and you can sort of slot your bag into it so you don't get that noise, and it doesn't look like you have the bag at all. But to be honest, it doesn't faze us most of the time.

For quite a while after the surgery I was just not feeling up for it. I was feeling really sore inside and couldn't see how sex was going to be enjoyable for a while. And then there came a day where I was like, "I'm ready." I don't remember it being awkward. I think when you first start having sex after you've had a stoma, you are a lot more careful. You aren't sure how to approach it — you're scared that you might squish it, or the bag might fall off. But it's actually a lot more resilient than you imagine. It's just what feels comfortable for you. My abs have healed quite nicely, so I have good core strength, I guess, but it's an individual thing — you have to know your body and know your mind and what you're comfortable with. But I have basically ignored the fact that I have a stoma. If anything, I have a lot more energy, so I can go for longer.

If I know I'm going to be getting laid then I'll go empty my bag and make sure it's all stuck on properly. But sometimes it's a heat-of-the-moment thing and I don't have the time to go and empty my bag before. That's not really a sexy thing to do before sex. And lying on my front and anything that stretches the stomach a bit too much [are positions] I tend to avoid, because my bag doesn't stick very well as it is, and I don't want to cause it to leak or something. That would be the least sexy thing. But aside from that, it's okay, really. The main thing I notice is the rustling noise, but sometimes I notice the noise and change positions and then I can't hear it anymore.

Some people would be unforgiving of this weird bag of poo on my stomach. It's kind of like a bullshit detector. And anyone that's not cool with it is someone that I don't want around. It's an easy way to pick out the good from the bad ones. My ex was really not supportive at all about anything having to do with being ill, so I've definitely seen this side of humans: It's just too much hassle for some people to want to look after someone, and that's completely fair enough.

Some people just want to be getting on with their own lives. But that's not the kind of people you need in your life if you're chronically ill. You need people around you that will support you and be forgiving and accepting of whatever's happening to you.

Ash has really helped with my self-image — I've never been made to feel like I'm not beautiful. Just the fact that he stuck around instead of going away was very encouraging. With all the support I was getting, I didn't really have time to think too negatively about it, and all the nurses were great as well. I've had bad days since where I've thought, *Oh my god, I haven't actually come to terms with this. I don't know what I'm doing. This is really strange*. But I get over it eventually, and realize that my life is actually a lot better than it was before.

How Ostomates Can Plan Ahead for a Trip to the Emergency Room

Increase your odds for a successful ER visit by planning ahead.

By R.S. Elvey, Nov 24, 2017, OstomyConnection.com

Every ostomate had the experience of dealing with a medical condition, illness or traumatic injury that lead to the creation of their stoma. During my pre-ostomy days I saw many doctors for various treatments and tests, but the most traumatic medical encounter I've had took place in the Emergency Room. I was a novice and knew nothing about how an ER worked or what to expect. Many years later and numerous trips to hospital, I've learned a lot about the emergency department, but it was painful every step of the way!

What do we really know about emergency care?
Every year U.S. News & World Report distributes their well-publicized list of top-ranked hospitals in America by specialty. Unfortunately, the list of 16 specialties does not include Emergency Services. You have to look long and hard to find a similar list for hospital emergency rooms. They do exist though, two examples being "Healthgrades 2012 Emergency Medicine in American Hospitals" and the "Women's Choice Awards." These studies analyzed the most common conditions treated, mortality rates and wait times for various medical emergency services. Much of their information comes from patient surveys and Medicare. They emphasize ***planning ahead*** in order to maximize your chances for a satisfactory outcome. However, the very nature of the word "emergency" means the visit is not planned. And for many, like myself, an ostomy is not our only medical condition. There could be several medical emergencies that require us to go to the ER.

So how can ostomates best prepare for an emergency room visit?
From my own experience, most errors at hospitals begin in the emergency room. That's why I've organized a kit with the following items to take with me to an ER:

1. At least a 3-day stock of ostomy supplies.
2. Product name and item numbers for ostomy supplies I'm currently using.
3. A list of information about myself that includes: a complete medical history, type of ostomy, current medications, an immunization history, a list of allergies, insurance policy ID and phone number, the name and phone number of an emergency contact person.
4. Contact information for all doctors and ostomy nurses treating you, and for which medical conditions.
5. Photo ID.
6. For ileostomy blockages, take the "Ileostomy Blockage Treatment Card" that's available from United Ostomy Associations of America website.
7. A pad of paper and pen.

All of the above means you were able to communicate when you got to the ER.

What happens when you arrive unconscious, or conscious but not able to speak?
In that situation, the ER staff will not know you or your medical history. For these types of emergencies, medical ID's can (literally) be a lifesaver for all ages and medical conditions. There are a variety of medical ID's available to patients which range from vinyl bands to metal bracelets and necklaces. The information provided is up to the individual, but what should be considered are emergency contacts, blood type, and medical conditions. Additionally, some manufacturers of medical ID's such as Road ID provide vital information about your profile accessible by phone or internet.

Remember, you are your best advocate in the emergency room. Make sure you know which nurse and doctor are responsible for your care. Don't be shy about asking questions on what's being done and why, and make sure that their treatment plan makes sense to you. The more information you can give to first responders and the ER staff, the better you'll enhance their ability to treat you quickly and effectively.

Six Things I Learned About Working Out After Ostomy Surgery

Contributed by Saleem Juna, Printed by The Ostomy Connection

Your ostomy surgery didn't take your body away from you, and it didn't change who you are as a person. It simply changed your body and made you more unique. Personally, I now feel more in control of my body than I ever did when I had ulcerative colitis.
I still remember one of the first questions I asked my doctors before my ostomy surgery was: "Can I still work out with a ostomy bag?" They told me of course I could, but I needed to stay away from contact sports and heavy weight lifting.

Before I went back to the gym, I researched as much as I could. Hernias can be one of the biggest worries for ostomates who lift weights. Please make sure to follow your doctor's advice about waiting to go back to the gym. You've just had a major surgery, and your body needs time to heal. Start slow and go on walks in the park. When you feel up to it, test yourself at home first and slowly work your way back to the gym. I was told I needed to wait about six to eight weeks until I could resume weight lifting. I waited 10 weeks just in case, even though I really wanted to be back in the gym.

I was still a model when I had surgery. Even though they were just part-time gigs, I needed to stay fit. Not only that, to prevent leakage and issues with your pouches, it's best to stay fit. The one time I gained weight from antidepressants, my pouches had a hard time sticking to my round stomach.

Wait extra time before resuming any kind of core workouts and listen to your body. If something hurts, play it safe. I'm not saying not to push yourself. What I'm saying is we all can walk the same path even if it takes some of us a little longer to get there. I'd much rather go slow with weights and take longer to get fit than deal with serious issues and potentially even go through surgery again.

Here are six things I learned about working out after ostomy surgery.

1. Get a belt.
This has been one of the most important things for me. I personally use a vertically placed Stealth Belt. It just what works for me. There are many other companies out there that have belts that will support you while you exercise. Talk to your ostomy nurse or surf the web to find out which one will work best for you.

2. Hydrate.
As ostomates, we don't absorb water like most people. From my understanding, a lot of that happens in the large intestines, which you may be missing or missing parts of. I had an ileostomy and drink at least two to three times as much as I would have otherwise. Please talk to your doctor for more information.

3. Empty your ostomy bag before a workout.
It can get a little annoying to have to stop in the middle of a workout — especially when you're in the zone — to run out and empty your bag.

4. Get a gym partner who isn't going to push you too hard.
I know this sounds counterproductive to what a gym partner should be doing, but it's important. A gym partner who drives you too hard could lead to an injury. You want someone who will push you but also understands your needs at the same time.

5. Avoid contact sports without at least having a guard on.
If you're going to participate in any heavy contact sport, wear a guard! That goes for anything heavy like boxing, MMA, football and rugby. And you *need* to check with your doctors first. My doctor wouldn't clear me to fight in a TV show I was in.

6. Practice working out at home first.
It sounds tedious, but it will get you a little more comfortable about your workout routine before you go back to the gym surrounded by people. Remember, your body is different now and you need to utilize it differently.

Why Dana Marie Loves Her Body (Ostomy Bag and All)

By Dana Marie Posted On Ostomy Connection, January 8, 2017

"The wound is the place where the light enters you." **– Rumi**

I'm 30 years young and I have an ileostomy. An ileostomy is a bag permanently attached to my lower belly. It contains poop. Yep. Without getting into the nitty-gritty of why this had to happen, it happened in 2012 as a result of Crohn's disease.

Before I had a bag, I was miserable about my self-image. I would purposely avoid the mirror and tried hiding behind baggy clothing so that my waistline wouldn't be noticed. Looking back, I wasn't even fat. I just felt really uncomfortable in my own skin. Slap a bag onto my body and I just about had it. I was ready to throw the cards in, until I realized that it was up to me to create a life and a body that I love. It was no one else's responsibility and I was the only one with the power to change how I felt about myself. So I set out on a journey to fall in love with my body + my life. I figured out how to love myself, despite my bag, and learned that my soul's purpose was to help other women to get past their own body image issues to create a body and a life they love.

Chase how you want to feel.

Aerosmith so wisely sings: "Life's a journey, not a destination." I've been singing those lyrics for years, but never really stopped to think about them. Do you find that you're constantly making a list of what you'll wear, what you'll do, who you'll hang out with – once you've lost 20 pounds? Or once you get a tan? Or once you become successful? Honeybee, I've been there. But, scoot a little closer, here's a secret for you: if you keep putting off X till when Y is completed, your ideal life will always exist in the future. Figure out why you want to lose weight/ be successful/{insert ideal life goal here} and then go one step deeper and pinpoint the feelings that you're chasing after. For example, once I lose weight, I'll feel fresh, slim & confident. Boom. Those are your ideal feelings. Start doing things today that make you feel fresh… like drinking tons of water throughout the day, eating lots of fresh fruits and veggies, and taking a hip-hop dance class. You'll instantly feel fresh, slim and confident… and guess what? If you do this everyday, your body and mind will start to change as well.

You are not your body.

Sometimes it gets overwhelming to hang out with guys that are my age who are constantly talking about how hot certain models or celebrities on Instagram are. They throw around half-nude pictures and get all googly-eyed at these beautiful women. I'm not going to lie – sometimes this bothers me, but when I feel bothered I always know it's a reflection of how I'm feeling about myself. I'm losing sight of what's most important. The reason it bothers me is because these beautiful women that they love to look at don't look like me – they don't have a bag hanging on their stomach. And I can never, ever look like them. Can you see how easy it is for me to feel totally belittled by this? But I choose not to feel belittled, because that's not a feeling I ever want to feel! Here's what I do instead: I recognize why the women are so beautiful, and just allow it to be at that. I appreciate their beauty, and then I go back and appreciate my own beauty. I am not my ostomy bag. I am not my body. I'm a kind-hearted daughter, sister and friend. I'm the friend who waits until you get inside, with the door locked before I drive away. I'm the girl who writes and sings music from my heart. I'm the yoga instructor that inspires you to be gentle to yourself. I'm the friend who shows up authentically and gives you permission to do the same. That is who I am. And that is beautiful.

What blessings has this brought?

If I choose to "rock" this bag, how will it help others? How is this allowing me to be of greater service in the world? How is this scar/flaw allowing me to change the world in my own little way?

My entire life is filled over the brim because I have chosen to allow my ostomy bag (my biggest "flaw") to elevate me rather than bring me down. Knowing that I have helped so many people just by sharing my story is more than enough to make me feel beautiful. I love that I can be of this service to others.

5 Daily Habits That Changed My Ostomy Life for the Better

By Christine Kim Originally Posted on The Ostomy Connection, January 20, 2017

They say it takes about three weeks to turn a behavior into a habit. Those three weeks felt like forever when I was trying to create a healthy lifestyle after ostomy surgery. When I came across this quote, what struck me is that I was stuck in a pattern of bad habits.

“We are what we repeatedly do. Excellence then, is not an act, but a habit.” – Aristotle

A permanent ileostomy at 21-years-old changed my life forever. Low self-esteem issues came from my physical looks, but it took many years to realize that what I put into my body has a direct effect on how I feel, and I’m still learning. These five daily habits helped me in doing more, enjoying more and keep me feeling good each day.

1. I started drinking more water.

Staying hydrated is sometimes a challenge due to how quickly liquids can pass through my body with an ileostomy. If I’m the least bit dehydrated, it affects **everything**; the ostomy appliance doesn’t adhere properly, my energy level is low, food doesn’t digest well, and the list goes on. So the first thing I do each morning is head straight to the kitchen and drink two cups of water – right out of a measuring cup! That way I know it’s at least two cups, otherwise I’d probably drink less. Once I started this morning routine, it’s been much easier to drink (at least) 8-cups of water each day.

Good morning – drink up!

2. I set aside time each day for meditation.

This was one of the hardest rituals to incorporate because I have an active mind. I didn’t have a clue how to begin, so years ago I attended weekly classes for guidance. I learned that meditation can be done with eyes open or eyes closed. It can be done silently or guided. It can be done while walking mindfully, lying down, or sitting. For me, it’s really about focusing on breathing in and out. My daily practice is sometimes only 5-10 minutes, but the longer the better. The best app on my phone is Headspace. I only wish I knew about this 20 years ago when I had ostomy surgery because I know it would’ve helped calm my anxiety.

Mediation allows me to calm my mind of all its chatter.

3. I take a walk every single day.

I’m not the workout or outdoorsy type. Actually, I’ve grown to enjoy sitting and resting as much as possible. While that’s okay *sometimes*, physical activity keeps food moving through my system smoothly which helps prevents blockages. I set aside at least 30 minutes each day to walk, and call it “me time” to let go of the worries of the world. With walking, my attention is focused on the enjoyment of exercising rather than the physical strength required for a workout.

Outside is better, but walking indoors works too.

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4. I eat something healthy at every meal.

One of the biggest energy zappers I've found is poor food choice. I used to follow a strict "convenience" diet, which meant I didn't cook and ate at fast food restaurants frequently. The highly processed and high-fat junk food I was eating had very little, if any, nutritional value and afterwards I felt like taking a nap. Now my body welcomes healthy organic food. For me, fresh food always digests and eliminates better than processed food. Improving my diet was one of the quickest ways I felt better.

Chew everything well, seriously… everything.

5. I write down three things I'm grateful for every day.

It isn't new for me, but this year it's daily journaling. Each morning I write three things I'm grateful for and why. It's been a really valuable habit which helps me appreciate the little things that make the day special. Journaling has also helped me become more aware, more present, and accept myself just the way I am today.

I am grateful for clean water to drink because it keeps me healthy, for my family because they support my mission in life, and for having ostomy supplies because I know there are people in the world who don't have any.

Happiness is a habit, cultivate it.

I made a conscious effort to change what I believed about myself and my old ways. I think it's really important to take the time to discover which habits support and sustain us. If you could pick just one or two (or five) habits to create in the next few months — habits that will have a positive impact on your life — what would they be?

◆

GEOSG Registration

Our annual 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.

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.

☐ ____ ☐ **Do not use my photo.**

Signature

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

For any questions or to receive a 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: __________________