



The Advocate

Greater Eastside Ostomy Support Group

IN THIS ISSUE	PAGE
<ul style="list-style-type: none"> Registration/Donations Ostomy Supply Closet 	2
<ul style="list-style-type: none"> On the Lighter Side 	3
<ul style="list-style-type: none"> Foods Rich in Magnesium May Cut Colon Cancer Risk Hints for Ostomates Ostomy "Birthdays" 	4
<ul style="list-style-type: none"> What is a Parastomal Hernia? 	5
<ul style="list-style-type: none"> Women's Purses Snohomish County Mtg with TSA 	6
<ul style="list-style-type: none"> About Sticky Stuff Lexophile's – Play on Words 	7
<ul style="list-style-type: none"> Angie's Story: Going Public 	8
<ul style="list-style-type: none"> Nine Things to do when Change is Forced on You 	9
<ul style="list-style-type: none"> Ostomy Surgery for Men is different from Women's 	10
<ul style="list-style-type: none"> UOAA Emergency Supply Resources Phoenix Magazine 	11
<ul style="list-style-type: none"> GEOSG Contact Info MFR Contact Info 	12
<ul style="list-style-type: none"> GEOSG Registration/Donation Form 	13
<ul style="list-style-type: none"> Travel Communication Card 	14

Upcoming Meeting Schedule Mark Your Calendars

Date	Time	Topic/Speaker	Room
3/3/21	Wed 6:30-8:00 pm	Virtual Meeting Topic: TBD	N/A
4/7/21	Wed 6:30-8:00 pm	Virtual Meeting Topic: TBD	N/A
5/5/21	Wed 6:30-8:00 pm	Virtual Meeting Topic: TBD	N/A
6/2/21	Wed 6:30-8:00 pm	Virtual Meeting Topic: TBD	N/A

SPRING
is coming



Recap of previous meetings: January & February

We welcomed a couple new attendees during our last couple months. Hoping they will continue to join us at our upcoming meeting in March.

The topic of conversation for both meetings centered around the topic of the COVID vaccine. For those who are eligible and need info on where to find a vaccine, go to :

www.covidwa.com.





GEOSG Registration & Donation Request

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

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

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

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

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



#ostomysupplyclosetcares

The Ostomy Supply Closet

Maintained by local ostomy support groups associated with 



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

The supply closet is located at a Public Storage in Kirkland. If you would like to donate, have a need, or know someone who is in need, please email Laura Vadman to arrange a time to meet and pick up needed supplies.

[\(lovadman@hotmail.com\)](mailto:lovadman@hotmail.com)

On the Lighter Side

Pillsbury Doughboy died yesterday in Minneapolis of a yeast infection and traumatic complications from repeated pokes in the belly. He was 71.

Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies, and Captain Crunch. The gravesite was piled high with flours.

Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded.

Born and bread in Minnesota, Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not regarded as a very smart cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times, he still was a crusty old man and served as a positive roll model for millions.

Doughboy is survived by his wife, Play Dough, three children: John Dough, Jane Dough and Dosey Dough, plus they had one in the oven. He is also survived by his elderly father, Pop Tart.

The funeral was held at 3:50 for about 20 min.



The amount of jokes about coronavirus virus has reached worrying numbers. Scientists claim we are in the middle of a pundemic

“I can’t look that old!”

Have you ever been guilty of looking at others your own age and thinking, “I can’t look that old.” Well, you will love this one.

I was sitting in the waiting room for my first appointment with a new dentist. I noticed his DDS diploma which bore his full name. Suddenly, I remembered that a tall, handsome, dark-haired boy with the same name had been in my high school class some 30 odd years ago. Could he be the same guy that I had a secret crush on, way back then? Upon seeing him, however, I quickly discarded any such thought. This balding, gray-haired man with a deeply lined face was way too old to have been my classmate.

He examined my teeth and I asked him if he had attended Morgan Park High School. “Yes, yes I did. I’m a Mustang,” he gleamed with pride. “When did you graduate?” I asked. He answered, “In 1975. Why do you ask?” “You were in my class!” I exclaimed. He looked at me closely. Then that ugly, old, bald, wrinkled, fat ass, gray-haired, decrepit, SOB asked, “What did you teach?”

Foods Rich in Magnesium May Cut Colon Cancer Risk

MSU Senior Wellness Newsletter

Research done at the University of Minnesota has found that eating a diet rich in magnesium may reduce the risk of developing colon cancer. In the study, those with the highest intake of magnesium from food sources and not from supplements (more than 351 milligrams per day) had a 23% lower risk of colon cancer compared to those with the lowest intake of magnesium (less than 245 milligrams per day). Good sources of magnesium include artichokes, avocados, cashews, spinach, wheat germ, bran cereal, lentils and dark chocolate.

Thanks to Pittsburgh Ostomy Society & Metro-Maryland

Hints for the Ostomate

Relieving Gas Problems:

- ◇ Avoid drinking while eating to allow the effluent to become thicker. Ingest fluids after the meal—not before.
- ◇ Avoid greasy and sugary foods
- ◇ Roughage in the form of grain cereal will move food more rapidly through the digestive tract and lessen gas formation.
- ◇ Eating bran muffins is a simple and delicious way for colostomates to solve a constipation problem.
- ◇ The tea bag is an ostomate’s best friend. Tea is an anti-spasmodic, and soothing to an upset stomach. It provides fluids containing electrolytes and potassium frequently lost due to diarrhea.



Happy Stoma "Birthday"



March	Ostomy Type	Years	April	Ostomy Type	Years
Tanya Dunbar	Urostomy	5	Ken Moriyama	Urostomy	6
Vince Responte	Colostomy	6	BJ Shrestha	Ileostomy	6
April	Ostomy Type	Years	Christina Sowell	Ileostomy	18
Terri Alexander	Urostomy	3	Lillian Thogersen	Colostomy	2
John Leaden	Urostomy	10	Nancy Uptom	Ileostomy	7

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

What is a Parastomal Hernia?

Parastomal hernias happen when part of your intestines sticks out through a stoma. A stoma is a surgically made opening in your stomach, small bowel, or colon that allows you to pass waste into a bag. Up to 78 percent of people develop a parastomal hernia after surgery to create a stoma, usually within two years of surgery.

What are the symptoms? Parastomal hernias usually develop and grow gradually. As it develops, you may notice:

- Pain or discomfort around your stoma
- Trouble keeping your stoma appliance in place
- Bulging around your stoma, especially when you cough

What causes it? Having a stoma sometimes weakens your abdominal muscles, causing them to pull away from the stoma. This process can lead to a parastomal hernia. Several other factors can contribute to the development of a parastomal hernia, including:

- Malnutrition
- Smoking
- Chronic coughing
- Chronic constipation
- Corticosteroid use
- Infection after stoma surgery
- Obesity

Who gets parastomal hernias? Some people have a higher risk of developing a parastomal hernia. Common risk factors include:

- Older age
- Obesity, especially if you carry weight around your waist, stomach, or hip area
- Cancer
- Diabetes
- High blood pressure
- Respiratory diseases
- Your risk also increases if you've previously had an abdominal wall hernia.

How is it repaired? In many cases, parastomal hernias are treatable with lifestyle changes, such as losing weight or quitting smoking. Wearing an abdominal support can also help ease symptoms. However, about 20 percent of parastomal hernias are severe enough to need surgical repair. There are several surgical repair options for a parastomal hernia, including:

- **Closing the stoma.** This is the best option for repairing a parastomal hernia. It's only an option for a small group of people who have enough healthy bowel left to reattach the end that forms the stoma.
- **Repairing the hernia.** In this type of surgery, a surgeon opens the abdominal wall over the hernia and sews the muscle and other tissues together to narrow or close the hernia. This surgery is most successful when the hernia is small.
- **Relocating the stoma.** In some cases, a stoma with a parastomal hernia can be closed and a new stoma can be opened on another part of the abdomen. However, a new parastomal hernia can form around the new stoma.
- **Mesh.** Mesh inserts are currently the most common type of surgical parastomal hernia repair. Either synthetic or biological mesh is often considered more comfortable but is much more expensive. In this type of repair, the stoma is repaired using the same technique as other surgeries. Then, mesh is placed either over the repaired stoma or below the abdominal wall. Eventually, the mesh incorporates into the tissue around it. This creates a strong area in the abdomen and helps prevent the hernia from forming again.

For more info, check out the following website:

<https://www.healthline.com/health/parastomal-hernia#repair>

Women's Purses by Ray & Connie Ellinger

A purse is something just about every woman carries with them. While we may know what's inside our purses, do we have any idea what's on the outside? Mom got upset when a guest came in the door and plopped her purse on the counter where she was cooking or setting up the buffet. She said purses were really dirty.

Because of where they have been, public restroom floors, floors of a bus, of our car and of our home that should be clean. A test of the average woman's purses with the help of Amy Karren, a microbiologist, of Nelson Laboratories in Salt Lake was put to the test—for bacteria. Even she was surprised at what she found. Nearly all of the purses tested were high not only in bacteria, but also high in harmful kinds of bacteria.



Pseudomonas can cause eye infections, *staphylococcus aureus* can cause serious skin infection, and salmonella and E-coli found on purses could make people very sick. Four of the five purses tested positive for salmonella. "There is fecal contamination on the purses," says Amy.

Leather purses or vinyl purses tended to be cleaner than cloth purses and lifestyles seem to play a role. People with kids tended to have dirtier purses than those without. The purse of a single woman who frequented nightclubs had one of the worst contaminations of all. "Some types of feces, or even possibly vomit or something like that."

Your purse has the potential to make you very sick if you keep it on places where you eat. Experts say you should think of your purse the same way you would a pair of shoes. You don't want to bring home a purse that has gone where every individual before you has spat, coughed, urinated, emptied bowels, etc. Use hooks to hang your purse at home and in restrooms. The microbiologists at Nelson Laboratories said cleaning a purse will help. Wash cloth purses and use leather clean to clean the bottom of leather purses.

Thanks to *Contra Costomy News*, via Pittsburgh O S, excerpted by Metro-Maryland

Snohomish County Ostomy Support Group Zoom Meeting TSA Representatives

On Monday, February 15, several of our GEOSG members attended the Snohomish County Ostomy Support Group Zoom meeting. Their guest speakers this month were representatives from TSA (Transportation Security Administration) The speakers gave a great presentation on the do's and do not's of the airport process.

TSA offers passenger support if you have any trepidation about the process of being scanned and checked. You can request a TSA passenger support person to assist you during your process, if you wish. You need to contact TSA at least 72 hours prior to your flight to schedule assistance. The phone number is **855-787-2227**. Also, check out their website at: **www.tsa.gov/travel/passenger-support**.

It is always a good idea to carry a Travel Communication Card & a Restroom Communication Card when travelling by air. The form is available at **<https://www.ostomy.org/ostomy-travel-and-tsa-communication-card/>**. Applying for TSA Pre-check is another good idea and time saver for making your travel a little easier.

The Zoom meeting was recorded and should be available to watch soon on the Snohomish County Ostomy Support Group website: **www.snohomishcountystomy.org**.

About Sticky Stuff

Ostomy barriers come in a variety of adhesive types; most common are those that have tape included around the perimeter. Tape that comes unstuck is usually not the fault of the tape itself. Here are some common reasons for failure of the tape to stay on.

Moisture on the skin —No adhesive is going to work properly if your skin isn't completely dry. If you are having trouble toweling or tissinging your skin completely dry, use a hairdryer on low setting. It won't hurt your stoma.

Residue left on skin —It goes without saying that you should not use creams, lotions, or moisturizing soaps on the peristomal skin. Even the plainest soap can leave a slight residue if not fully rinsed off. Rinse, rinse, rinse!!

Insufficient application pressure —In order to stick, the tape has to be firmly pressed down, particularly at the edges.

Touching the tape before applying —Sometimes we inadvertently touch the adhesive before it gets applied to our skin—too much pre-handling of this material will undermine its ability to stick. Try your best not to touch the tape when you peel off the backing.

Too much powder on the skin —If you use powder, take it easy with how much you are putting on. Just a very light dusting is enough.

Stretching the skin under the tape —If you always get a leak in the same spot, your body movements may be pulling or stretching the skin in that spot so that the tape can't adhere properly. Make sure you are sitting or standing straight when applying the barrier so that the skin is as flat as possible. If this doesn't work, you might consider adding more tape around the edges. Ask for skin-friendly "pink tape" at your drugstore or speak with your ostomy nurse who can recommend specific brands.

Damaged skin —Skin that is denuded, irritated, extremely itchy or broken can cause tape failure. Take care that you are removing your barrier gently by holding the skin down as you pull the tape off. If leakage is accompanied by chronic itchiness, redness, or spots you should see your ostomy nurse to check for allergies or yeast infections. Lastly, DO NOT apply a second coating of adhesive. It re-wets the first coat and can give unpredictable results. Paper tape can be made more waterproof by covering it with Skin Prep after it is in place.

Thanks to Inside/Out, Ottawa Support Group, and Regina & District Ostomy News



LEXIPHILES —PLAY ON WORDS

I wondered why the baseball was getting bigger...Then it hit me!,

To write with a broken pencil is pointless!

A thief who stole a calendar got twelve months.

The batteries were given out...free of charge.

A dentist and a manicurist married —they fought tooth and nail

When you've seen one shopping center, you've seen a mall.



Angie's Story: Going Public about Her Ostomy After 38 Years

Embracing Ostomy Advocacy and Giving Back By Angie Davenport

I've had my ileostomy for 38 years due to ulcerative colitis, but I only recently went public to encourage other ostomates. Over the years I've helped many individuals by word of mouth while keeping my ileostomy private to the outside world. I have always wanted to be a blessing on a wider scope though to others with ostomies.

I was first diagnosed with ulcerative colitis in 1980 when I was three months pregnant. At first, I thought it was pregnancy symptoms. After a major episode, I was treated with medication for ulcerative colitis. My son, James was born a few weeks early due to complications.

After the birth of my son in March of 1981, everything was under control and I eventually relocated from Warren, Ohio to Atlanta, Georgia. While living in Atlanta I had a major setback with ulcerative colitis, and I had to fly back to Ohio immediately and went directly to the hospital.

After several weeks of treatments in the hospital, my doctor came into my hospital room one night and said we have to do surgery, or you won't make it 24 hours. I'll never forget my mom crying and praying for God to give her my disease so I could have a normal life.

When I received my permanent ileostomy in March of 1982 I was a young 23-year-old single mom. It was the day before my son's first birthday. I had never heard of an ostomy. When I woke up in ICU I was devastated, ashamed and frightened. I thought my life was over.



Once I became strong enough physically and mentally, I moved back to Atlanta. I was still feeling ashamed and frustrated until my physician in Georgia recommended I attend the local United Ostomy Association (the precursor to UOAA) support group.

While living in Atlanta I became very involved with the UOA group and completed the visitor training program. I enjoyed visiting new ostomates at the hospital. I felt the freedom to be involved because no one really knew me in Atlanta. I remained active until I relocated back to Ohio in 1985. That same year I married my high school sweetheart, and we will celebrate 36 years of marriage in November.

Although I was very private about my ostomy, I was very successful in my career. I became the first African American female officer at our local bank and functioned in several positions without the exposure of my ileostomy. After the downsizing of my employer, I later worked 10 years at Great Lake Cheese until retiring in 2016.



I've enjoyed my life as an ostomate. I love traveling, cruising, and shopping. I was known in the business community as a person that loved to dress. I taught Dress for Success at the bank for all new tellers.

The past few years were filled with so much grief, with the most current being the death of my mom on July 4th, 2019, only three days after my 60th birthday. I was feeling the deep void of losing a brother and both parents within 4 years, depression was setting in. I had support but I felt helpless and lost. What is my purpose in life? How can I make my mom proud?

Most will remember 2020 as a horrific year with so much sickness, death, and devastation from a deadly pandemic. For me, I utilized the time to seriously seek God for a purpose in my life and being quarantined turned out to be a blessing in helping me find my purpose.

I became more involved via social media with other ostomates. I have met some wonderful friends and it became rewarding to encourage others that had shared similar experiences as me. My heart was really saddened when I read an article about a young man that had gone to court for the right to die because he didn't want to live with an ostomy. I wept. Also seeing how some individuals can't afford the basic ostomy supplies and had to use grocery store bags and tape to secure their ostomy bags was heartbreaking. I knew then that there was so much more I could do for the ostomy community. I knew my testimony would bring awareness and hope to so many people.

As a member of Jearlean Taylor's Ostomy Stylzz Facebook Group I participated in a virtual fashion show. She is a personal inspiration to me and that

(Continued on page 10)

Nine Things to do When Change is Forced on You

No child has ever uttered these words: When I grow up, I want to become an ostomate. But here we are, and now how do we deal with it? Every newbie has had to make serious adjustments to their new bathroom lifestyle. Hopefully, the following will help those who are struggling.

- 1) **Rest and Relax** — Take a deep breath and don't react; and don't make any quick decisions. You need time to evaluate the situation; time to get past your emotions, and think rationally. So do something fun just for you; go for a massage or an ice cream sundae.
- 2) **Grieve** — You've lost something that was valuable to you. Let your emotions flow. Feel the pain. So that you can get past it. Don't numb it with drugs or alcohol, that will only delay the inevitable and retard your growth.
- 3) **Lean on the people you love for support** — Your friends and family will help you get through this. Let them know, don't keep it to yourself. Talking things out will make you feel better, and your support group may have some good suggestions for you on what to do next.
- 4) **Assess and assimilate the new information** — After you've finished grieving, don't look back and wonder what you could have done differently. Resistance is costly, or futile. Look instead to see what you can learn from this situation, and start to determine how you'll move forward.
- 5) **Meditate** — Find the stillness and calm your mind because this will allow you to achieve some clarity in your thoughts and feelings. You need clarity to help you choose your next direction.
- 6) **Focus on your goals, or your purpose in life** — You can best maintain these by knowing that the path to reaching them may change, but that doesn't mean you have to change your goals.
- 7) **Count your blessings** — Take some time to remember your accomplishments and what you still have. Pat yourself on the back because you've done a lot with your life.
- 8) **Keep a positive attitude** — Look at change as an opportunity. You'll learn new stuff, do new activities, and when you're experiencing new things—you are opening new channels of thought in your brain. You're creating new electrical connections between your brain cells. You'll have more information with which to be creative. All the while stimulating the dopamine receptors in your brain which make you feel good.
- 9) **Live in the now** — When you live in the present and focus on what you can do right now, you can't at the same time dwell on the past or freak out about the future. Thinking about the past—what was lost—leads to depression. Thinking about the future—worrying about what might happen—leads to anxiety. Think only about what you need to do today and work on it, and you'll get through and past your pain.

<https://www.psychologytoday.com/us/blog/the-main-ingredient/201806/9-things-do-when-change-is-forced-you>
Thanks to Ostomy Life Newsletter, Tulsa, OK

(Continued from page 8)

show boosted my confidence to a much greater level. I felt a relief to go public. I chose August 14th, 2020 to go live on Facebook and share my story. I felt such freedom once I finished. There were family members, coworkers, church and community friends that responded and supported me in disbelief. For the past 38 years, they never knew I had an ostomy.

One family friend messaged me and told me that he was scheduled for surgery but has canceled many times, but because of my video he felt he could now go through it. I still check on him to make sure he's not having any problems. That made going public all worth it. But what else could I do?

I decided to participate in the Run for Resilience Ostomy 5K. I registered over 20 walkers to participate virtually in several cities and I exceeded my fundraising goal by almost 100%. The highlight of the day was my local mayor stopping by to present me with a proclamation from the City of Warren in

support of ostomy awareness. Our local newspaper also highlighted the event.

After posting my Ostomy Awareness Day photos and story on Facebook I was contacted by so many family and friends willing to support me in the future.

With the pandemic still active, I've been limited in getting out in the public, but I do try to make an effort to encourage other ostomates daily. I have connected with my local Affiliated Support Group leader and I'm looking forward to greater things once we can meet publicly.

On, March 6, 2021 I will be a 39-year ostomate.

I'm on Facebook and I have a Youtube video



Ostomy Surgery for Men is Different from Women's

Source: Shield Health Care Website

Because ostomy surgery takes place very close to the prostate, ostomy surgery for men means different considerations than for women. Founder and President of The Intense Intestines Foundation Brian Greenberg, talks about the preparation and research he did before he decided to go through with surgery.

Brian also talks about relationships and intimacy now that he has an ostomy and the advice he's received from friends. His favorite: *Before having surgery, Brian was nervous that his ostomy would keep him from meeting the right person. Having confided this in a friend, she answered, "Brian, the ostomy won't keep you from meeting the right person. It will keep you from meeting the wrong person."* Brian took that advice to heart.

From his interview: *"If someone isn't okay with my ostomy, then they are not okay with my life and they shouldn't be in my life."*

Learn more about Brian's diagnosis and recovery by Googling: Ostomy Lifestyle Interview with Brian Greenberg, Shield Health Care Video

Thanks to Inside/Out, Winnipeg Ostomy Association

UOAA Emergency Supply Resources

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

Manufacturers Assistance Programs

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

ConvaTec 800-422-8811

Hollister 800-323-4060

Coloplast – Coloplast Patient Assistance 877-781-2656

Alternative Local Resources

- GEOSG Supply Closet - See page 4

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

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

Kindred Box is a Facebook Group for Ostomy Supplies

Supplies Available not including Shipping and Handling

Osto Group: 877-678-6690

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

Ostomy 211: ostomysupplies.ostomy211.org

Emergency supply pantry. Donation requested to help cover expenses.

Lower Cost Supply Options

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

Best Buy Ostomy Supplies: 866-940-4555

Mercy Surgical Dressing Group: 888-637-2912

Ostomy4less: 877-678-6694; contact Patti or Tom at patti@ostomymcp.com

Parthenon Ostomy Supplies: 800-453-8898

Stomabags: 855-828-1444

Get Ostomy Answers!

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

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ASG052016

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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
B. Braun Medical	800-227-2862	www.bbraunusa.com
Hollister	800-323-4060	www.hollister.com
Marlen	800-321-0591	www.marlenmfg.com
Nu Hope	800-899-5017	www.nu-hope.com
Organizations	Phone	Website
United Ostomy Associations of America	800-826-0826	www.ostomy.org
American Cancer Society	800-227-2345	www.cancer.org
Crohn's & Colitis Foundation	800-343-3637	www.cffa.org
Friends of Ostomates Worldwide	N/A	www.fowusa.org



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



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

**Greater Eastside Ostomy Support Group
Annual Membership Form**

2020-2021

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

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

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

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

Ostomate Name: _____ **Spouse/Support Name:** _____

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

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Home Phone: _____ **Email Address 1:** _____

Cell Phone: _____ **Email Address 2:** _____

Ostomy Information

> **Type of Ostomy:** Ileostomy Colostomy Urostomy Other _____

> **Stoma Surgery Date:** _____

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

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

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

Donation \$ _____

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

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

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

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

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