



FOX VALLEY OSTOMY NEWS

Aurora Illinois Ostomy Support Group * P.O. Box 904 * Aurora, Illinois 60507

CHAPTER 157, AFFILIATE MEMBER OF UOAA, INC.

HOME.COMCAST.NET/~EDHAERING/OSTOMY

CHAPTER E-MAIL ADDRESS OSTOMY-AURORA@HOTMAIL.COM

SUPPORT GROUP FOUNDED 1972

***** SPECIAL THANKS TO: *****

**RUSH-COPLEY MEDICAL CENTER FOR THE PRINTING OF THIS NEWSLETTER
PROVENA MERCY CENTER FOR FURNISHING
THE MEETING ROOM**

MEETINGS ARE HELD THE SECOND TUESDAY OF EACH MONTH.

VOLUME: 34
NR: 2

NEXT MEETING: TUESDAY AUGUST 8, 2006 7:00 PM

Provena Mercy Center, 1325 N. Highland Ave. Aurora. We meet in **THE MCAULEY ROOM**, which is on the lower level of the hospital past the cafeteria - follow the signs. If you wish to use the east doors to the hospital, there is a set of stairs just to the left of the second set of sliding doors.

For further information call any officer listed below.

PROGRAM: Susan Brantley-Smith, BSN, Rep for Coloplast Mfg. will be our speaker. This is the first of three vendors we will be having during the next few months. This is a good opportunity for you to see what the various manufacturers have to offer.

SUPPORT GROUP OFFICERS COMMITTEES

PRESIDENT	JOE RUNDLE	(630) 879-5295
VICE PRESIDENT	GARRETT DITTMAR	(630) 851-3520
SECRETARY (INTERIM)	ED HAERING	(847) 742-4659
TREASURER	LEO AHASIC, SR.	(630) 466-7128
PAST PRESIDENT	DON ROLFE	(630) 892-9854
HISTORIAN	ART WENDLAND	(630) 879-7833
VISITATION CHAIRMAN	ED HAERING	(847) 742-4659
VISITATION CHAIRMAN	E-MAIL ADDRESS	EDHAERING@HOTMAIL.COM
NEWSLETTER EDITOR	JOE RUNDLE	(630) 879-5295
NEWSLETTER EDITOR	E-MAIL ADDRESS	JOEARUNDLE@AOL.COM

***** REFRESHMENTS BY BERNICE *****

INFORMATION AND/OR HELPFUL HINTS PRINTED IN THIS NEWSLETTER ARE NOT NECESSARILY RECOMMENDED NOR ENDORSED BY THE AURORA, IL OSTOMY SUPPORT GROUP, THEY ARE OF GENERAL INFORMATION ONLY. IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT YOUR ET OR PHYSICIAN BEFORE USING ANY OF THE INFORMATION CONTAINED HEREIN.

From your President,

I was very pleased with the attendance we had at the July meeting. There were 17 present. It was reported that our "Camper Gal", Jamie, was at camp and about to return home. We always look forward to her report of what went on at camp. We are so blessed that we can send a youth to camp every year. This may be Jamie's last year for camp so we should be looking for another young person in our area that we could help out by sponsoring him/her to the Ostomy Camp. Jamie has indicated that she may try to go back as a counselor, which would be so great as she has "been there and done that" in more ways than most young people have.

Our program was to be "what I did on Fathers' Day. Before starting with the fathers, I mentioned that I had committed a cardinal sin by not asking the women how their day had been back in May. When we got around to the men, it seems that Father's Day and Mother's Day were about the same for both; the days were "as usual" for everyone. Leo reported that his grandson has gone on the "Pro Tour" in golf.

Before we broke for refreshments, I through out the comment asking how many have a had a colonoscopy lately. That really broke open the conversation on the subject. I had just mention how important it is to have one and you would be surprised on the comments of members on how their last one went! At times it got very comical; I think we all had a good time discussing this very important test – again I say, you never know what discussions will come up at a meeting. If you haven't been to one of our meetings, you had better come and see what you are missing. We can be serious at times and then all of a sudden all "you-know-what" can break loose and off we go. We always have a good time at our meetings and you may even learn something new.

As stated in "Program", I have scheduled three manufacturing Reps. to speak to us over the next few months in addition to our good friend, Diane Swany-Smith, RD. It has been some time, and we have so many new members, that I have asked Helena and Walter DeMoss to speak to us sometime early next year about their Mission work in Africa. They spent many years in Africa and their story is so inspiring that I just thought I would like to have all our new (and old) members hear their story. This would be a meeting that I would encourage you to invite your friends to come.

In that our meeting room is so large, and the acoustics are not the best, I would encourage you to try and keep side conversations to a minimum during the meeting and especially during the time of our speakers. When there is side conversations going on it makes it hard for some to hear just what is being said and we would not want anyone to miss out on the many important subjects that go on during our meetings.

Your Board of Directors met July, 17th with the sole objective of finalizing the draft of our By Laws and Constitution as well as our "smiley-face" brochure. We will present both to the membership at large as soon as we have the final draft. We want these documents to reflect the ideas and thought of the whole membership.

Last, but not least; please refer to Page 5 of this newsletter for an application form to the new **Phoenix Magazine**. It is a great publication and is so full of great information, hints, and tips for the ostomate. I strongly recommend this publication. **The Phoenix** magazine will continue where the **OQ** left off and be the leading ostomy publication in the U.S.

See you in August.

Your President,

Joe Rundle

...a little food for thought seems appropriate here.....

THE CONTAGIOUS SMILE

By C. Austin Miles

Smile a while!
While you smile,
Another smiles,
And soon there are miles
And miles of smiles
And life's worth while ---
If you but smile.

INSIDE OUT

The inner side of every cloud is bright and shining, ---
I therefore turn my clouds about,
And always wear them inside out,
To show the silver lining.

A SWEET ROSE

This world we're livin' in
Is mighty hard to beat,
We get a thorn with every rose ---
But ain't the roses sweet!

The songs we sing and the smiles we wear,
Make the sunshine everywhere.

...and now for a lighter side of C. Austin Miles

THE STRANGER

"Who's the stranger, mother dear?
Look! He knows us! Ain't he queer?"
"Hush my own! Don't talk so wild,
that's your father, dearest child!"
"He's my father? No such thing!
Father died, you know, last spring"
"Father didn't die, you dub!
Father joined a golfing club,
But they closed the club so he
Has no place left for him to roam,
That is why he's coming home.
All these golfing guys look wild!"

* * * * *

Remember,

..... you don't stop laughing because you grow old, you grow old because you stop laughing!

... . don't let aging get you down, it's too hard to get back up!

..... the nice thing about being senile is you can hide your own Easter eggs.

WHEN CAN YOU SAY “NO”

By Bea Moss

- I. Is it okay to say “**NO**” to someone’s request for help (Non-emergency)? – Sometimes we help someone more by **MAKING** them help themselves.
- II. Can you say “**NO**” to people without feeling guilty?
- A. The secret is to establish the freedom in your own mind to or not to do – without putting pressure on yourself; no one can make you feel guilty unless you allow them to, then you can freely and willingly do something if someone asks you, without feeling “put upon”. People can freely ask – knowing you will be honest. The decision is yours! Don’t put a “should” on yourself – nor allow others to do so. If you don’t say a positive “**NO**”, plainly expressed, confident – free from doubt or hesitation, then you can’t say a positive “**YES**”.
- B. Sometimes you can say “**NO**” simply because:
1. You don’t want to do it.
 2. You don’t feel qualified.
 3. You do not enjoy it.

I tell my neighbor I’ll scrub her floor, clean cupboards, baby-sit, water her plants: Anything but take care of the **DOGS** – because of 1. 2. 3.

4. Physical reasons.
5. Too busy with other worthwhile things.

OR

- C. You just need a day that you don’t have to be “anything” to “anybody”.

- III. So...is it okay to say “**NO**” sometimes?

To “A”, **YES!**

To “B”, **YES!**

To “C”, **YES!**

* * * * *

WASH THOSE HANDS

We were taught that infectious agents (bacteria, etc.) were primarily carried through the air. We know that direct contact with infected materials, particularly from our hands, is the number one transmitter. The hand that covers a sneeze, removes a soaked bandage or scrubs a bathroom, carries micro-organisms on its surface and in skin crevices, including the fingernails. If this same hand, unwashed, goes on to handle food, dress a baby or bandage a cut, or change an ostomates’ pouch, it can spread “bugs” most effectively. Frequently hand washing is the most important activity we can perform to prevent infections to others and ourselves. But, thorough washing requires effort beyond a mere quick rinse at least 20 seconds of vigorous friction and soap is the minimum. As this relates to ostomy care, it means washing before and after emptying. (Ed. Note. When using a public washroom, wash your hands, as above, but also be sure cover the doorknob with a paper towel so as to not get someone germs off the handle.)

Via C-M-E Ostomy Newsletter

Charleston/Mattoon/Effingham (IL) Area Ostomy Chapter

APPLICATION FOR
THE NEW NATIONAL OSTOMY MAGAZINE

The Phoenix

The official publication of the
United Ostomy Associations of America, Inc.



Subscription Order Form – \$25 year

Name _____

Address _____

Address2 _____

City _____ State _____ Zip _____

E-mail _____

*Send with check or credit card
information to:*

The Phoenix Magazine
P.O. Box 3605
Mission Viejo, CA 92690
FAX 949-276-7285
subscriptions@uoaa.org

Check VISA MasterCard Discover Card Number: _____

Security Code (back of card): _____ Exp. _____ Signature: _____

Mail Your Subscription to:

*The Phoenix Magazine
P.O. Box 3605
Mission Viejo, CA 92691*

*FAX Your Subscription to:
949-276-7285*

*E-mail Your Subscription to:
subscriptions@uoaa.org*

*Subscribe Online at:
www.uoaa.org*

SPECIAL INVITATION: THE AURORA ILLINOIS OSTOMY SUPPORT GROUP WELCOMES ALL PERSONS WHO HAVE A COLOSTOMY, ILEOSTOMY, OR A URINARY DIVERSION AND ALL OTHER INTERESTED PERSONS WHO DESIRE TO PARTICIPATE IN THE ORGANIZATION. OUR OBJECTIVES ARE TO HELP IN THE PHYSICAL, EMOTIONAL AND SOCIAL REHABILITATION OF THE OSTOMY PATIENT, THROUGH MUTUAL AID, INFORMATION AND UNDERSTANDING.

DOCTORS: AT YOUR REQUEST, WE SHALL BE HAPPY TO MAKE BOTH PRE AND POST-OPERATIVE VISITS. PLEASE CONTACT THE VISITATION CHAIRMAN.

MEDICAL ADVISORY BOARD

DOCTORS

NANCY E. WHEREATT, MD
DAVID SIEGFRIED, MD
GUSTAVO M. BANTI, MD

CWOCN NURSE

HELENA DEMOSS, RN, BS, CWOCN
E-MAIL – HELDEM@AMERITECH.NET
OFFICE – 630-264-4427

ARE YOU MOVING? IF SO, PLEASE NOTIFY US AS SOON AS POSSIBLE OF YOUR NEW ADDRESS.

DO YOU KNOW ANYONE WHO COULD BENEFIT FROM OUR NEWSLETTER? IF SO, PLEASE CONTACT ANY OFFICER.

THREE (3) COMPLIMENTARY COPIES OF THE NEWSLETTER WILL BE FURNISHED TO ALL NEW OSTOMATES.

PLEASE CONSIDER BECOMING A MEMBER BY COMPLETING THIS APPLICATION

MEMBERSHIP APPLICATION

NAME: _____ SPOUSE'S NAME: _____

ADDRESS: _____ BIRTH DATE: _____

CITY: _____ STATE: _____ ZIP CODE: _____

TELEPHONE: (____) ____ - _____ E-MAIL: _____

DATE OF SURGERY: _____ PHYSICIAN: _____

COLOSTOMY: _____ ILEOSTOMY _____ URINARY: _____ OTHER: _____

____ GIFT/DONATION HONORING _____

____ \$6.00 ANNUAL DUES – MEMBERSHIP AND MONTHLY NEWSLETTER.

____ I WOULD LIKE TO BE A MEMBER, BUT CANNOT AFFORD TO PAY DUES AT THIS TIME.
(THIS INFORMATION WILL BE KEPT STRICTLY CONFIDENTIAL)

MAKE DUES CHECK PAYABLE TO: AURORA, IL OSTOMY SUPPORT GROUP
CHAPTER 157, AFFILIATE OF UOAA
POST OFFICE BOX 904
AURORA, ILLINOIS 60507

**AURORA, ILLINOIS
OSTOMY SUPPORT GROUP
CHAPTER 157, AFFILIAATE OF UOAA
POST OFFICE BOX 904
AURORA, ILLINOIS 60507**

**IF YOU DO NOT WISH TO RECEIVE
NEWSLETTERS, PLEASE CHECK
HERE _____ AND RETURN TO THE
ADDRESS ABOVE.**

**TIME SENSITIVE MATERIAL
DO NOT DELAY**

*In life
it's not
what we carry with us
that's important...
but what
we leave behind*



Support your local Chapter

