



FOX VALLEY OSTOMY NEWS

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

CHAPTER 157, AFFILIATE OF UOAA

WEB SITE – <http://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: 7

NEXT MEETING: TUESDAY JANUARY 9, 2007 7:00 PM

Provena Mercy Center, 1325 N. Highland Ave. Aurora. We meet in **THE MOORE 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.

Please not change in meeting room assignment

For further information call any officer listed below.

PROGRAM:

SUPPORT GROUP OFFICERS AND COMMITTEES

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VICE PRESIDENT	GARRETT DITTMAR	(630) 851-3520
SECRETARY (INTEM)	ED HAERING	(847) 742-4659
TREASURER	LEO AHASIC, SR.	(630) 466-7128
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***** REFRESHMENTS BY LOIS AND HENRY FLORA *****

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IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT YOUR ET OR PHYSICIAN BEFORE USING ANY OF THE INFORMATION CONTAINED HEREIN.

From your President,

*WISHING EVERYONE
A VERY HAPPY AND HEALTHY NEW YEAR*

As I contemplate the New Year, I am reflecting on the past years and how I went about the newsletters. Looking back, I felt that I perhaps have spent too much space on humor and not enough on the real purpose of an "Ostomy Newsletter"; that being giving you sufficient information to help you carry on as an ostomate.

Don't get me wrong, I am not saying that I will cut off all humor, just that I will try to keep humor in proportion to the "ostomate help/recovery type information"! That being said, let me continue...

Some exciting news from UOOA; their 2007 National Conference (their first) will be held right here in Illinois! It will be close so perhaps we can make a good showing at the convention. I will keep you posted as I get more information. I have already been advised that we may be involve in some way so stay tuned for the details and be ready to volunteer.

Please note the change in the meeting room assignment for 2007. This was brought about due to some scheduling assignments that came up at the last minute. The Moore Room is a little smaller (but has very comfortable chairs) and I have been assured that if we need more room on a month-to-month basis, we will be accommodated. Just look for the green signs that lead the way to our meeting room. We will still have the two large rooms for our Annual Christmas Dinner/Auction.

Our Annual Christmas Dinner/Auction was a huge success! Tracy must be thanked for making the arrangements for the meal and room set-up; thank you Tracy, you're a great gal. I must also thank Gandi for his professional auctioneering job. At last tally we made around \$468.00. Some of the monies reported have come from some of our members that couldn't be there or lived to far to come. We thank all those persons who sent contributions as well as all that were there and bought. Your President was the big spender on one item (\$21.50) and got took on another; Gandi held up a paper bag and asked, "who will give me 25 cents for this bag". Well, to get the bidding started your President opened his big mouth and bid a quarter and was the high (and only) bidder. Although the bag was very pretty, it was absolutely empty! The winner of the coveted White Elephant went to our good sport, Kim (with a little help from her friend Barb and Gandi).

There were only 6 at the regular Tuesday night meeting but there was a visitor, who I hear, got a lot of good information from those present. Your President was not there as he was home nursing a good case of what your First Lady called the flu. I called it the worshiping of the "Porcelain Goddess.

The old subject came up recently while I was talking with some of our members who haven't been to a meeting in a long time. The subject was around the fact that they "are doing so good" that they don't really need our support anymore. Well, Tuesdays' meeting was a very good example of why those of us who have been rehabilitated so well are needed for those new people who come to a meeting to get information about how to care for their ostomy. Come on, get involved again. We sure need you.

Don't forget, we will be meeting in the **MOORE ROOM** for 2007 unless otherwise announced. See 'ya.

Your President,

Joe Rundle

THINK LIKE A GUEST.....

By Joe Rundle, President
Aurora IL Ostomy Support Group

As we prepare for the new year, let's think about how we present ourselves to the new ostomate visiting our group for the first time.

As the new ostomate tries to navigate his/her self through the isles of the hospital via our pretty green signs, pointing the way to our meeting room, are they confused or is it easy for them to find us?

Upon entering our meeting room, do they see a group of friendly members or do they see a group talking to each other and too busy to stop and greet the new ostomate?

How does the room look? Is it a friendly, cheerful, warm, welcoming room or is it just another meeting room that looks and sound like any other meeting room?

Let's go back and analyze the above questions:

- Is our room easy to find or should we do something to change the way a visitor finds us?
- Do we recognize a visitor and greet them or do we just assume someone else will do the greeting and what if that person stands there and no one welcomes them; will they walk out thinking they have the wrong room or will they just think that they aren't really welcome with "the old crowd"?
- Could the room be arranged any different to look more visitor friendly?
- After the meeting, do we thank them for coming and ask if they enjoyed themselves?
- Do we make sure we have gotten the visitors name and address so we can respond to them?

Find out what type of ostomy the visitor has and direct them, **NO, TAKE THEM** to one of our members who has the same type of ostomy; and **please** do not overlook the fact that a spouse may like to talk to another spouse whose partner has the same type of ostomy as the visitor. Don't just leave the visitor/spouse with the other ostomate/spouse, but stay around for a little time until they all feel comfortable in the situation.

These are all things that we, as a support group, should look into to see if we are doing the right thing about that new visitor. After all, we would like them to come back again and again and hopefully become an active member. As we start the new year, let's all do our part to make sure all visitors are made to feel welcome. If we get started at the first of the year, we will be comfortable to welcome visitors all year long.

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THE MOST POWERFUL PRESCRIPTION

A positive attitude towards negative situations is one of the most powerful forces in the world. It not only affects how we respond to hardships and difficulties, it can actually help to change the outcome. This can be seen first-hand in many ostomates and people who have overcome, potentially devastating diseases and gone on to lead full, productive, happy lives. The physical aspect of life may be compromised greatly by illness or surgery, but with a positive mental attitude and a willingness to let go of self-pity and bitterness, life goes on and can even be enriched by a painful traumatic experiences.

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*If you only speak well of others
you never need to whisper.*

SAFE TRAVEL TIPS (MY VERSION)

(Sorry, **NEWSPOUCH**, I just had to do it!)

With the terrorist alert on high and many concerned about safely travel at this difficult time, here are some tips:

- Do not ride in an automobile (or get in the way of one), as automobiles cause 20 percent of all fatal accidents.
- Do not stay at home; that's where 17 percent of all accidents occur.
- Do not walk across the street; pedestrians are victims of 14 percent of all accidents.
- Do not travel by air, rail or water; 16 percent of all accidents are the result of these activities.

Only .001 percent of all fatal accidents occur at Ostomy Support Group meetings and almost none of these during the business meeting.

Obviously, the safest place to be is at the Support Group Meetings every second Tuesday of the month between 7:00 PM and 9:30 (+/-) PM.

Via *Fox Valley Ostomy News*
Aurora, IL Ostomy Support Group

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**CONTINUING YOUR SOCIAL LIFE
WITH AN OSTOMY**

Your social life can be as active as it was before surgery. You can enjoy all activities: meeting people, attending concerts, sporting events, civic and social club meetings, parties, religious occasions or whatever you enjoyed before. The first time you go out of the house after surgery, you may feel as if everyone is staring at your pouch, even although it is not visible under your clothing. You can feel your pouch on your body, but no one can see it (if you are dressed neatly). Keep those concerns in mind. Did you know what an ostomy was or where a stoma was located or what it looked like before you had surgery?

You may also worry about your pouch filling with gas and sticking out under your clothing (again dress neatly – sometimes clothing that is too tight will tend to outline your pouch). A quick trip to the rest room can take care of this problem. If you worry about pouch filling up immediately after eating at a social event, remember, people without ostomies often need to go to the restroom after eating and nobody will think it is unusual of you do the same! You will probably find that you need to empty your pouch less often than you need to urinate (with a colostomy or ileostomy).

Friendship and love – you may be wondering about your relationship with others. Now that you have an ostomy, you may feel that it will change your present relationships and decrease new opportunities for friendship and love. True friendships and deep relationships, on any level, are build around trust and mutual understanding. These qualities depend on you and that other person. You have the same qualities you had before surgery and your ability to develop friendships is unchanged. If you care about yourself, others will feel your strength and will not be deterred. If your ostomy does cause a break in friendship, a sexual alliance or even marriage, this relationship was not build upon trust and mutual respect and probably would have crumbled sometime in the future anyway.

Via *The Newsleak*
DuPage (IL) Ostomy Support Group

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 PARTICIATE 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
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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 ____ URNIARY: _____ OTHER: _____

____ GIFT/DONATION HONORING _____

____ \$10.00 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
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