



FOX VALLEY OSTOMY NEWS

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

CHAPTER 157, AFFILIATE OF UOAA, INC.

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: 12

NEXT MEETING: TUESDAY JUNE 12, 2007 7:00 PM

Provena Mercy Center, 1325 N. Highland Ave. Aurora. In **THE MOORE ROOM**, which is on the lower level of the hospital past the cafeteria, follow the bright green 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 which lead down to the lower level.

For further information call any officer listed below.

PROGRAM: Our 35th Birthday Celebration, complete with birthday cake, games and prizes. Please come and join the fun. See Presidents' Letter for details.

SUPPORT GROUP OFFICERS AND COMMITTEES

PRESIDENT	JOE RUNDLE	(630) 879-5295
VICE PRESIDENT	GARRETT DITTMAR	(630) 851-3520
SECRETARY	ED HAERING	(847) 742-4659
TREASURER	LEO AHASIC, SR.	(630) 466-7128
HISTORIAN	ART WENDLAND	(630) 879-7833
VISITATION CHAIRMAN	ED HAERING	(847) 742-4659
		EDHAERING@HOTMAIL.COM
NEWSLETTER EDITOR	JOE RUNDLE	(630) 879-5295
		JOEARUNDLE@sbcglobal.net

***** REFRESHMENTS BY JOE AND JEAN RUNDLE *****

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.

PRESIDENTS' MESSAGE:

Welcome to our new format, I trust you will enjoy it.

Our May meeting was a great one. Nancy Vance, Director of Development for LivingWell Cancer Resource Center was our speaker. Nancy gave us an overview of The LivingWell Resource Center programs which are available to Fox Valley residents living with cancer and their loved ones, where they can go for information and encouragement to live well. If you or any of your loved ones wish more information, please contact the LivingWell Center at (630) 262-1111 or go to www.livingwellcrc.org. The Center is located at 1803 West State Street, Geneva, IL, 60134.

As noted on the first page, this month, June, will be our 35th year of being an Ostomy Support Group for the Fox Valley and surrounding areas. In honor of this milestone, we are have a **BirthDay Bash**, complete with cake, games and prizes! Everyone is asked to bring some "trivia questions" along with some wrapped (cute, funny or serious) prizes to award for correct answers to the questions. Please bring as many "questions" as you wish, the more the merrier; just remember to bring a gift for each question or if you do not have any "questions" to offer, just bring a couple prizes to cover all the answers that might come up. There will be a special door prize, donated by a member. The evening should be a lot of fun. If you have not ever come to a meeting or if you have not been there for a while, please come and join in on the fun. We are looking forward to a good turnout. It would be super if any of the original members would come and join us; we would all like to meet you.

In July, a representative from the Aurora Police Department Public Services Office will be our speaker; they will cover some of the scams going around as well as how we can protect ourselves against some of the on-going crimes. There is a new problem called "slamming" which is a very real threat to us all and the information will help us keep safe.

Our August meeting will have Corie Rectenwold, Patient Services Representative, Fox Valley Region, Illinois Division, American Cancer Society, as our speaker. She will speak on reaching out to other cancer patients, on a one-on-one basis, that are, or will be, going through what we as survivors of cancer have gone through.

At the May meeting, there was an interest in having someone from the Diabetes Center come and talk to us. I am trying to arrange that at present as well as getting a dietitian to speak to us in September or October.

If anyone has a request for a speaker for November, please let me know and I/we will try to arrange it. Helena and I are presently working on getting some Manufacturing Representatives to come to speak to us.

It looks like we are going to end this year with some great programs so we will all have to get our thinking caps on to make 2008 another great year; with your help we can accomplish this. How about it!

See you in June for the big Birthday Party.

Your President,

Joe Rundle

He who walks a mile in another's shoes leaves no footprints of his own!

...for all you dads

*God took the strength of a mountain,
the majesty of a tree,
the warmth of a summer sun,
the calm of a quiet sea,
the generous soul of nature,
the comforting arm of night,
the wisdom of the ages,
the power of the eagle's flight,
the job of a morning in spring,
the faith of a mustard seed,
the depth of a family need.*

*Then God combined these qualities,
and then there was nothing more to add.*

*He knew His masterpiece was complete,
and so , He called it*

DAD

PSYCHOLOGICAL ISSUES

Here are some of the types of people who fare better after ostomy surgery:

- those who think of others before themselves
- those who look outward and upward
- those who area busy and active
- those who are interested in life
- those who are always inquiring and learning
- those who are not bogged down in grief

The four "L"s of the ostomy patient are:

- Learn – through your local Ostomy Support Group
- Lean – on each other
- Laugh - through troubles with a positive outlook
- Lead – others through your good example

A hug is....the strongest pain reliever you can get
without a prescription from your doctor
without asking permission
very little energy expended on your part

BLADDER CANCER ADVOCACY NETWORK

As we see the number of people with urostomies increase in our ostomy support groups, we also recognize that we sometimes lack all of the resources available for these folks. In 2005, **BCAN** was organized. **BCAN** is a national patient-based public awareness and educational activities organization for bladder cancer. The website for **BCAN** is:

www.bcan.org
or
Phone 1-301-469-6865

via *The New Outlook*
Ostomy Association of Greater Chicago

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TIRED

Wiped out, but too wired to sleep? Soak in a hot bath tub 60 to 90 minutes before bedtime. It brings on sleep even better than the popular sleeping pill, according to a recent study presented to the Association of Professional Sleep Societies. What’s more, unlike pills, the hot soak increases the amount of time spent in deep sleep, an important factor in fighting fatigue.

(Ed. Note – It is also a good time spent just relaxing. Be sure your pouch is well “picture-framed, if it tends to “loosen” when swimming or other water activities.)

via *The New Outlook*
Ostomy Association of Greater Chicago
and
Fox Valley Ostomy News
Aurora, IL Ostomy Support Group

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A GIFT OF TIME

What does your ostomy mean to you? Does it mean a constant nuisance and care, problems, and, embarrassment leakage and resentment: Or, do you relegate it to a significant but minor part of your routine and now enjoy a new lease on life?

What would have happened to you if the surgery hadn’t been done? Did you get to choose between a box six feet under or a bag on your belly? That doesn’t leave much room for a negotiation, does it; it was a gift of extra time.

For those who have been given that gift of precious extra time, what are you going to do with it? Are you going to waste it now that you have it or are you going to do something productive or memorable with it? Are you going to crawl into a psychological hole and remain there, feeling sorry for yourself until your time runs out, or are you going to appreciate that extra time and live life to the fullest, making good use of the time you have been given?

THE CHOICE IS YOURS

Via *The Newspouch*
Heart of Iowa Ostomy Support Group
and
The Fox Valley Ostomy News
Aurora, 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 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
CELL 630-323-1022

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: _____ SPOUSES' NAME: _____

ADDRESS: _____ BIRTH DATE: _____

CITY: _____ STATE: _____ ZIP CODE: _____

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

DATE OF SURGERY: _____ PHYSICIAN: _____

COLOSTOMY: _____ ILEOSTOMY _____ URINARY: _____ 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
CHAPTER 157, AFFILIATE OF UOAA, INC.
POST OFFICE BOX 904
AURORA, ILLINOIS 60507-904