

# The New Outlook

November/December 2015



## NEXT MEETING

Wednesday, December 9, 6:30 pm

Lutheran General Hospital  
1775 Dempster St., Park Ridge, IL

Special Functions Dining Room  
10th Floor

### Last Months' Meeting (our 453rd)

Our very special October meeting featured Stephanie Horgan, LCSW from Oak Park Behavioral Medicine. She spoke about the emotional side of this life altering surgery and her own journey with an ostomy. Although we may have an ostomy in common, we all come to it from different perspectives. Some are prepared for the surgery while others woke from emergency surgery with an unexpected ostomy. Many go through a grieving process; denial, anger, bargaining, depression and acceptance. Ms. Horgan led and participated in a wonderful discussion of everyday challenges and social concerns we face. Whether having a stoma for 6 months or 26 years, we all agreed we wish we could take a weekend or even a day off. And even those of us who've had our stomas for many years have issues to deal with from time to time. You should never be hesitant to reach out for help. Ms. Horgan can be reached at 847-497-8374, or by e-mail [shogan@opbmed.com](mailto:shogan@opbmed.com).

Our next meeting, **December 9**, is our **annual Holiday Party**. A special time when we come together to celebrate the friendship and support given and received throughout the year.

[www.uoachicago.org](http://www.uoachicago.org)

Attending your first meeting? Simply park in the underground garage, enter the Parkside Center and take Elevator B to the 10th floor, then hallway to the right. There are always supportive ostomy veterans to chat with you.

**Remember us on Giving Tuesday, December 1st.**

**Paper is so 20th century!** Thanks to everyone who voluntarily receives this newsletter via email. If you have Internet access, you can **save us money** by joining our electronic distribution list. To try the electronic version, send e-mail request to: [uoachicago@comcast.net](mailto:uoachicago@comcast.net)

Be sure to add us to your address book or safe sender's list, and **check your email inbox**.



[www.ostomy.org](http://www.ostomy.org)

## Ostomy Association of Greater Chicago (OAGC)

Established 1975

### President

Judy Svoboda [uoachicago@comcast.net](mailto:uoachicago@comcast.net) 847-942-3809

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Peggy Bassrawi, RN [pbassrawi@gmail.com](mailto:pbassrawi@gmail.com) 847-251-1626

### Chapter WOCN

Mary McCarthy [marysean@comcast.net](mailto:marysean@comcast.net) 847-231-5485

### Hospitality

Sandy Czurillo

## Wound Ostomy Continence Nurses (WOCN)

Bernie auf dem Graben 773-774-8000

*Resurrection Hospital*

Nancy Chaiken 773-878-8200

*Swedish Covenant Hospital*

Teri Coho 773-880-8198

*Lurie Children's Hospital*

Jan Colwell, Maria De Ocampo, 773-702-9371 & 2851

Michele Kaplon-Jones

*University of Chicago*

Jennifer Dore 847-570-2417

*Evanston Hospital*

Kathleen Hudson 312-942-7088

*Rush University Surgeons & Ostomy Clinic*

Robert Maurer, Laura Crawford 312-942-5031

*Rush University Medical Center*

Madelene Grimm 847-933-6091

*Skokie Hospital-Glenbrook Hospital*

*North Shore University Health System*

Connie Kelly, Mary Kirby 312-926-6421

*Northwestern Memorial Hospital*

Kathy Krenz 815-338-2500

*Centegra-Northern Illinois Medical*

Marina Makovetskaia 847-723-8815

*Lutheran General Hospital*

Carol Stanley 847-618-3125

*Northwest Community Hospital*

Nancy Olsen, Mary Rohan 708-229-6060

*Little Company of Mary Hospital*

Kathy Garcia, Jola Papiez 708-684-3294

*Advocate Christ Medical Center*

Sandy Fahmy 847-316-6106

*Saint Francis Hospital*

Nancy Spillo 847-493-4922

*Presence Home Care*

Colleen Drolshagen, Jean Heer, Barb Stadler 630-933-6562

*Central DuPage Hospital*

Kathy Thiesse, Nanci Stark 708-216-8554

(Ginger Lewis-Urology only 708-216-5112)

*Loyola University Medical Center*

Alyce Barnicle (available on as needed basis only) 708-245-2920

*LaGrange Hospital*

Sarah Grcich 219-309-5939 or 219-983-8780

*Porter Regional Hospital & Ostomy Clinic*

*Valparaiso, Indiana*

## National UOAA Virtual Groups

Continent Diversion Network: Lynne Kramer 215-637-2409

Familial Adenomatous Polyposis (FAP) Foundation: Travis Bray 334-740-8657

Friends of Ostomates Worldwide - USA: Jan Colwell 773-702-9371

GLO Network: Fred Shulak 773-286-4005

Ostomy 2-1-1: Debi K Fox 405-243-8001

Pull-thru Network: Lori Parker 309-262-0786

Quality Life Association: Judy Schmidt 352-394-4912

Thirty Plus: Kelli Strittman 410-622-8563

## Upcoming Meeting at Lutheran General Hospital

December 9, 2015 – Holiday Party

## Upcoming 2016 Meetings at Glenbrook Hospital

Tuesday, January 19, 2016 – Surprises! Giveaways!

February – NO MEETING

Tuesday, March 15

## Additional area support groups:

### Northwest Community Hospital

Arlington Heights. 2nd Thurs at 1:00 pm every other month. 10/8, 12/10. All 2015 meetings will be in the Kirchoff Center, 901 Kirchoff, Conference room 1. Contact Carol Stanley 847-618-3215, [cstanley@nch.org](mailto:cstanley@nch.org)

### Southwest Suburban Chicago

The third Monday at 6:30pm, Little Company of Mary Hospital, Evergreen Park. Contact Edna Wooding 773-253-3726, [swscost@gmail.com](mailto:swscost@gmail.com)

### Sherman Hospital, Elgin

The second Wednesday of each month at 2 pm. Lower level Conference B. Contact Heather LaCoco 224-783-2458, [Heather.Lacoco@Advocatehealth.com](mailto:Heather.Lacoco@Advocatehealth.com) or Tom Wright, [tomwright122@att.net](mailto:tomwright122@att.net)

### DuPage County

The fourth Wednesday at 7:00pm, Good Samaritan Hospital, Downer's Grove in the Red and Black Oak Rooms by the cafeteria. Contact Bret Cromer 630-479-3101, [bret.cromer@sbcglobal.net](mailto:bret.cromer@sbcglobal.net)

### Aurora

The second Tuesday at 7:00pm, Provena Mercy Center. Contact John Balint 630-898-4049, [balint.john@yahoo.com](mailto:balint.john@yahoo.com)

### Will County

2:00 p.m. the last Saturday of Feb, Apr, Aug and Oct in the Riverside Medical Center Board Room, next to the cafeteria. Also a June picnic and December holiday party. Charlie Grotevant 815-842-3710, [charliegrtvnt@gmail.com](mailto:charliegrtvnt@gmail.com)

### Lake County Illinois

Hollister in Libertyville, 10:00am the 3rd Saturday, every other month. Jan, March, May, July, Sept, Nov. Contact Barb Canter 847-394-1586, [barb1234@sbcglobal.net](mailto:barb1234@sbcglobal.net)

### Loyola University Health System, Maywood

The 2<sup>nd</sup> Wednesday of the month at 7:15 in the Cardinal Bernadine Cancer Center 2<sup>nd</sup> floor Auditorium A. Contact Robin Handibode 708-205-6664 or Nanci Stark, WOCN 708-216-8554, [nhstark@lumc.edu](mailto:nhstark@lumc.edu)

### Valparaiso, Indiana

Porter Regional Hospital, 1<sup>st</sup> floor Community Room. 6:30 pm the 4<sup>th</sup> Thurs., Jan – Oct. Contact Sarah Grcich 219-309-5939, [Sarah.Grcich@porterhealth.com](mailto:Sarah.Grcich@porterhealth.com)

## Here and Now

with Patricia Johnson

### *Angel of Harmony*

While at the September UOAA conference in St. Louis my husband and I took some time each day to explore the city. We went up in the Arch, had lunch at Busch Stadium, visited the Art Museum in Forest Park and took a dinner cruise on the Mighty Mississippi. All of which were great. But for me the place we visited that was by far and away the best was the Cathedral Basilica of Saint Louis because of the Angel of Harmony.

The hotel concierge recommended it as a place worth visiting. So on a sunny, hot afternoon we went. The church was indeed beautiful, the brilliant mosaics were incredible. But what made the greatest impression on me, a lasting impression, was a statue in a small garden between the church and the religious education building.

The statue was silver in color and tall, which in and of itself was striking. It was of an angel with three children sitting at its feet. A girl poised to



strike a bell, boy playing a drum and third child playing a wooden flute. The angel stood over them, his wings spread. His wings were wind chimes moving as a soft breeze blew through them. Behind the statue

is a koi pond. We sat on a bench and listened to the sounds of the gurgling water and the music of the chimes. It was a moment in time, away from the noise of the city and the busyness of the conference, where I experienced peace and harmony. It was lovely.

One definition of harmony in the dictionary is “a consistent, orderly, or pleasing arrangement of parts”. Now, with an ostomy, my body is working in harmony. It is, for the most part, working in a consistent and orderly manner.

Another definition is “agreement; accord; harmonious relations”. I wish these for you and this old world during this busy time of year. And as this year draws to an end and you step into a new year, I wish you harmony. As you adjust to life with an



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ostomy, may you experience harmony in your body. For harmony is what we all need. So take time to listen to the music in a garden, in a church, inside yourself and find peace.

I took many things away from the week in St. Louis at the conference, but this time in the garden was an unexpected blessing. One that will remain in my heart for a long time. *Life is good*

**Wednesday, December 9 at 6:30 pm,** is our annual Holiday Party. See old friends and make new ones, while enjoying great food, games, songs and more. We revived the Holiday Party tradition of *The Giving Tree*, to benefit the Youth Rally camp for children with ostomies. To participate, simply place a donation in a small box provided and hang it on the tree. Ten dollars... five dollars... even one dollar will go a long way toward helping a child realize the dream of feeling "normal" in a camp atmosphere with others just like him or her.

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## I Have a Colostomy Because

*Tidings, Colostomy Association UK*

Tell someone you have a colostomy and the chances are they'll assume it is the result of bowel cancer. In 2 out of 3 cases they will be right. But what about the other third? Why were their stomas formed?

There are many different medical conditions that can lead to a colostomy:

### **Diverticulitis**

10% of all colostomies are formed because of the complications of diverticulitis. By the age of 50 it is estimated that half the population will have diverticula, small bulges or pouches, protruding from their colon (large bowel). This is known as diverticulosis and in most cases will not cause any symptoms. However, one in four will experience pain and bloating and be diagnosed with diverticular disease and treated with a high fiber diet. If the diverticula become inflamed or infected this is known as diverticulitis.

A very small minority of people with diverticulitis will require surgery to remove part of the colon, and

for some a stoma will be necessary. This may be temporary to allow the bowel to heal or if a large section of the bowel has been removed it can be permanent.

### **What about the remainder**

This encompasses a wide range of diverse medical conditions, none of them accounting for more than 4% of all colostomies, some much less.

**Inflammatory bowel disease** includes Crohn's disease and ulcerative colitis. In both these conditions the intestines become swollen, inflamed and ulcerated, leading to symptoms of abdominal pain, weight loss, fatigue and diarrhea, sometimes with blood and mucus. These conditions can be controlled and go into remission, but if the disease is severe and doesn't respond to treatment a stoma may be the answer. UC only affects the large bowel and rectum so an ileostomy will be formed. Removing the entire colon and rectum eliminates the possibility of further attacks of colitis. Crohn's, however can affect any part of the digestive system so a colostomy may be formed.

Additionally, there are various diseases and conditions among infants and toddlers that necessitate a colostomy which can be temporary or permanent.

until  
there's  
a cure...



Cancer patients often experience extreme exhaustion from their treatment. This fatigue is especially difficult for women responsible for running a home. Thanks to an organization called **Cleaning for a Reason**, these cancer patients are getting the help they need – free of charge.

A nonprofit organization with over 1200 participating maid services in the US and Canada, the mission of Cleaning for a Reason is to give the gift of free house cleaning for women undergoing treatment for any type of cancer.

For more information, visit [cleaningforareason.org](http://cleaningforareason.org) or phone (877) 337-3348.



## Keeping a Medical History

BCBS-IL

### Why Keep a Medical History?

You may have a new doctor because you moved or changed health plans. You may have a new health condition that needs a specialist's care. Any doctor you see, especially if it's a new one, needs to know about your medical history, including your family medical history.

The information you provide can help you:

- Work with your doctor to stay healthy or diagnose an illness.
- Avoid drugs that could hurt you. For example, your doctor needs to know if you have drug allergies and what medicines you're taking to help you avoid potentially bad drug interactions.
- Make it easier and faster to handle paperwork like filing an insurance claim, appealing a claims decision or disputing billing errors.

### What to Track in Your Medical History

Be sure to track:


- Illnesses, injuries and surgeries, including dates, symptoms and doctor visits.
- Treatments and therapies you've had and if they helped or not.
- Health tests you've taken. For example, include any information you have on X-rays, lab work and other test results, surgery reports, and immunization records. And make note of test results and any side effects.
- Current weight.
- Allergies, including drug allergies.

You may also want to track:

- Blood pressure.
- Cholesterol levels.
- Any test result that was not normal in the past and that may need follow-up testing.
- Changes in habits, weight, energy level or bodily functions. You can note your current exercise and diet habits, your sleep patterns, and any new or significant stresses in your life.

### Don't Have Your Records? Just Ask for Them.

You can give your doctor your history on paper, on a flash drive or even with your smartphone. Some



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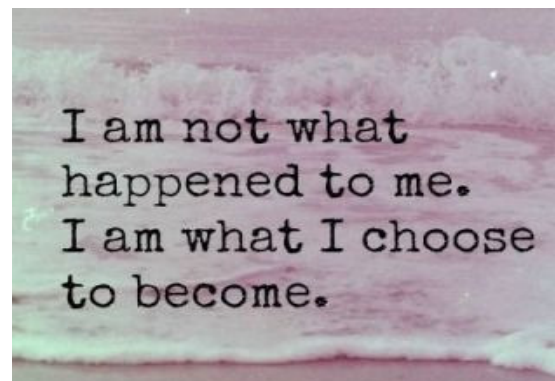
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provider networks offer tools (websites, smartphone apps) to track your medical history. And even if you don't have access to family medical records, just knowing family members have had certain diseases can help your doctor watch for risks.

If you never kept any information before, you can still get it. Federal law says doctors have to share your files with you. Even if you don't remember a doctor's name, look up the practice and call. Then moving forward, remember to ask for copies of notes and results at each visit.



## Medical devices lose some of their stigma

Year's best Health news for 2014, Health.com

Women who enter beauty pageants and pose for Internet selfies are often seen as vain and materialistic, but in 2014 two women fought to dispel those notions, while at the same time showcased health conditions that aren't often seen as beautiful. In July, Miss Idaho contestant (and eventual winner) **Sierra Sandison** wore an insulin pump she uses to treat her Type 1 diabetes clipped to



her swimsuit during a competition. One month earlier, UK resident and Crohn's disease sufferer **Brittany Townsend** had shared her own bikini photo on Facebook, complete with the colostomy bags she needs to remove waste from her

body. Both photos went viral, sending messages that women like Sandison and Townsend don't have to be ashamed.

### It's a Matter of Sharing

*Ostomy News Review*, Green Bay, WI

(originally printed in *The New Outlook* circa 2007)

I know a man with a colostomy, who when asked why he didn't join the ostomy chapter said, "I've adjusted just fine. I don't need the group." His complacency set me back a bit. I thought it over.

So, maybe he doesn't need the group—whatever that means. But the group needs him and others like him—well adjusted ostomates who walk around flat-tummied and non-odorous. Of course, I'm not talking about after-shave or perfume.

An ostomy chapter is not a "half-way house" sort of thing. We don't get together to feel sorry for ourselves, to talk exclusively about the "fun and games" of our various operations. We get together

because we want to help each other or maybe to get some help with some little problem that's been bugging us. Something our doctors can't answer but another ostomate may. We want to prove to all those non-believers—oops, guess I'd better call them skeptics—and non-ostomates who may think an ostomy is the end of the world—well, it's not. In most cases, it's the beginning. We are alive because we are ostomates.

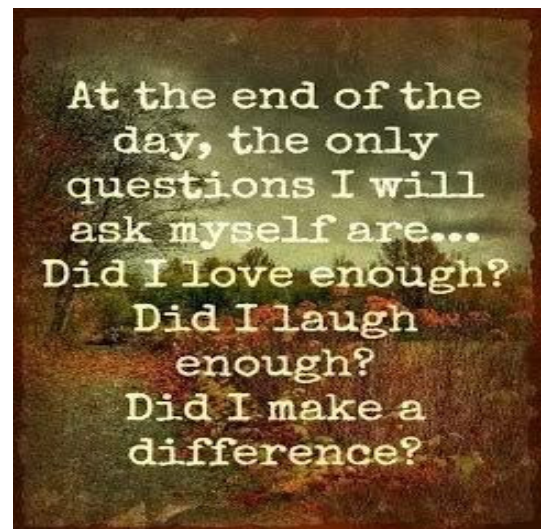
### Remember to put the glass down

Contributed on facebook

A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd be asked the "half empty or half full" question. Instead, with a smile on her face, she inquired: "How heavy is this glass of water?" Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes."

She continued, "The stresses and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed - incapable of doing anything."



## November is National Caregiver Month

### Care for yourself while caring for a loved one

Harvard Medical School

Caring for an aging parent or a loved one who is ill or disabled is often deeply rewarding. But it can also consume a lot of time, as well as physical and emotional energy. You may feel overwhelmed by myriad responsibilities – home, work, other family needs, and caregiving. But it's just as important to care for yourself before you burn out. Try our five tips below to help rejuvenate yourself.

**1. Recruit help:** You don't have to "do it all" yourself. In fact, it's best to have more than one person involved in caregiving. Whether it's accompanying your loved one to appointments, helping with housework, or cooking dinner one night a week, ask other family members to lend a hand. And if someone asks if he or she can pitch in, don't be afraid to say yes!

**2. Quell guilt:** At times, you may feel like there's something more you should be doing, or something you should have done differently. Rather than ruminate on what could or should be, give yourself credit for all that you do. If feelings of guilt are especially strong, it can help to talk them over with a counselor or social worker.

**3. Stay active:** Frequent exercise delivers proven health benefits, such as lowering cholesterol and blood pressure – and it can be a powerful energy- and mood-lifter, too. Try to get 30 to 60 minutes of exercise on most days of the week. If that amount doesn't seem doable, don't worry – some exercise is always better than none.

**4. Stay connected:** Catch up with friends by phone or email, or plan weekly walks or a regular lunch or movie. Ask people to drop by and visit with you, or the person you're helping, so that you can take a break and feel connected with the world outside your caregiving role.

**5. Relax and enjoy yourself:** Listen to music you like, take a luxurious bath, dabble in creative pastimes, or even splurge on a massage. You can also learn meditation or other relaxation techniques through a class, tape, or book (yoga is a great relaxer as well).

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for the caregivers in your life.

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## Infections with a Urostomy

NKUDIC – National Kidney and Urologic Diseases  
Information Clearinghouse

Bacteria often enter urostomies and continent urinary diversions and begin growing in number. At times, bacterial overgrowth causes a symptomatic urinary tract infection.

Symptoms of infection may include:

- fever
- milky urine or urine containing extra mucus
- strong smelling urine
- back pain
- poor appetite
- nausea
- vomiting

**Patients with symptoms of infection should call their healthcare providers at once.** Drinking eight full glasses of water every day can help prevent infection by flushing out bacteria and keeping bacterial counts low. Patients should talk with their healthcare providers about appropriate times to have their urine tested and when to have treatment with antibiotics. Urine testing and infection treatment play a critical role in successful long-term care with minimal complications.

*Life doesn't have any hands, but it can  
sure give you a slap sometimes.*

## E. Coli Prevention

Mayo Clinic

With recent recalls of ground beef and outbreaks at restaurants, E. coli has been making headlines. No vaccine or medication can protect you from E. coli-based illness, though researchers are investigating potential vaccines. To reduce your chance of being exposed to E. coli, avoid risky foods and watch out for cross-contamination.

### Risky foods

- **Cook hamburgers until they're 160 F.** Hamburgers should be well-done, with no pink showing anywhere in the meat. But color isn't a reliable indicator of whether or not meat is done cooking. Meat — especially if grilled — can brown before it's completely cooked.

That's why it's important to use a meat thermometer to ensure that meat is heated to at least 160 F (71 C) at its thickest point.

- **Drink pasteurized milk, juice and cider.** Any boxed or bottled juice kept at room temperature is likely to be pasteurized, even if the label doesn't say so.
- **Wash raw produce thoroughly.** Washing produce won't necessarily get rid of all E. coli — especially in leafy greens, which provide many spots for the bacteria to attach themselves to. Careful rinsing can remove dirt and reduce the amount of bacteria that may be clinging to the produce.

### Avoid cross-contamination

- **Wash utensils.** Use hot soapy water on knives, countertops and cutting boards before and after they come into contact with fresh produce or raw meat.
- **Keep raw foods separate.** This includes using separate cutting boards for raw meat and foods, such as vegetables and fruits. Never put cooked hamburgers on the same plate you used for raw patties.
- **Wash your hands.** Wash your hands after preparing or eating food, using the toilet, or changing diapers. Make sure that children also wash their hands before eating, after using the bathroom and after contact with animals.

For illness caused by E. coli, no current treatments can cure the infection, relieve symptoms or prevent complications. For most people, treatment includes:

- Rest
- Fluids to help prevent dehydration and fatigue

Avoid taking an anti-diarrheal medication — this slows your digestive system down, preventing your body from getting rid of the toxins. Antibiotics generally aren't recommended because they can increase the risk of serious complications.

If you have a serious E. coli infection that has caused hemolytic uremic syndrome, (not enough red blood cells or platelets, and kidney failure) you'll be hospitalized and given supportive care, including IV fluids, blood transfusions and kidney dialysis.

## Ileostomy Absorption Concerns

UOAA

Due to the absence of the colon and often altered transit time through the small intestine, the type of medication must be carefully considered when prescribing for the person with an ileostomy.

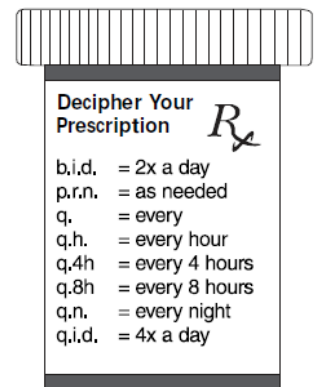
Medications in the form of coated tablets or time-release capsules may not

be absorbed and no benefit received. If the required medication is only available in this form and not destroyed by the stomach juices, then the tablet may be crushed and taken with water.

The best type of medication for the person with an ileostomy is either uncoated tablets, chewable tablets or liquid. A pharmacist can assist in choosing the form of a medication that is best absorbed.

After ileostomy surgery never take laxatives, which can cause a severe fluid and electrolyte imbalance.

Transit time varies with individuals. If food passes through undigested, be aware that this may be a sign that the nutrients are not being absorbed properly. Prolonged incidences of decreased absorption may lead to various sub-clinical or clinical nutritional deficiencies.



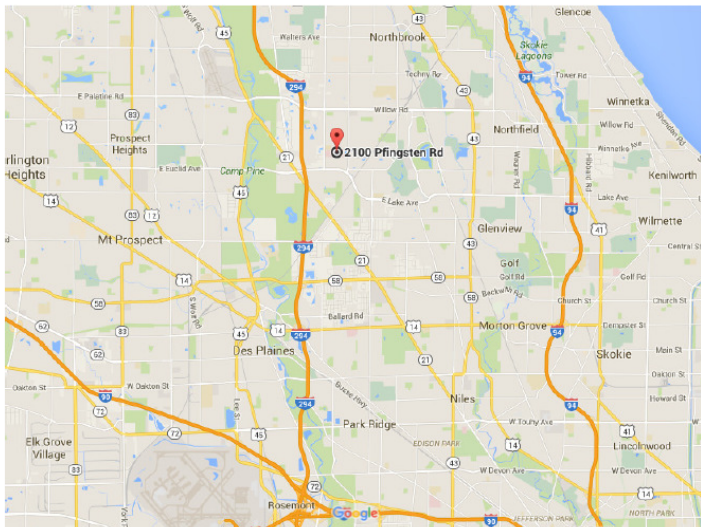


## We're Moving in January 2016!

In order to maintain and continue the growth we've experienced over the last few years we have discussed the possibility of moving our general meetings to a new location. An excellent opportunity arose to be a sponsored support group at **Glenbrook Hospital** in the Northshore University Health System. Our sponsor, CWOON Madelene Grimm, has supported us for years, leading informational sessions at meetings and Regional Conference.

Glenbrook Hospital, located at 2100 Pfingsten Rd., Glenview, is approximately 4 miles north of Lutheran General, where we meet now.

If you use I-294 you will take the Willow Rd Exit east to Pfingsten south to the Hospital.



There is abundant free parking including many handicapped spaces directly in front of the hospital. Our meeting room, Conference B-C, is on the first floor. Upon entering the hospital (main Pfingsten entrance) you will take the hallway to the left. There is a staffed information desk inside this entrance.

We've also discovered many conflicts with Wednesdays, so beginning in 2016 we will meet the **3rd TUESDAY** at 7:30pm.

Additional details and directions will be included in upcoming newsletters and emails, and posted on our website.

We are very excited about the new opportunities afforded us by joining Northshore Health Systems and look forward to a dynamic future!

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## Happy Thanksgiving



*"If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul."*

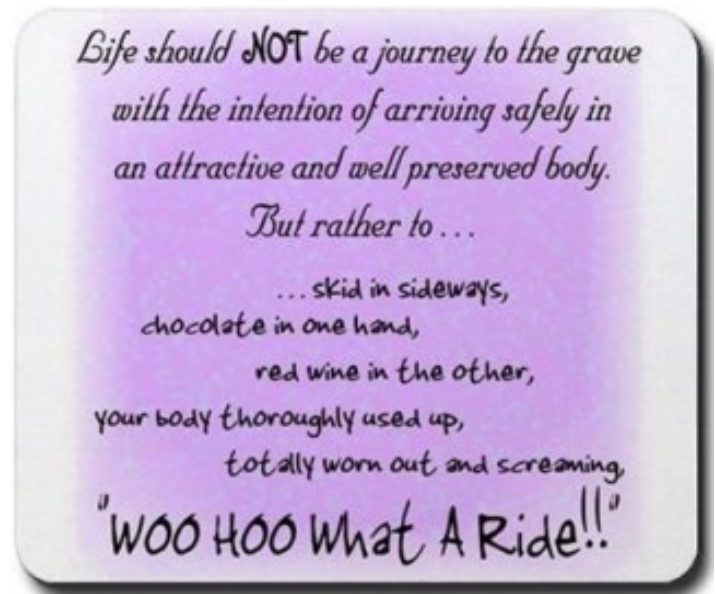
- Rabbi Harold Kushner

## HOLIDAY EATING TIPS

Contributed by Fred Shulak

1. Avoid carrot sticks. Anyone who puts carrots on a holiday buffet table knows nothing of the Holiday spirit. In fact, if you see carrots, leave immediately and go next door where they're serving rum balls.
2. Drink as much eggnog as you can, and quickly - it's rare. You cannot find it any other time of year but now. So drink up! Who cares that it has 10,000 calories in every sip? It's not as if you're going to turn into an eggnog-alcoholic or something. It's a treat - enjoy it. Have one for me. Have two. It's later than you think - it's almost Christmas!
3. If something comes with gravy, use it. That's the whole point of gravy. Gravy does not stand alone. Pour it on. Make a volcano out of your mashed potatoes. Fill it with gravy. Eat the volcano. Repeat.
4. As for mashed potatoes, always ask if they're made with skim milk or whole milk. If it's skim, pass. Why bother? It's like buying a sports car with an automatic transmission.
5. Do not have a snack before going to a party in an effort to control your eating. The whole point of going to a Holiday party is to eat other people's food for free. Lots of it. Hello?
6. Under no circumstances should you exercise between now and New Year's. You can do that in January when you have nothing else to do. This is the time for long naps, which you'll need after circling the buffet table while carrying a 10-pound plate of food and that vat of eggnog.
7. If you come across something really good at a buffet table, like frosted Christmas cookies in the shape and size of Santa, position yourself near them and don't budge. Have as many as you can before they become the center of attention. They're like a beautiful pair of shoes, if you leave them behind, you're never going to see them again.
8. Same for pies. Apple, Pumpkin, Mincemeat. Have a slice of each. Or if you don't like mincemeat, have two apples and one pumpkin. Always have three. When else do you get to have more than one dessert? Labor Day?
9. Did someone mention fruitcake? Granted, it's loaded with the mandatory celebratory calories, but avoid it at all cost. I mean, have some standards.

10. One final tip: If you don't feel terrible when you leave the party or get up from the table, you haven't been paying attention. Re-read tips; start over, but hurry, January is just around the corner.



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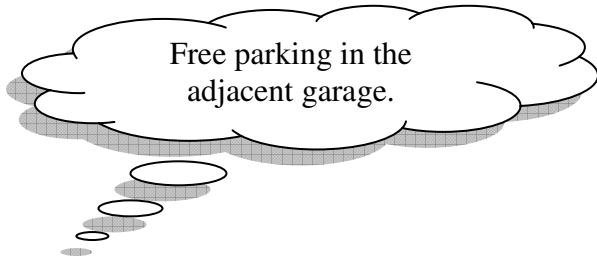
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