

The New Outlook

October 2014



NEXT MEETING

Wednesday, October 15, 7:30 pm

Lutheran General Hospital

1775 Dempster St., Park Ridge, IL

Sasser Conference Room

10th Floor by Cafeteria

Last Months' Meeting (our 443rd)

We were very fortunate to be visited by prominent Gastroenterologist Dr. Eugene Yen from Northshore University Health System. He led a rap session which included a myriad of subjects covering the entire GI tract. He told us about all the advances made in diagnostic testing, medications and surgery, in just the last 20 years. We talked about **probiotics**, which haven't actually been studied in patients to determine efficacy; **antacids**, which alleviate some symptoms, but do not heal underlying causes, such as inflammation; **GERD** which is not caused by acid but by slow emptying of the esophagus; **blockages** caused by scar tissue and peristomal hernias (a smaller hernia may be more cause for concern than a larger one) and when surgery may be indicated; **IBD treatments** with the goal of healing tissue to decrease risk of cancer; small intestine **absorption** and so much more. Dr. Yen answered all of our general questions and members' specific questions. We thanked him profusely for the generous gifts of his time, his knowledge and his support.

Don't forget to let us know if your physical address or email address has changed. Our member list is private, never shared or sold.

Our next meeting, **October 15**, will feature our **WOCN, Mary McCarthy** with information on getting ready for winter, as well as other issues. Do you have a question for the nurse?

We occasionally use a different meeting room at the hospital. This month we will be in the **Sasser Conference room** by the cafeteria. Take **elevator C** to the 10th floor and enter the cafeteria. There are always supportive ostomy veterans to chat with you.

We're going GREEN! Paper is so 20th century! Thanks to everyone who volunteered to receive 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** Be sure to add us to your safe sender's list and check your email inbox.

Ostomy Association of Greater Chicago (OAGC)

Established 1975

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Bernie auf dem Graben 773-774-8000

Resurrection Hospital

Nancy Chaiken 773-878-8200

Swedish Covenant Hospital

Teri Coha 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

Karen Blum 312-942-7088

Rush University Surgeons

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 & Gail Meyers 815-338-2500

Centegra-Northern Illinois Medical

Marina Makovetskaia 847-723-8815

Lutheran General Hospital

Diane Zeek, 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, Becky Strilko, 630-933-6562

Barb Stadler

Central DuPage Hospital

Kathy Thiesse, Nancy 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

National UOAA Virtual Networks

Pull Thru Network: Lori Parker 309-262 6786

UOAA Teen Network: Jude Ebbinghaus 860-445-8224

GLO Network: Fred Shulak 773-286-4005

YODAA: Esten Gose 206-919-6478

Teen Network: Jude Ebbinghaus 860-445-8224

Thirty Plus: Kathy DiPonio 586-219-1876

Continent Diversion Network: Lynne Kramer 215-637-2409

FOW-USA: Jan Colwell 773-702-9371

2014 Meeting Dates at Lutheran General Hospital

October 15- WOCN Mary McCarthy
winterizing and "Ask the Nurse"

November 8- Midwest Regional Ostomy Education
Conference in Arlington Heights

November- No general meeting

December 10- Annual Holiday Gala

More area support groups:

Northwest Community Hospital

Arlington Heights. Oct. 9, Dec. 11, at 1:00pm, level
B1 of the Busse Center. Contact Diane Zeek
847-618-3215, dzeek@nch.org

Southwest Suburban Chicago

The third Monday at 7:30pm, Little Company of
Mary Hospital, Evergreen Park. Contact Edna
Wooding 773-253-3726, 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 or Tom
Wright, tomwright122@att.com

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

Aurora

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

Will County

Charlie Grotevant 815-842-3710
charliegrtvnt@gmail.com

Lake County Illinois

Hollister in Libertyville, 10:00am the 3rd Saturday,
every other month. Meetings are in January, March,
May, July, September and November. Contact Barb
Canter 847-394-1586, barb1234@sbcglobal.net

Here & Now
with Patricia Johnson



Shadow Buddies

Imagine being a child waking up in the hospital after a long surgery, feeling bad and seeing a red lump, much like a strawberry, sticking out of your abdomen. Then told that this thing is a stoma. It will be there for a long time. Possibly forever. This is the new way you will go to the bathroom. And hopefully there will be no more pain, no more sickness. It must be terrifying and curious at the same time. You feel different and alone.

Then someone, mom or dad or a nurse pushes into your hand a stuffed object. You look at it, turning it over and see that it is a doll. A boy doll or a girl doll, just like you. Upon closer examination you see that the doll has a stoma too. It even has a pouch. You are surprised. You examine it closely, touching the stoma, removing and attaching the pouch. This doll is like you. You have a new friend, to talk to, hug, tell secrets to. You like this doll. You don't feel so alone anymore.

Shadow Buddies are given to children for free. **Hollister** sends them to patients through WOCNs. The Hollister web site states that the Shadow Buddies are designed to be a teaching tool to educate a child about what they now have. Children learning to live with an ostomy can find it tricky at first, but with the help of their Buddy they quickly begin to adapt. The Buddies can also be used by someone to explain their own situation to children, such as parents or grandparents.

How wonderful that there is something so simple yet so helpful for children with ostomies.

Life is good.

Shadow Buddies Foundation

Inspired by her son who wanted a friend “just like me,” Marty Postlethwait founded the Shadow Buddies Foundation in September of 1995. Miles, her son, was born with multiple congenital birth



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defects that had him in and out of the hospital since he was born. During one of his many hospital stays, Miles told his mom and dad that he wanted a “buddy” that had defects similar to his that could help ease his feelings of loneliness and fear. So Marty took action and with the help of Miles, developed the first Shadow Buddy.

The mission of the Shadow Buddies Foundation is to provide emotional support through education regarding illness, disability, or medical treatments. The Buddy can help increase compassion and understanding while spanning the gap between treatment and awareness.

To date, they have distributed more than 840,000 condition-specific buddies to children and families in all 50 states and in 16 countries.

For more information on the Shadow Buddies Foundation and the 25 buddies and accessories, go to www.shadowbuddies.org

The New Ostomate at Senior Age

UOAA Update

Because the population as a whole is living longer, greater numbers of people are suffering illness that requires ostomy surgery. Problems the senior new ostomate may face (which all of us can help with) include:

1. *Fear of increasing dependence and non-acceptance by family.* Family acceptance and support are essential for complete rehabilitation.
2. *Unpreparedness for a stoma.* Surgery may often be done as an emergency procedure, and there has been little time for an older person to adjust to this change in body image. Often the older person is confused after surgery because the hospital routine is foreign; side rails are up and he/she is confined as though a child. It is in this condition that he/she first gets acquainted with his/her ostomy.
3. *A hard-to-manage stoma.* Particularly if created in emergency surgery, the stoma may be adjacent to a wound or done in haste and poorly positioned. Experienced ostomates and caregivers can and should work to teach new senior ostomate acceptance and self-care. It might take extra patience.

Ability to learn does not diminish with age, but speed of performance and reaction time decline and it takes longer to learn new tasks. A word of advice to those working with new ostomates in a senior category: allow your student to learn one task well before proceeding to the next one.

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**Do what you can,  
with what you have,  
where you are.**

-Theodore Roosevelt

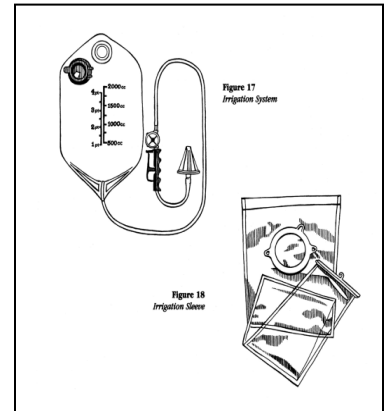
## Irrigation

(for descending and sigmoid colostomies only)

American Cancer Society

Irrigating to have regular, controlled bowel movements is up to each person, but you should fully discuss it with your doctor or ostomy nurse before a decision is made. Your doctor or nurse will teach you how to irrigate your colostomy. The procedure may be a little different than what we describe here, depending on the experience of the person teaching you.

Needed equipment includes a plastic irrigating container with a long tube and a cone or tip. (The plastic cone-shaped piece at end of the tubing fits snugly against the stoma to run water into the colostomy.) An irrigation sleeve is worn to take the irrigation output into the toilet. You can use a tail closure clip and a belt for extra irrigation sleeve support, too.



### Basic irrigation tips

- Choose a time in the day when you know you will have the bathroom to yourself.
- Irrigation may work better if it is done after a meal or a hot or warm drink. Also, consider irrigating at about the same time of day you usually moved your bowels before you had the colostomy.
- Clamp the tubing and put 1000 cc (about 1 quart) of lukewarm (not hot) water in your irrigating container. You may need a little less. NEVER connect the tube directly to the faucet.
- Hang the container at a height that makes the bottom of it level with your shoulder when you are seated.
- Sit on the toilet or on a chair next to it. Sit up straight.
- Seal the plastic irrigation sleeve onto your faceplate and place the bottom end of the sleeve in the toilet bowl.

- Wet or lubricate the end of the cone with water-soluble lubricant.
- To remove air bubbles from the tubing, open the clamp on the tubing and let a small amount of water run into the sleeve. Re-clamp the tubing and put the cone into the stoma as far as it will go, but not beyond its widest point. Slowly open the clamp on the tubing and allow the water to gently flow into your bowel.
- The water must go in slowly. You may shut the clamp or squeeze the tube to slow or stop the water flow. It takes about 5 minutes to drip in 1000 cc (about 1 quart) of water. Hold the cone in place for 10 seconds after all the water has gone in.
- The amount of water you need depends on your own body. You may need less, but do not use more than 1000 cc (1 quart). The purpose of irrigating is to remove stool, not to be strict about the amount of water used.
- You should not have cramps or nausea while the water flows in. These are signs that the water is running in too fast, you are using too much water, or the water is too cold. After the water has been put in, a bowel movement-type cramp may happen as the stool comes out.
- After the water has run in, remove the cone. Output or "returns" will come in spurts over the next 45 minutes or so. As soon as most of it has come out, you may clip the bottom of the irrigating sleeve to the top with a tail closure clip. This allows you to move around, bathe, or do anything you wish to pass the time.
- Over time you will know when all the water and stool have come out. A squirt of gas may be a sign that the process is done, or the stoma may look quiet or inactive.
- If the complete irrigation process always takes much more than an hour, talk to your doctor or ostomy nurse.

- Your skill and comfort level with irrigation.
- Your personal feelings about the colostomy.
- Your talks with your doctor or your ostomy nurse.

Try to find a method, or combination of methods, that most closely matches your body's normal bowel habit or pattern. At first, you may need to try different things under a doctor or nurse's guidance. Just remember, it will take time to set up a new system. Having regular daily habits will help. If you find certain foods or irrigation procedures let you regulate your bowel movements, keep doing those things at the same time every day. Regular habits will promote regular bowel functions, but occasional changes in routine will not harm you.

(Last Medical Review: 03/17/2011)

Happy Halloween!



Whether you will irrigate your colostomy and how you will do it depends on many factors, such as:

- The amount of active bowel you have left.
- Your lifelong bowel habits.

If you are still receiving the black and white printed version of the newsletter, go to our website [www.uoachicago.org/the-new-outlook](http://www.uoachicago.org/the-new-outlook) to see what you are missing.

## MIDWEST REGIONAL OSTOMY EDUCATION CONFERENCE

You will not want to miss this opportunity to learn all about ostomies, focusing on both medical and lifestyle issues. The all day conference, presented by the **Ostomy Association of Greater Chicago** and **Hollister, Inc.**, is on Saturday, November 8th at the Double Tree Hotel in Arlington Heights, IL. Medical experts include Colon and Rectal Surgeon, Urologist, Psychologist, Gynecologist, Physical Therapist, Dietician, Pharmacist, and numerous WOCNs. Lifestyle sessions with Brenda Elsagher and Laura Cox. Also UOAA President Susan Burns.

A Stoma Clinic organized by Diane Zeek, NP, CWOCN. You will need to bring an appliance change. To make an appointment call 847-618-4968 and mention Nov. 8th Ostomy event .

We especially want to thank our event sponsors- **Hollister, Northwest Community Hospital, Stoma Guard, Mark Drug Medical Supply** and **Ostomy Association of Aurora.**

Doors open at 8:00am with continental breakfast and Vendor Fair. Parking is free. See pages 9 and 10 for more details and registration. Check the website and your email inbox for updated information.

In planning this day, we realized with so much to learn there is little time to socialize with each other. Talking, sharing and laughing with others is essential. So, we're getting together at 6:00pm for a **Hawaiian Pa'ina** (party). Dress is casual! Feel free to dig out your flowered shirts, but not necessary. We'll have light bites, and of course you know what light bites are called in Hawaii.....

**Pu Pu's** and yes, the pun is intended!

There's a cash bar. In addition to her daytime communique, **the evening entertainment features Brenda Elsagher.** If you've never seen Brenda in action, you're in for quite a treat. Brenda is a comedian, author, and national speaker who brings a joyful message in the face of adversity. She combines comedy and her experiences with colostomy surgery to encourage hope and healing through laughter.

**Ostomy ~ The New Normal**

Brenda has written 4 books, and during the evening Pa'ina, will sign complementary copies, thanks to the generosity of **Hollister.**



### Mark Drug Medical Supply

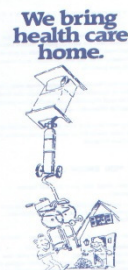
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*Proud sponsor of the Midwest Regional Ostomy Education Conference November 8th*

Text message

- Wife: Windows frozen
- Husband: Pour lukewarm water on and try to open.
- Wife: Computer really messed up now!

## Who should I tell?

Mayo Clinic Ostomy Care

It's up to you to decide who to tell about your ostomy surgery. It may make sense to tell the people closest to you. These people may be worried about your recovery, and explaining your ostomy may ease their fears. Talking with loved ones is also a healthy way to cope with your emotions.

Acquaintances may be curious about why you've been away from work or know that you were in the hospital and ask about your illness. Think ahead about what to say when questions arise. You could say you've had abdominal surgery or use another basic description without going into details if you're uncomfortable discussing your ostomy with people you don't know well.

Other people will need to know about your ostomy for practical purposes. If you don't have a desk or locker at work to store extra ostomy supplies, for instance, you might need to reveal some details of your ostomy to someone at work so that such arrangements can be made.

Some people keep their ostomy surgery private, and others prefer to tell anyone who asks. Who you tell is up to you, but you may find you're more willing to discuss the details as you become more comfortable caring for your ostomy.



Everyone needs a friend to act silly with!

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## It's a Matter of Sharing

*Ostomy News Review*, Green Bay, WI

reprinted by The New Outlook

I know a man, a colostomate, (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 chapter—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.

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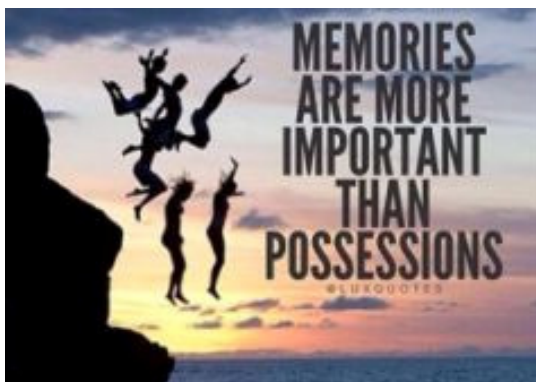
[www.opbmed.com](http://www.opbmed.com)

### How to Walk with an Ostomy\*

Vancouver Ostomy Highlife

If your mother was here she'd tell you to straighten your shoulders, hold your head up and quit slouching. Good posture in other words. Actually, the straighten up part holds true for when you begin walking again after surgery. You'll be sore and wary of being bumped by others, but don't let that get you into the habit of hunching over when you walk. There is a natural tendency to want to guard the abdomen after ostomy surgery so you need to remind yourself to practice good posture. You needn't go far on those first few walks outside the home, but hold your head up, straighten those shoulders and look the world in the eye.

\*the same way you did before you got the ostomy



## What Thanksgiving Means To An Ostomate,

by Marjorie Kauffman

When the frost is on the punkin'  
and the chill is in the air,  
you know Thanksgiving's comin'  
and it's time to say a prayer,  
to thank the lord above  
for the miracles He has wrought,  
"cause you're still among the livin"  
in spite of what you've got.

Sure, it cost a heap in learnin'  
and the best is none too good;  
and that same old appliance  
isn't stickin' like it should,  
or it's leakin' when it shouldn't;  
or the changing time's not right,  
or you find yourself in trouble  
in the middle of the night.

It's quiet when you're all alone,  
then acts up in a crowd;  
and fills up like a toy balloon  
or rumbles long and loud;  
and when you least expect it,  
it can ruin your best clothes,  
or maybe you get worried  
wonderin' if it really shows.

When bathroom locks are missin'  
you can sure feel insecure;  
and sometimes when you're braggin'  
it's your smellin' that's poor.

All the cleanin' and fussin'  
and the airin' is a bore;  
and affordin' what you're needin'  
might just become a chore.

Yes, these problems will beset you,  
and some more, but some less.

Some day you'll laugh about 'em  
and you'll honestly confess  
that life IS worth livin',  
so stop a bit and pray,  
and give your Thanks and Blessin'

**EVERY DAY IS THANKSGIVING DAY!**

Reprinted from Baltimore (MD) Ostomy Association "Friends Together" via Greater Seattle (WA) The Ostomist



# MIDWEST REGIONAL OSTOMY EDUCATION CONFERENCE

Presented by OAGC and Hollister

Saturday, November 8, 2014

The Double Tree Hotel

75 W. Algonquin Road, Arlington Heights, IL 60005

Arlington Heights Rd exit off I-90

Join us for this one-day Ostomy Educational Conference filled with information for and about ostomies.

**Sponsors:** Hollister, OA Greater Chicago, Northwest Community Hospital, OA Aurora, OA Arlington Heights, Mark Drug Medical Supply, Stoma Guard

Medical Advisor:

Bruce A. Orkin, MD

Vice Chair for Academic Affairs, Department of General Surgery

Chief, Section of Colon and Rectal Surgery

Rush University Medical Center

Speakers:

Dr. Bruce Orkin, Colon and Rectal Surgeon    Dr. Tiffany Taft, Psychologist    Dr. Renjie Chang, OB-GYN

Stephanie Horgan, Clinical Social Worker    Dr. Leslie Deane, Urologist    Karen Blum, APN, CWOCN

Madelene Grimm, CWOCN    Kesuri Sethurama, Physical Therapist

Brenda Elsagher, Author *I Want to Buy a Bowel*    Linda Laurenz, Dietician    Pharmacist TBA

Ally Bain, Law Student, drafted Restroom Access Law (Ally's Law)    Susan Burns, President UOAA

Laura Cox, Ostomy Lifestyle    Sessions for family/spouses

Stoma Clinic:

Organized by Diane Zeek, NP, CWOCN

You will need to bring an appliance change. Call 847-618-6948 to make an appointment. This is the Northwest Community Hospital appointment line, so **mention the Nov. 8 Ostomy event.**

Schedule:

8:00am - Registration/Continental Breakfast

8:00am - 4:30pm - Vendor Fair

9:00am - 5:30pm - Sessions with lunch break

8:30am - 4:00pm - Stoma Clinic

6:00pm - 9:00pm - Casual Hawaiian **Pa'ina** (party) with **Pu Pu's** (pun intended)

**Vendor Fair Exhibitors:** Hollister, Convatec, Coloplast, Mark Drug Medical, Edgepark Medical, Northwest Community Hospital, MPM Medical, ABBVIE, Shield Healthcare, Oak Park Behavioral Medicine, Stomastifler, Nascent, Byram Healthcare, Stoma Guard, Safe n Simple, FOW, Youth Rally, and more.

Our website [www.uoachicago.org/events](http://www.uoachicago.org/events) is continually updated as Speakers and Vendors are confirmed. Since this is the last newsletter before the conference be sure to check our website and your email in box for conference updates from the **Ostomy Association of Greater Chicago.**

If any attendee wants to stay over night, in addition to the Double Tree, there are a variety of options; a Courtyard (right across the street), a Red Roof Inn and a Motel 6 on Algonquin Rd, and a Holiday Inn Express, Wingate Inn and Jameson Inn on Arlington Heights Rd.

# MIDWEST REGIONAL OSTOMY EDUCATION CONFERENCE

Saturday November 8, 2014 Arlington Heights, Illinois

## REGISTRATION

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMAIL \_\_\_\_\_

TYPE OF SURGERY (check what you have or will have)

Colostomy  Ileostomy  Urostomy  J-Pouch  Continent Urostomy  Other \_\_\_\_\_

Are you a member of a support group? \_\_\_\_\_ Name of group \_\_\_\_\_

| Name of Attendees (for badge) | Relationship  | Cost | Box lunch choice<br>(circle one) |      |
|-------------------------------|---------------|------|----------------------------------|------|
| 1. _____                      | Self          | \$25 | Turkey                           | Beef |
| 2. _____                      | Spouse        | \$20 | Turkey                           | Beef |
| 3. _____                      | Family/Friend | \$20 | Turkey                           | Beef |
| 4. _____                      | Family/Friend | \$20 | Turkey                           | Beef |

Children under 12

|          |         |               |     |        |      |
|----------|---------|---------------|-----|--------|------|
| 1. _____ | Patient | Family/Friend | n/c | Turkey | Beef |
| 2. _____ | Patient | Family/Friend | n/c | Turkey | Beef |

Total: Adults (12+) \_\_\_\_\_ Children(<12) \_\_\_\_\_ Total Cost \$ \_\_\_\_\_

Will you attend the evening social event? Yes or No \_\_\_\_\_

**There is no additional charge, but we need a count for catering.**

Check sessions that would interest you:  Colo-rectal Surgeon  Urologist  Pharmacist  
 Physical Therapist  Psychologist (patient)  Psychologist (family/caregiver)  Dietician  
 Skin  Hernia  Intimacy  Ask the Nurse (panel of WOCNs)  Meet other spouses/caregivers  
Other \_\_\_\_\_

>Please note - you are not registered for any specific sessions. This information is for scheduling purposes only.

Please send this form with check payable to:

Ostomy Association of Greater Chicago  
Judy Svoboda/President  
605 Chatham Circle  
Algonquin, IL 60102

Or register online: [www.uoachicago.org/event/midwest-regional-ostomy-education-conference](http://www.uoachicago.org/event/midwest-regional-ostomy-education-conference)

# Ostomy Association of Greater Chicago

## Confidential Membership Application

We invite you to join our association. You are especially welcome if you have an ostomy, are preparing for surgery, are a healthcare professional and/or have a loved one who has had surgery. We are a completely volunteer-operated ostomy support group. Our mission is to support, educate and advocate for people with ostomies.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

Type of Ostomy:      Colostomy      Ileostomy      Urostomy      Continent Procedure

Date of surgery \_\_\_\_\_ Age Group <21 22-36 37-50 51-65 66-80 80<

Attend one of our general meetings. There are always friendly people to talk with you. You may even want to participate in our association's leadership. We always need talented people to share in our good work. Membership is free (our funds come primarily through donations). Please mail this application to

Judy Svoboda, President  
605 Chatham Circle, Algonquin, IL 60102  
Or sign up online at: [www.uoachicago.org/membership](http://www.uoachicago.org/membership)

► A very special thank you to everyone who donates to our association. Our largest expense, the cost of printing and mailing this newsletter, is continually increasing and is only made possible through the generous donations of our members.

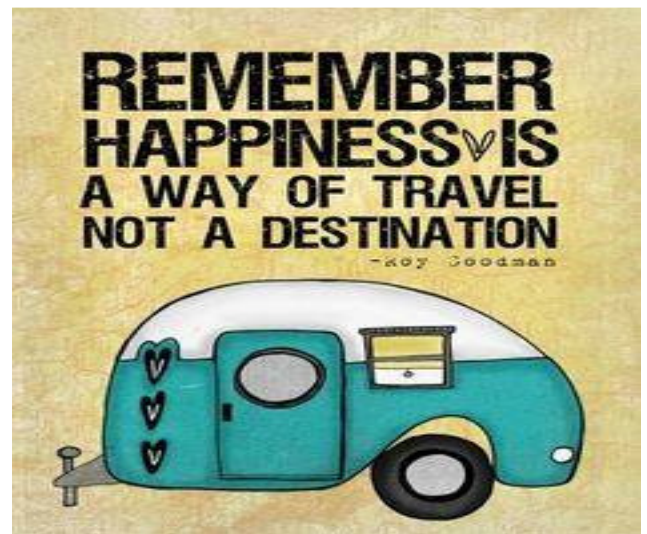
To make a tax-deductible donation, please make check payable to Ostomy Association of Greater Chicago or OAGC and bring to a meeting, or send to

Tim Traznik  
Treasurer/OAGC  
40 Fallstone Drive  
Streamwood, IL 60107

Donations can also be made online using a credit card: [www.uoachicago.org/donations/](http://www.uoachicago.org/donations/)



*October is Breast Cancer  
Awareness Month*



UOAA is on Facebook  
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The information contained in this newsletter and on our website is intended for educational purposes only, and is not a substitute for the medical advice or care of a doctor, surgeon, WOCN, licensed pharmacist or other health care professional.

**The New Outlook**  
**514 Knox St.**  
**Wilmette, IL 60091**

Return Service Requested



*We invite you to attend our general meetings. Relatives, friends, doctors, and nurses, as well as our members—any interested people—are invited and welcome. Our association has a team of trained volunteer listeners available to discuss the concerns of patients. Healthcare professionals and families are urged to use this free benefit. When you know of a patient who would like to talk to a person who has been there and done that, please call the visiting chairperson (see page 2).*