

# The New Outlook

**Fall 2022**



Upcoming Virtual Meeting  
Tuesday  
October 18 at 7 pm

Show and Tell  
Show your favorite products  
and Tell us why you like them

Future meetings:

November 15 December TBD January 17

Reminders and virtual invites are emailed the Sunday before each meeting.

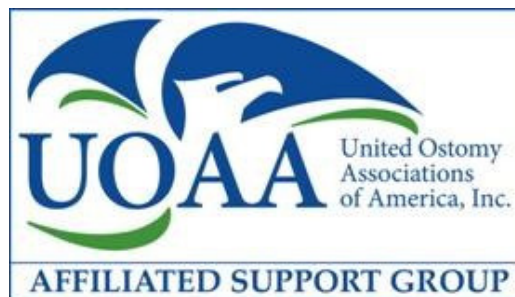
Does anyone remember the *Gladbaggers*? It's been years since we gathered. We are contemplating a get together in December at a nearby restaurant. If you're interested and have suggestions let us know on the Tuesday Zoom meeting or email [uoachicago@comcast.net](mailto:uoachicago@comcast.net).

OAGC is a 501(c)(3) non-profit, run entirely by volunteers. We depend mostly on donations to fund our website and its ever-increasing security costs. Thank you all so much for your support!

Decisions on virtual or in person meetings will be made on a monthly basis. Please watch your emails for details and instructions to participate. Also, for guidance on meetings of other groups listed on page 2 please check with the contact person.

**Attending your first meeting?** There are always supportive ostomy veterans to chat with you.

**Remember**, newsletters are now quarterly. Make sure we have your current email address to receive monthly meeting and event reminders. Our member list is private, never shared or sold. To request the electronic newsletter, email [uoachicago@comcast.net](mailto:uoachicago@comcast.net) or sign up on our website's home page.



## Ostomy Association of Greater Chicago (OAGC)

Established 1975

### President

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### Chapter WOCN

Madelene Grimm [madelene\\_grimm@yahoo.com](mailto:madelene_grimm@yahoo.com)

### Hospitality

Sandy Czurylo

## Wound Ostomy Continence Nurses (WOCN)

Julianne Ciaglia 773-990-8498

*Presence Resurrection Medical Center*

Ana M. Boden 773-296-7095

*Advocate Illinois Masonic Medical Center*

*Swedish Covenant Hospital* 773-878-8200

Teri Coho 773-880-8198

*Lurie Children's Hospital*

Jan Colwell, Michele Kaplon-Jones 773-702-9371 & 2851

*University of Chicago*

Laura Crawford 312-942-5031

*Rush University Medical Center*

Casey Mülle 847-657-5963

*Glenbrook Hospital*

Cheryl Isberto 847-933-6091

*Skokie Hospital* 847-926-5806

*Highland Park* 847-570-2417

Agnes Brugger

*Evanston Hospital*

Connie Kelly, Mary Kirby 312-926-6421

*Northwestern Memorial Hospital* 312-695-6868

Carol Stanley 708-660-5956

*Rush Oak Park Hospital*

Kathy Krenz 815-338-2500

*Centegra-Northern Illinois Medical*

Marina Makovetskaia 847-723-8815

*Lutheran General Hospital*

Elizabeth Perry 847-618-3215

*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*

Barb Sadler 630-933-6562

*Central DuPage Hospital*

Nanci Stark 708-216-8554

(Mary Clare Hogan-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 410-6

## Additional area support groups:

### Northwest Community Hospital, Arlington Heights

2nd Thurs at 1:00 pm every other month. Feb, Apr, Jun, Aug, Oct, Dec in The Learning Center, Level B1 of the Busse Center Contact 847-618-3215, Elizabeth Perry [eperry@nch.org](mailto:eperry@nch.org)

### Southwest Suburban Chicago, Evergreen Park

3rd Monday at 6:30pm, Little Company of Mary Hospital, 2800 W. 95th St., Evergreen Park - Rm 1702. Contact Nancy Olesky 708-499-4043, [nanoook60@sbcglobal.net](mailto:nanoook60@sbcglobal.net) or [swscost@gmail.com](mailto:swscost@gmail.com)

### Sherman Hospital, Elgin

2nd Wednesday of month at 2 pm. Lower level Conference B. Contact Morgan Coconate [morgan.coconate@advocatehealth.com](mailto:morgan.coconate@advocatehealth.com) 224.783.1349.

### DuPage County, Downers Grove

The fourth Wednesday at 7:00pm, Good Samaritan Hospital, 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)

### Will County, Kankakee IL

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 815-252-1551, [charliegrtvnt@gmail.com](mailto:charliegrtvnt@gmail.com)

### Grundy County, Morris IL

Monthly Meetings at 11:00 AM, the 3rd Saturday at Grundy Administration Bldg., 1320 Union St., Morris, IL. Contact Judy Morey at 815-592-5717 or Kelly Hitt at 815-941-6818.

### 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

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

### Rush University Medical Center, Chicago

Professional Building 1725 W. Harrison St. Suite 1138 - Conference Room. Parking for main garage will be validated. 1st Thursday of month, 5:30p.m. Contact Rachel Hendee, [rachel\\_hendee@rush.edu](mailto:rachel_hendee@rush.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

Madelene Grimm has been our sponsor since 2016. She has been to our meetings in person before Covid and at our zoom meetings. Her quick wit has lightened the seriousness of life with an ostomy. She has answered questions and offered guidance. She treats all questions and persons as if their question was the most important one. As if she was just waiting for that person to ask that question. She has been a great source of information and help to new ostomates trying to navigate a whole new way of managing life. Because she has been such an important part of our meetings, I thought you might like to know this lovely person better. As I am no longer able to drive and she lives far away we did an e mail interview. So here to tell us about herself is Madelene Grimm!

“Like most children I was born at an early age”. I always love that line, although I don’t know who originally said it. I am a Southside Chicago girl. Lived there until going to college in Bloomington Illinois. I pretty much always wanted to be a nurse. Second runner up career would have been a singer. In those days, nursing, teaching, secretarial and the arts were the choices available to women. Dad wanted me to be a physician, but I didn’t have the money or really the wish not to be hands-on with patients. I used to try to nurse injured animals back to health and would help around the house.

When I turned 14, I started volunteering at Little Company of Mary in Evergreen Park. I became a Candy Stripe Captain and was most qualified helping the nuns change diapers. Diapers were cotton in those days, and I had a baby sister and baby brother for whom I had a good deal of practice. Needed money for college, so I left volunteering at age 16 and sold cheese at Ford City Shopping Center (I don’t know if that place still exists).

College took me to Bloomington Illinois where I earned my Bachelor of Nursing. Came back to Chicago and worked Pediatric ICU and the general Peds unit until I married and went to Macomb Illinois. There are way too many humorous stories to tell there. Yup, let’s take a big city girl and move her to a farm. I worked the nightshift in the McDonough District Hospital and then became the County Health Officer. I used to fly down those black tops.

I failed family planning and became pregnant with my son. My husband changed jobs and we moved to Boone Iowa for what I call my 3+ years of depression. Even the railroad died in Boone. I did however succeed in bringing my second child into the world – my daughter. Moved back to Illinois to Sterling where I worked for the county health department – first as a field nurse, then moving into a management roll. Finally came back to the Chicago area with two kids.

There were many more years in home care as I had established my reputation as the person you would hire to get your home care agency certified with the state. I also obtained my Certificate of Business Administration



**Inspired**  
by you

**Living life to the fullest.** You've never been one to let life slow you down. Every challenge is met with the confidence that comes from knowing life is all about the journey. And that confidence is an inspiration to us every day at Hollister.

For more than 50 years, we've been delivering customer-inspired innovations that have helped make life more rewarding and dignified for those who use our products. Because for us, there's nothing more inspiring than seeing people like you getting back to doing what you love.

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from the University of Chicago (1990). While working in a few Home Care Administration jobs, and obtained my Master of Science (2000) with a focus in Nursing.

Somewhere along the way I returned to hospital nursing as an educator for Evanston Hospital and Highland Park hospital. They needed a Wound Ostomy Continence nurse (WOCN) and I went back to school. Finishing my training, passing the three national boards; I added new letters after my name. I was now Madelene Grimm, APN/CNS, CWOCN, MS, BSN, RN. Yes dad, eight additional years of advanced education, still not a doctor. I realized how much I loved this field of nursing. Skokie Hospital hired me as their WOC nurse. NorthShore merged with Skokie and I then worked at Skokie. Highland Park, Glenbrook, and on occasion Evanston.

Ostomy nursing began when Dr. Rupert Turnbull and Norma Gill established the first (ET) / ostomy specialist position at the Cleveland Clinic in 1958. That being said, when I trained as a registered nurse, I was trained to manage ostomies, and wounds as part of my curriculum. A WOCN works in conjunction with a physician, usually a surgeon doing the initial teaching, stoma marking, and troubleshooting for the patients.

The most rewarding part of my working as an ostomy nurse is when I get it right and the patient becomes independent in their own ostomy management. In my practice, I became part of the family – meeting spouses, parents, children, pets and best friends. I believe human touch is a most important aspect of healing and most of my patients would not let me leave their side without a hug. Ostomy patients and / or patients with large difficult to heal wounds are not broken, but often they feel untouchable because their body image has been altered. To touch, laugh, work together to accomplish a goal is one of my greatest motivations in life. A sense of humor is necessary as I do not claim to be perfect. I've had a patient stand up after placing a pouching system and watch the system fall to the floor as I had forgotten to take the plastic off the back of the barrier. Take two!

My most sad experiences are when I find out a patient has been suffering alone with a problem. I don't want anyone to feel alone. You can be angry, don't hit, but sometimes a potty mouth is understandable. My father was a pipe fitter, I've heard a lot. I'm Southside Irish, I don't back down. My favorite saying is; "The devil whispered in my ear that I would not survive the storm. I whispered in the devil's ear – I am the storm." To all who struggle, stand tall, stand strong, and remember to ask for help.

Thank you Madelene! That was awesome! We are so blessed and fortunate to have Madelene's wisdom and guidance.

*Life is good*



We all thank Madelene for everything she does for us!

We appreciate her steady hand and helpful advice in guiding us on this ostomy journey.



## Fitness and Recreation with an Ostomy

HyTape.com

After ostomy surgery, patients will find that they may have to adjust their activity level. Having an ostomy device and bag with them at all times will complicate the way they go about their physical activities as long as they have them. With the right planning, however, ostomy patients can still enjoy most or all of their favorite activities, just with a few adjustments.



### Risks involved with activities featuring an ostomy

The number one risk in regards to ostomies and physical activity is leakage. The ostomy bag needs to be secured well to the stoma in order to ensure that no leakage occurs. Depending on the activity, it may be difficult to guarantee that the ostomy bag won't be bumped or tugged.

The best option for those with ostomy bags who wish to stay active is to use proper barriers and adhesives. A thick barrier applied over the entire stoma helps ensure that liquids pass properly into the bag. Adhesive tapes like Hy-Tape provide a secure hold that is leak-proof while also flexible.

### Tips for reducing the risk of leakage during physical activity

There are many steps that can be taken to reduce or eliminate the chances of ostomy leakage issues during fitness activities or exercise. Consider these tips to keep your activities safe and sanitary:

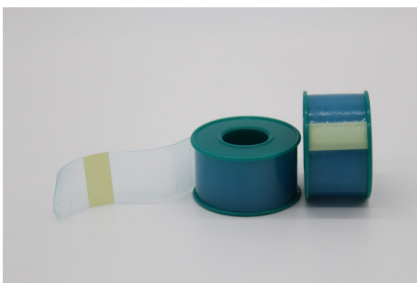
- Reinforce the edges of your ostomy bag and device with high-grade barriers and waterproof tape, such as Hy-Tape.
- Secure your bag or device with an ostomy belt or wrap to help defend against bumps or hits to the bag.
- Know where the nearest bathroom facilities are located in case you need to change bags or make adjustments.
- Bring extra bags, barriers, and tape so you can remove waste and put in a new bag when needed.
- Wear ostomy protective guards over the bag or device during especially physical activities, such as swimming or contact sports.

Taking any of these precautions greatly reduces the chances of an accident when engaging in physical activity with an ostomy. Any of these tips will help protect against accidents.

While barriers are important, proper adhesive is essential to securing an ostomy bag or device. A high-quality tape will provide a waterproof seal to keep liquids in, even if they contact the barrier. Proper tape will also allow for easy physical movement, not pinching or chafing the skin while walking, running, jumping, or swimming.

Editor's note: Since this article is from the Hy-Tape website, it recommends their product to secure your appliance. There are other means to add security when physically active.

Safe N Simple has a silicone tape.



Major manufacturers have Barrier Strips



Brava® by Coloplast

# Ostomy Self-Management Checklist

## DAILY POUCH EMPTYING

- ☐ Are you able to ambulate/ self-propel to the bathroom to empty your pouch?
- ☐ Are you able to adjust your clothing before and after pouch emptying?
- ☐ Are you able to empty your pouch, clean the end and reseal it?
- ☐ Do you remember to empty your pouch on a regular basis?
- ☐ Are you experiencing leaks related to your pouch emptying schedule?
- ☐ Are you able to empty your pouch at night?
- ☐ Urostomy- Can you change from daytime drainage system to nighttime drainage system?

## APPLIANCE CHANGE

- ☐ Are you able to gather your supplies and change your appliance on a regular schedule and maintain a functional wear time (3-4 days)?
- ☐ Are you able to observe your peristomal skin at your appliance change to determine if the area is intact?
- ☐ If your skin is not intact at appliance change, are you able to manage minor skin problems?
- ☐ Are you able to observe your stoma at your appliance change to determine any changes and to aid in aligning the appliance over your stoma?

## PROBLEM SOLVING

- ☐ Can you identify and problem solve leak problems?
- ☐ Do you know when you need to seek medical assistance and how to access this care? (Signs and symptoms of blockage, severe skin problems, dehydration, infection, constipation)

## SUPPLY MANAGEMENT

- ☐ Do you maintain a list of supplies (include supplier name and contact number, product manufacturer, reference number and amount ordered monthly)? UOAA has a handy supply checklist that you can use for this purpose.
- ☐ Do you have automatic reorder set up with supplier or a system to remind you to reorder?
- ☐ Does your Primary Care Provider have an up-to-date supply list in your medical record?
- ☐ Are you able to self-advocate for supply problems?
- ☐ Are you able to store your supplies in a temperature neutral place away from excessive heat or cold?

## LIFESTYLE MANAGEMENT: DIET & HYDRATION

- ☐ Ileostomy: Do you know how to maintain adequate hydration and electrolyte balance? Do you know how to avoid foods which may cause blockage?
- ☐ Urostomy: Do you maintain adequate hydration?
- ☐ Colostomy: Do you maintain adequate hydration and diet to avoid constipation?

For more ostomy resources visit UOAA's website: <https://ostomy.org>

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## Check Out Bravery Bag Covers

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

A new charitable initiative has been started to help ease the daily emotional impact of children living with ostomies. The goal is to provide children all over the world with fun, loving, stylish ostomy bag covers to help children feel more confident with their ostomy day to day. All money raised goes toward producing the covers and all the covers are being donated to children's hospitals and other channels. We welcome you to check out our website and get involved in any way possible - whether it be donating or helping get the bags into the hands of children with ostomies.



## Flushable Wet Wipes

[dudeproducts.com](http://dudeproducts.com)



"We're 4 longtime friends who launched DUDE Wipes out of our apartment in Chicago. Our origin story isn't like most companies. We started DUDE Products to have fun, make sh\*t jokes, and kick ass. It's been one crazy ride, and we have our loyal DUDE family to thank. Our mission is to keep having fun, build great products, and support you all any way we can." —THE DUDES



Friends Don't Let Friends Ruin Their Butt with Toilet Paper: Wet wipes designed to give your butt a clean, more refreshing finish; Individually wrapped or in our at-home dispenser, you are in good hands with sewer and septic tank safe DUDE Wipes. BILLIONS AND BILLIONS OF BUTTS WIPED

\*Also works to clean the tail of a pouch after emptying.



## Deodorize Embarrassing Odors

[devrom.com](http://devrom.com)

Devrom® is an FDA-approved, over the counter medication used to eliminate the odor associated with flatulence and bowel movements. Described as an internal deodorant, Devrom® is available as a chewable tablet or capsule and the active ingredient is 200mg bismuth subgallate. Devrom® has been a trusted name for over 50 years, and allows its users to manage embarrassing stool and flatulence odor.

Do you have a product you would like us to feature? Email info to [uoachicago@comcast.net](mailto:uoachicago@comcast.net)

"We can't stop bad things from happening, but we can stop our relentless focus on how things were or how we want them to be, and develop a deeper appreciation for what we have now."

— Harriet Lerner



## Mark Drug Medical Supply

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### The Ostomy Store

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## Get Ostomy Answers!

Get answers to the challenges of living with a colostomy, ileostomy or urostomy by subscribing to *The Phoenix* magazine, the official publication of United Ostomy Associations of America. Medical professionals, clinicians and ostomy experts provide answers you won't find anywhere else. Topics include diet, exercise, intimacy, skin care, odor control, preventing leaks and so much more. Ostomy patients share inspirational stories of overcoming disease, surgery and complications to return to a full and active life.

Go to [phoenixuooa.org](http://phoenixuooa.org) for instant access and to learn more.

Use code "Save20" to save 20% on a digital subscription





**Does drinking water during or after a meal affect or disturb digestion?**

There's no concern that water thins down or weakens down (dilute) the digestive juices or interfere with digestion. In fact, drinking water during or after a meal helps how your body breaks down and processes food (digestion).

Water is vital for good health. Water and other drinks help break down food so that your body can absorb the nutrients. Water also makes stool softer, which helps prevent constipation. Choose water when possible, instead of drinks full of sugar.

Looking for other ways to promote good digestion? Live a healthy life. Eat plenty of fruits, vegetables and whole grains. Also include low-fat or fat-free milk, yogurt and other dairy products and lean meats. Keep a healthy weight. Get active most days of the week.

**What causes mucus in stool? Is this a concern?**

A small amount of mucus in stool is usually nothing to worry about. Stool normally contains a small amount of mucus – a jellylike substance that your intestines make to keep the lining of your colon moist and lubricated.

But you should talk to your doctor if you notice an increased amount of mucus in stool – particularly if it begins happening regularly or if it's accompanied by bleeding or a change in bowel habits.

Larger amounts of mucus in stool, associated with diarrhea, may be caused by certain intestinal infections. Bloody mucus in stool, or mucus accompanied by abdominal pain, can represent more serious conditions – Crohn's disease, ulcerative colitis and even cancer.

**For the past few days, I've noticed undigested food in my stool. Should I be concerned?**

Sometimes, you may see undigested food fragments in stool. This usually is high-fiber vegetable matter, which isn't broken down and absorbed in your digestive tract. At times, undigested food is a sign of poor chewing and fast eating. Make sure that you chew your food well.

Undigested food in stool isn't a problem unless it occurs with lasting diarrhea, weight loss or other changes in your bowel habits. If you have such signs and symptoms, talk to your health care provider.

**Is acid reflux the same as GERD?**

Acid reflux and gastroesophageal reflux disease (GERD) are closely related. Acid reflux, also known as gastroesophageal reflux (GER), is the backward flow of stomach acid into the tube that connects your throat to your stomach (esophagus). During an episode of acid reflux, you might feel a burning sensation in your chest (heartburn). This can occur after eating a big meal or drinking coffee or alcohol.

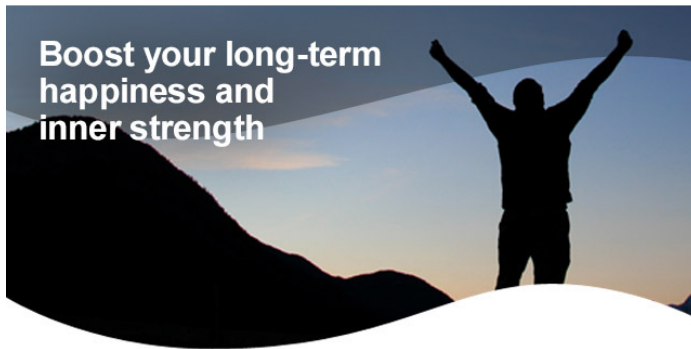
Sometimes acid reflux progresses to GERD, a more severe form of reflux. The most common symptom of GERD is frequent heartburn – two or more times a week. Other signs and symptoms can include regurgitation of food or sour liquid, difficulty swallowing, coughing, wheezing, and chest pain – especially while lying down at night.

If you have occasional acid reflux, lifestyle changes can help. Lose excess weight, eat smaller meals, don't eat two to three hours before bedtime, raise the head of your bed, and avoid foods that seem to trigger heartburn – such as fried or fatty foods, chocolate, and peppermint. Don't wear tight clothing around your abdomen, and avoid alcohol and tobacco.

If necessary, occasional acid reflux can be treated with over-the-counter medication, including:

- Antacids, such as Tums or Maalox
- H-2-receptor blockers, such as cimetidine (Tagamet HB) or famotidine (Pepcid AC)

If you suspect that you have GERD, your signs and symptoms worsen, or you have nausea, vomiting or difficulty swallowing, talk to your doctor. Prescription medications (and in rare instances, surgery) might help.



**Boost your long-term happiness and inner strength**

**... and say a defiant “NO” to circumstances that may drag you down!**

**From Harvard Health**

Every day, we all face setbacks, distractions, frustrations, uncertainties that can make it difficult to enjoy and maintain genuine happiness and contentment. And even in good times, we know that happiness can be fleeting. Then there are also times when life throws us a real curve ball – an illness, a loss of a job, or a breakup in a relationship.

What are we to do? How can we find and hold on to the peace, contentment and joy that we crave?

***Powerful interactive tools help lead to long-term happiness*** – from Harvard Health Publications

It’s often said that happiness is a choice: You can either choose to be happy or choose to be sad, stressed, or anxious. *But simply choosing happiness doesn’t always make it so.* Many times, you can’t simply force a smile and make believe that everything is coming up roses.

Thankfully, there are much more effective ways, based squarely on research-proven Positive Psychology strategies and concrete techniques that can help you deal effectively with life’s challenges and attain long-term happiness.

- **Get into the happiness “flow”** – that happy zone where you’re super engaged and absorbed...where time flies happily by...and where toxic thoughts are banished from your mind.
- **Identify and build on your personal happiness-boosting inner strengths**, and make them even stronger to feel more energetic and perform better. A recent study showed that people who identified their key strength and used it in a new way each week significantly increased happiness and reduced depression.
- **Magnify the happiness impact of gratitude.** Discover the power of gratitude, which leads to more positive emotions, stronger relationships and a greater ability to deal with adversity.
- **Enhance your ability to recognize and celebrate the simple pleasures in your day** as they occur – savor more pleasure in your life with specific “enjoy the moment” activities
- **Change the brain’s way it deals with stress with “mindfulness,”** a powerful technique to help relieve anxiety or depression. Focusing your attention on the present moment has been found to be the key element to happiness and a healthier mind and body.

**Happiness has a powerful impact on your physical health. Research is proving that positive emotions can help lower stress levels. And by lowering stress levels over the years, you can help reduce heart attack, stroke and other conditions.**

The health experts at Harvard Medical School are proud to announce the creation of the exclusive online ***Positive Psychology Course*** that reveals the easy-to-apply tools to help you enjoy enduring happiness – not just fleeting emotional highs, but a deeper long-term satisfaction and contentment in your life!

Step-by-step, this powerful online course reveals a variety of research-proven techniques and exactly how to put them into practice.

Once purchased you can watch the course as often as you want from any device. It never expires.

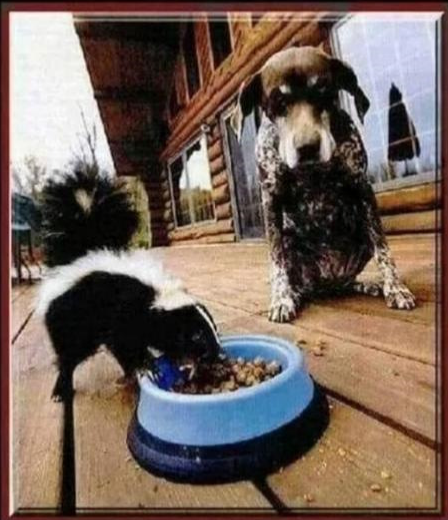
## Chuckles therapy.....

CS174705





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**PATIENCE  
and WISDOM.**

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Halloween. Find woods or a field near  
you, smash them open and leave for  
the wildlife to eat. Pumpkin is safe for  
them and the seeds act as a natural  
dewormer. (Army of the Kind) 🦌 🍂



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donates to our association! Our largest  
expenses, the cost of this newsletter, our  
website and security for our website are  
continually increasing and is only made  
possible through the generous donations of  
our members.

To make a tax deductible donation, please  
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meeting, or send to

Tim Traznik  
Treasurer/OAGC  
40 Fallstone Drive  
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Donations can also be made online using a  
credit card: [www.uoachicago.org/donations](http://www.uoachicago.org/donations)

**Without you, we don't exist!**

### OSTOMY EQUIPMENT RESOURCES

The following is a list of phone numbers for  
manufacturers of ostomy equipment. Most will  
provide FREE samples!

COLOPLAST.....1-888-726-7872  
CONVATEC.....1-800-422-8811  
CYMED.....1-800-582-0707  
HOLLISTER.....1-888-808-7456  
MARLEN.....1-216-292-7060  
NU-HOPE.....1-800-899-5017  
SECURI-T USA.....1-877-726-4400

*There is no failure  
You either win or you learn*

-Gary Keller

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