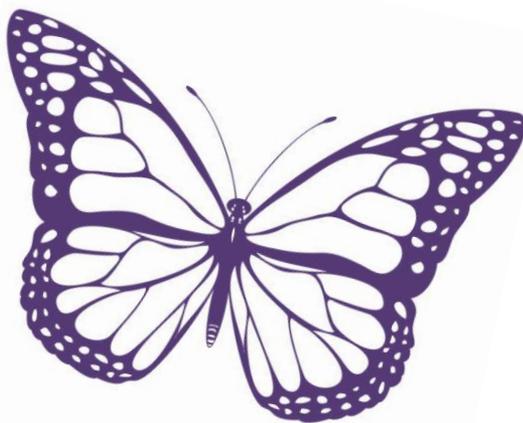


May 2018

PORTAGE COUNTY OSTOMY ASSOCIATION

www.pcostomy.org



Portage County Ostomy Association Mission Statement

We are a volunteer and non-profit organization:

1. To assist in the rehabilitation of persons who have or will have ileostomy, colostomy, urostomy or alternate procedures.
2. To be of mutual assistance to each other.
3. To provide trained ostomy visitors for both pre-operative and post-operative visits as requested by patients, physicians or ET nurses.
4. To provide emotional support and encouragement to the patient's family.
5. To promote better public understanding of ostomies and alternate procedures.
6. To cooperate with other organizations dedicated in whole or in part to similar objectives.

Meetings

The Portage County Ostomy Association meets the first (1st) Monday of the month at 7:00 p.m., in the Professional Building at University Hospital Portage Medical Center (formerly Robinson Memorial Hospital) in Ravenna.

Meetings will begin with dinner at 6:00 p.m. in June, September and December.

There are no meetings in January, July and August.

Since Labor Day is the first Monday in September, we will meet on the second Monday in September ONLY.

Medical Advisors

Howard Minott, M.D., John R. Gusz, M.D.



*Please check with your physician or E.T. nurse
before using any hints or tips printed in this newsletter!*

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Strange But True Mother's Day Facts

In 1939 in Lima, Peru, the youngest mother on record delivered a baby boy by C-section. She was only 5 years-old and the baby was raised as her brother.

On the flip-side, the oldest woman to deliver a baby was recorded on April 9, 2003. Her name is, Satyabhama Mahapatra, and is a 65-year-old retired schoolteacher in India. She gave birth to a baby boy, which was her first child after 50 years of marriage. However, the eggs were donated by her 26 year-old niece.

Before Octomom (Nadya Suleman) Bobbie McCaughey had septuplets – four boys and three girls – on November 19, 1997. The babies were born via C-section after 31 weeks.

The shortest span between two babies is by mom, Jayne Bleackley. She gave birth to her son on September 3, 1999. Then only 208 days later gave birth to her daughter (on March 30, 2000).

Elizabeth Ann Buttle gives a whole new meaning to second family. She gave birth to her first child (a girl) May 19, 1956. Then when she was 60 years-old, she gave birth to her son on November 20, 1997, making the babies 41 years 185 days apart.





President's Notes

Happy Spring! Hopefully it's here to stay!

A couple of member notes:

Mike Omlor sent his hello but I missed the email in time for our April meeting. We may see him in May and I'm curious to see what he's been doing.

Carmela Tedrick is a member from Texas. She befriended Norm and stays in contact with me every here and there. She always sends some postage money with words of encouragement. I will share her note at the May meeting.

Alnita Paterson from the UH Geauga Ostomy Group thanked me for putting their information in our newsletter. They do not do a newsletter but send out meeting reminders.

And we've been missing Mary and Louie Barbuscio – another couple that should join us in May...or they may get a phone call to check in!

We will have Dr. Jonathan Umbel, a gastroenterologist with University Hospitals, speak at our May meeting. I didn't ask for any specifics – you can all get his information at the meeting. I did find out that he graduated from Ohio University College of Osteopathic Medicine in 2011. He may know some of the new options available for ostomy surgeries. Bring your questions and comments!

Also at the May meeting nominations for officers will take place. It's always easier to do in a meeting room rather than a restaurant. Be thinking about what you are willing to commit to for the next year!

This is my last newsletter – I will send out reminders for the banquet – but my much needed break takes effect in fall. Thank you all for your support!

~Vickie

CALENDAR OF EVENTS

May 7th at 7:00 p.m. – Dr. Jonathan Umbel, UH Gastroenterologist and nominations for 2018 – 2019 officers

June 4th at 6:00 p.m. – End of year banquet at Delciello's Ristorante and Lounge in Ravenna

Summer Break – See You in September!

PCOA tidbits...

If you need a complimentary certificate for **Enterostomal Therapy** at Klein's, please contact me (phone, text or email) and we will make the necessary arrangements.

Donations of extra **ostomy supplies** can be brought to any meeting. I will be shipping additional boxes to FOW-USA as needed.

Annual dues is due in September! The cost is \$10.00 per member. Please pay our treasurer, Jim Dean.

Refreshment host(ess) – Please sign up to host one of our monthly meetings. The host(ess) is responsible for set-up, paper goods (including silverware) and beverages. Members may bring an appetizer or dessert to share!

Meeting cancellations can be verified through the Medical Center's main operator at 330-297-0811. We will also make an attempt to call or email all members – please make sure we have your current contact information!

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This newsletter is also available online!

Go to www.pcostomy.org

and click on the newsletter button on the home page!

Why I Attend Support Group Meetings

by LeeAnn Barcus, St Peters, MO; via Chippewa Valley (WI) Rosebud Review

No one wants to be pushed into a support group or made to feel that they have to be part of one, but the benefits are so tremendous it is a shame that many ostomates are missing them. Trust me, when I first went to an ostomy support group meeting, I was one of the youngest people there. The only other young ostomate there was with her mother. All the others were much older than I was. Talk about not fitting in. Well, I almost did not go back. I felt that this group could not offer anything to me in any way. Was I ever wrong!

I went back and continue to attend, because I get so much out of this group. There is a great age difference between most members and me. Many of them are old enough to be my grandparents, but like grandparents, they teach me so much, and not just about ostomies. They have taught me much about how to deal with diversity, life in general, and how to laugh at some of the most down-trodden things.

The older folks made me realize that I make a difference to them. For some, I am the reason they come to the meetings. I also make a difference to that young person who walks through the door on meeting night and sees that there are younger people there. I make a difference when there are topics other than colon cancer. I make a difference when I do the Relay for Life walk with them all. Making a difference is what it is all about, at least to me, and I feel like there is a reason for me to be there.

Certainly, there are times that I would rather not be the only young one at the meetings. I go anyway, and invariably, I am presented with an opportunity to help someone over a rough spot or to just put a smile on someone's face. When I look around and see those smiles and happy faces, I am again reminded that I had a purpose there. On this day, it was not all about me. On this day, my purpose was to be there for others, and my heart rejoiced because I was there!





Copy of....
I'm a Stoma

Hi! I'm a stoma! I am great when you think about it. I must admit I have upset people. Some even consider me crude, rude, and socially unacceptable. Well, excuse me!

Just about everyone gets bent out of shape when their doctor says "it may be necessary to create a stoma. They make it sound like a dirty word. Listen, it isn't the greatest for me either; I'm usually created from a piece of your intestines. I guess you know all about that, and then, just maybe you don't.

Becoming a stoma wasn't my original job or function. I used to just lay there in your abdomen mining my own business. Then BOOM! Some surgeon decided – let's make **a stoma. He had his nerve. Why?** How could they consider such a thing. Well I guess it was because you hurt so much, were so sick from disease like cancer, or from a trauma like that automobile accident, or from a birth defect. Your surgeon knows that by putting me to work you could be free of discomfort and problems. In truth, so you could get along living, which is your main function. Well, you know, because you are a people.

That is why I was created. Then why do so many people complain about me? Did you know I am not just given to anyone. You see there is a lot of planning and evaluation of each human being before I am created. So I know you can say only a chosen "Million" or so can say they're lucky enough to have me. That's a relief.

It isn't easy being a stoma. Some of you just don't understand what a **miracle I am.** Listen, before creation I just laid quiet and usually content in your abdomen. Now I work! It's rather easy when fecal waste comes through because that's what I'm supposed to do, but some dude decided why not water waste as well. Come to find out that dude was very wise, because that works too. You think YOU have problems adjusting! Phooey! Did you realize that I am a delicate mucous membrane! Yet I am durable. But some people think I'm asphalt tile. Thank God I don't have feeling, but my friend, the skin, does. You want complaints listen to her! She really gets upset because of ulcers, fungus, irritants, barriers, etc. We are a team, and a darned good one! I'm moist; she is dry. I'm pink red. She is natural. I'm smooth, she is a bit bumpy.

One of my biggest problems is my size. I am not always the same size from human to human; I am not always round. I don't always protrude nicely. Then why do some of you insist that my pouch opening is always the same? You need to check my size once in a while and fit me appropriately. Your shoes fit, don't they??