

PRESIDENT - Sam Wilson
478-477-8337
PROGRAMS - Mary Leonard
478-745-3866

Next Meeting

Our next support group meeting is **Sunday, January 28, 3:00 p.m.**, at the **Coliseum Medical Center** in Macon off of Coliseum Drive. The entrance is at 350 Hospital Drive which is up the hill from the entrance to the Macon Coliseum.

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THE OSTOMY RUMBLE

PUBLICATION OF THE OSTOMY SUPPORT GROUP OF MIDDLE GEORGIA

THE OSTOMY RUMBLE

JANUARY 2018

Happy New Year wishes to and from our group. We seldom discuss the reality that we have improved the lives of hundreds of ostomates through our activities. We want to keep doing this. This Sunday we would like to take suggestions to improve the way we function in the present environment. We need more people to support and more input and referrals from the medical community. The operative question is "How?". We would also appreciate suggestions of speakers who might be of interest to our group. Please bring your ideas. This is your group. It needs you ! Thanks to Dock and Helen for the wonderful Christmas Party. It was a most enjoyable way to finish the year.

OUR MEETINGS

All meetings of the Ostomy Support Group are open to everyone with an interest in ostomy care: ostomates, their spouses, families, and friends. We meet regularly on the fourth Sunday of the month, except November and December. On the first Saturday in December we have a Christmas Party. The meetings start at 3:00 p.m., except for special occasions when the time will be announced.

MORAL SUPPORT
FREE PARKING

SHARING
FELLOWSHIP

INFORMATION
MUTUAL AID

OUR MISSION

We are a volunteer charitable group affiliated with the UNITED OSTOMY ASSOCIATIONS OF AMERICA (UOAA), which is a national organization composed of numerous support groups similar to ours. We maintain a visitor program in which we visit with persons and their families, at their request, to discuss life with an ostomy and address the many concerns they may have. All of our visitors have ostomies and have been through this change in lifestyle quite successfully with pleasant, happy, and thankful attitudes. An ostomy can be a very good substitute for natural human plumbing and is certainly preferable to continued catastrophic illness.

**Next Support Group
meeting on 28 January
3:00 P.M.**

OSTOMY SUPPORT GROUP OF MIDDLE GEORGIA
2018 MEETING SCHEDULE

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ALL MEETINGS WILL BE HELD IN THE BACK PORTION OF THE COLISEUM CAFETERIA. WE HAVE BEEN MEETING AT COLISEUM HOSPITAL FOR IN EXCESS OF 40 YEARS. MEETINGS WILL BEGIN AT 3:00 PM, EXCEPT THE JULY 22 MEETING. THERE WILL BE NO MEETING IN NOVEMBER OR DECEMBER. THE MEETING DATES ARE:

SUNDAY, JANUARY 28

SUNDAY, FEBRUARY 25

SUNDAY, MARCH 25

SUNDAY, APRIL 22

SUNDAY, MAY 27

SUNDAY, JUNE 24

SUNDAY, JULY 22, THIS MEETING WILL BEGIN AT 2:00

SUNDAY, AUGUST 26

SUNDAY, SEPTEMBER 23

SUNDAY, OCTOBER 28

A PERSONAL NOTE FROM THE PRESIDENT

Sam Wilson

This issue of the Ostomy Rumble Newsletter is mostly about ostomy support groups. During the last few years we have not had many new people to support. Other groups around the country have similar problems. This situation is quite puzzling. We are a true charity and are registered as such with the state and federal governments. No one gets paid. We give freely of our time and talents, and we share experiences. We have counseled hundreds of people, and we give away hundreds of dollars worth of donated ostomy supplies every year.

I had my ostomy surgery at Coliseum in 1989. I was not a happy “victim”. I was in the hospital for 37 days. Part of that time I was being treated for Ulcerative Colitis which I had for about 5 years. My ET Nurse through all this was the late Pearl Hudson. She was also one of the founders of our support group. After my discharge from the hospital, periodically she would telephone to check on me and bug me about coming to the support group meetings. After a few months of this, I went, mainly just to please Pearl. It turned out to be the best thing that ever happened to me, my attitude, and my ostomy. There was, and is, no substitute for a person with a new ostomy to be in the company of people with the same or similar conditions. There is no other environment in which the ostomate can freely discuss and ask questions concerning subjects such as wafers, pouches, leaks, gas, paste, skin conditions, diets, and the wide variety of human relationships and activities. Most patients with a new ostomy, including me, never knew anybody who had one. Our Group, collectively, has several hundred years of successful living with the condition.

I truly believe that I would not be alive today had it not been for Pearl and our support group. That is why I put so much time and effort toward our group’s mission to make a positive difference in the lives of patients who truly need us. But first, those people need to find us, or we have to somehow find them.

I believe the key to our future success will be the renewed active involvement of the medical community in our activities. I suggest that all of us tell our doctors, nurses, pharmacists and everyone else in the medical community and beyond about our group and the good things we do. Suggest they send us some patients. We can help in ways the professionals cannot. We live the ostomy experience.

5 THINGS I WISH I KNEW BEFORE I HAD MY OSTOMY

from the Convatec Newsletter, December 2017

1. IT IS OK TO FEEL THE EMOTIONS YOU FEEL:
Anger, frustration, sadness. It's what you do with those emotions that determines how you heal.
2. POUCHING SYSTEMS ARE LIKE BATHING SUITS:
You usually have to try on several before you are satisfied.
3. THERE'S A TON OF SUPPORT OUT THERE:
Please seek it out. You do not have to go through this alone.
4. HAVING AN OSTOMY DOES NOT MAKE YOU LOOK LESS ATTRACTIVE:
But your attitude about the ostomy can certainly affect how attractive you feel.
5. CHEW, CHEW, CHEW:
Make this a rule you live by! Blockages are not fun. At all!

SOME INSPIRRING AND EMPOWERING QUOTES FROM OSTOMATES

From The Ostomy Connection by way of The Pouch, Northern Virginia

* "I remind myself to focus on all the ways that an ostomy is providing a better life, and life is so much more worth living when you're not ashamed of, or trying to hide the equipment that's keeping you alive."

* "My ostomy gave me life. I learned to appreciate that life. Sure, I was different. I still am, but I have learned to love myself for that."

* "Your ostomy is giving you another chance at life, so you might as well live it exactly the way you want. The strength to do so lies within you. Simply take the first step and then take another."

* "The life this ostomy breathes into me is more than a blessing. It is a work of art. It is a wound from which light emanates, a ray of light that radiates hope and positivity while giving me another chance at life."

* "You may not realize this right away, but as life goes on you'll notice the many ways in which you can handle so much more than you could before."

THE RIGHT THING TO DO—GIVE BACK

By Raymond Miller, via The New Outlook, Chicago, IL

A male acquaintance of mine has a colostomy. When asked why he did not join our local ostomy support group, he said, “I have adjusted just fine. I do not need the group”. His complacency set me back a bit. Maybe he does not need our support group. Whatever that means. However, our group needs him. We need well-adjusted people with ostomies who walk around flat-tummied and non-odorous, people who look and feel good.

An ostomy group is not like a halfway house. We do not come together to feel sorry for ourselves or to talk exclusively about all the problems that arose because of our operations. We get together because we want to help each other or obtain some advice with some little issue that has been bugging us.

We may have some questions our doctors and nurses cannot answer for us, but another person with an ostomy can. We want to prove to all those skeptics and people without ostomies who may think an ostomy is the end of the world, that it is not. What is most unusual is that ostomy surgery is a wonderful beginning. All of us are alive because of ostomy surgery. Isn't it wonderful?



Visit our
web site at
osgmg.org

Membership Application
Ostomy Support Group of Middle Georgia (OSGMG)

OSGMG Contact 478-477-8337

Membership in the Ostomy Support Group of Middle Georgia includes receiving the monthly newsletter, visitor training, regular chapter meetings on the fourth Sunday of each month excluding November and December, and other activities of the group. Dues and donations are tax deductible. (Please print legibly)

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone Number _____ E-Mail Address _____

___ Permanent Colostomy ___ Temporary Colostomy ___ Ileostomy ___ Urostomy

___ Continent Pouch or J Pouch ___ Medical ___ Spouse ___ Other

___ I would like to be a member and enclose \$12.00 dues.

___ I would like to receive the newsletter but cannot afford dues at this time.

___ I do ___ do not give permission to use my name in the newsletter.

___ I am enclosing a donation for the chapter in the amount of \$ _____ .

Make checks payable to OSGMG and mail to OSGMG PO Box 945 Macon, GA 31202

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