

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

Next Meeting

Our next support group meeting is **Sunday, October 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

OCTOBER 2018

WE ARE ALL IN THIS TOGETHER ! SUPPORT AND TAKE CARE OF ONE ANOTHER. THAT'S WHAT WE DO !

THIS MEETING, OCTOBER 28, WILL BE THE LAST FOR THE YEAR. We do not meet Nov. and Dec. due to Holiday conflicts. **THE FIRST MEETING IN 2019 WILL BE 3:00 pm, SUNDAY, JANUARY 27, 2019.**



OUR PROGRAM FOR OCTOBER—HEARING

How is your hearing? Our Speakers this Sunday will be SARAH SPENCER, a Speech Language Pathologist, and SARAH BUCHNER, an Audiologist. They will tell us what happens in hearing loss and why it happens, plus the technology side of hearing rehabilitation and restoration. They will explain how Cochlear Implants work and how they compare with Hearing Aids.

All meetings of our 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.

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 October 3:00 P.M.

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A SECOND CHANCE

From *The Optomist*, Seattle, WA and *The New Outlook*, Greater Chicago, IL and Springfield's Ostomy Family Newsletter.

Sure, you were shocked. You were depressed. Who wasn't? You thought, "what will my life be like?" Did we not all have similar thoughts? We thought of monopolizing the bathroom when changing our ostomy system, using too much valuable time primping, feeling embarrassed, worrying about our diet, being overly concerned about how we smell and what other people would think, etc. Did not we all have some of these challenges?

Sure, we resented what happened to us, but we cannot be resentful and grateful at the same time. We cannot change what already happened, but we certainly can do something about the future.

Living is like playing poker—it is not the cards you hold, but how you play them that make the difference between winning and losing. We are not invalids. We do not need pity, sympathy, special considerations, or concessions. We are normal, capable people.

The ostomy is yours to do with as you wish. You have a choice to take either of 2 paths, and the decision is yours alone. You can refuse to accept it, feel sorry for yourself, be bitter, be resentful, withdraw from society, suffer the loss of many of the fine things life holds for you, or you can accept it.

You can develop a good attitude and go on to live a happy and productive life. You can enjoy the extra time

God has granted you to continue doing the things you did before surgery.

The proper training of the mind and body is not as easy job. Nature has not endowed all of us with the same ability to make correct decisions. Some people find it easy to look at a situation from all angles and decide what to do. Others, because of a lack of knowledge or because of emotions, resentments, or habits, find it difficult to make a correct decision.

Let us give thanks for every precious moment, be thankful that we have been helped, and be thankful that we now have the opportunity to help others. Let us count our blessings and thank God we are alive. We

have a second chance. Make the best of it !



"AH - MUST BE MY OSTOMY SUPPLY"

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



Growing Old With An Ostomy

From the Green Bay Ostomy Support Group

Aging is a 21st century phenomenon. Though out history there have been a few people who have lived to be quite old, but having masses of people living to old age is a recent development. In the United States there are in excess of 25 million people age 65 or older. It is the fastest growing segment of the population. By the year 2030 one in five Americans will be “elderly”. Within this group are the “old old”. . . Those over 85. It is estimated that by the end of 2030, the over- 85 population will have doubled, and the total over 65 group will have increased about 40% from just a generation before. However, the new “elderly” are not the nursing home crowd. Most still reside in their communities with only about 5% in extended care facilities.

The biological clock stands still for no one. While the aging process occurs with wide individual variations, it is, of course, a universal process. It is an eternal truth that everything eventually becomes old. Aging can present particular challenges for people with ostomies—be they older people with new ostomies or those whose ostomies have grown old with them.

A New Ostomy at a Senior Age

Because the population as a whole is living longer, greater numbers of people are suffering illnesses that require ostomy surgery. Challenges the senior with a new ostomy may face, which all of us may be able to help with, include the following:

Fear of increasing dependence and non-acceptance by family. Family acceptance and support are essential for complete recovery. Families should be educated as to the change in lifestyle.

Unpreparedness for a Stoma. Surgery may often be done as an emergency procedure with little time for the older person to adjust to the change in body image. It is common for an older person to be confused after surgery. The hospital routine is unfamiliar. Bed rails are up and he/she is confined like a child. It is in this environment that he/she first becomes acquainted with the stoma.

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. Ostomy visitors and caregivers can and should teach the new senior ostomate acceptance and self-care. This may require some patience. The ability to learn does not diminish with age, but speed of performance and reaction time does. It will take longer to learn new tasks. Allow the patient to learn one task well before proceeding to the next one.

The Person with an Aging Stoma

Different challenges can arise with the individual who had an ostomy created during his/her younger and middle years and is now older.

A Peristomal Hernia that requires new skills to manage may develop. Doctors generally do not recommend revising a peristomal hernia unless the hernia interferes with normal bowel function.

Loss of muscle and skin tone, coupled with weight change can cause the pouch to leak or fit poorly and the skin may become excoriated.

If one has a colostomy and irrigates, the irrigations may take longer, become unsuccessful or may no longer be needed.

Common Challenges. One common problem affecting the older person with either a new or aging stoma is impaired vision which may be remedied by using visual aids, magnifiers, better light, and large print instructions for ostomy care. Another result of growing old is decreased sense of touch and smell. The older person with an ostomy may not sense a pouching system leak or smell the aroma.

When humans get older we lose skin elasticity, and the skin becomes dry. It is best to use only water to clean around the stoma. Daily skin barrier changes can traumatize the skin. Pouching systems should fit well enough to last several days under ordinary circumstances.

Arthritis may be another common challenge. Arthritis may make handling the pouching system difficult. A one piece system or a pouch without a clip may be easier to manipulate.

OUR PLANS FOR THE FUTURE OF OUR GROUP

Our first meeting in 2019 will be on January 27. We will need to discuss and decide on some changes in the structure and/or operation of our Group. I announced my intentions in last month's Newsletter, September 2018. The Newsletter is archived on our website, www.osgmg.org. Go to the website, near the top of the first page click on the the box containing the word, "Services". In the right column of the Services page is listed a Meeting Schedule and links to copies of several recent Newsletters by month. Click on OSGMG Newsletters, "SEPTEMBER 2018", wait a few seconds and that Newsletter will appear.

If you go to the website you might also go to page 3 by clicking on the box "Contact Us" which contains links to some ostomy related websites. Click on the site name and get connected.— Now, back to our future.

Over the years many people have invested numerous hours to insure the proper and beneficial operation of our group. The group was founded about 50 years ago by several ostomates, physicians and ostomy nurses. Then, as now, most people who undergo ostomy surgery have never heard of it much less know how to cope. We were formed with the help of the medical community so their patients could see, talk with and interrogate a variety of successful people with ostomies. Performance of everyday routine activities is of utmost importance to the new ostomate. Our members have made hundreds of visits to patients at their request. Those patients would often become members of our group so, with training, they could help provide similar services.

Somewhere along the way in the last several years we have lost our connection with the medical community. We seldom get new patient referrals. People who find us usually have a problem and do so on the Internet. I have never had any complaint about the service we provide.

Our meeting attendance is down. Our membership is down, and our referrals are basically non-existent. We provide an important service, free. I request our members and the medical people to think about our group, talk among each other and suggest improvements in January. Really—the world needs us. Call me if you like 478-477-8337, or email— samwil8337@aol.com.



Visit our
web site at
osgmg.org

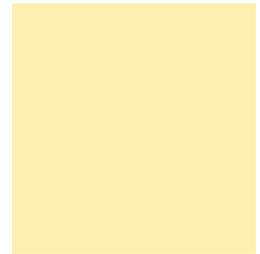
EARLY HOLIDAY GREETINGS
TO AND FROM
THE OSTOMY SUPPORT GROUP OF MIDDLE GEORGIA

HAPPY THANKSGIVING
MERRY CHRISTMAS

and

We wish for everyone a HAPPY and HEALTHY NEW YEAR





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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