

CAPITAL REGION OSTOMY ASSOCIATION

YOUR CAPITAL AREA OSTOMY SUPPORT GROUP FOR OVER 70 YEARS!

WWW.CAPITALREGIONOSTOMYASSOCIATION.COM

Email: CapitalRegionOstomyAssociation@gmail.com

American Cancer Society – Hope Club 1 Penny Drive, Latham, NY 12110

AFTERNOON MEETING

ACS Hope Club in Latham

WEDNESDAY

November 8, 3 PM

We have spoken, and listened, to our members regarding having a meeting during the daytime hours. We have arranged with the folks at Hope Club for a meeting to occur, as noted above, on November 8 at 3 PM.

If you would like to participate in our group, or would like more information, please contact us via email or the American Cancer Society Hope Club at (518) 220-6960 or contact Phyllis Gibbons at (518) 371-8368 or Karl Popp at (518) 265-8960.

Association News

We are approaching Fall with the onset of Winter not far behind. We are re-looking at the remaining meetings for this year and at working to reschedule visits with our ostomy product suppliers.

We plan to have another holiday gathering on December 13 ? (daytime), an event which was quite successful pre-COVID. This very informal gathering will again be an event of sharing and caring for our members. Members brought some of their favorite desserts and the group chatted, told stories, and remembered those we lost during the past year. Details to follow.

As required by our bylaws. Election of officers for the 2024 year will occur in November. If you are interested in assisting the leadership team, please let us know.

A key point to remember from Aja Levenson's great presentation was ***caring for yourself*** should be your top priority! You cannot adequately care for others unless you are properly caring for yourself. If you do not have the time, energy, or interest in something, you are empowered to give yourself permission to say "no".

If you wish to remain on, or be deleted from, our mailing list, please call Diane Viglucci at (518) 783-5174 or Karl Popp at (518) 265-8960, and PLEASE leave a message with your name, address and phone number, or email the information.

Traveling with an Ostomy during the holidays - not your usual what I should do list

Whether traveling across town or abroad, traveling with an ostomy brings some needs and planning to the forefront. ***First, YOU CAN TRAVEL WITH AN OSTOMY!*** Having an ostomy does NOT mean you are tied to your home. You have a new normal. You plan each day. Do not be afraid. You are not alone.

Some of us have traveled only short distances and others around the world. You can fly, drive, take cruises, scuba dive or even skydive with an ostomy. An old saying "The world is your oyster" is often said to young people about to embark on adult life. It simply means that everything is open to one, and if one is lucky, they could encounter something special. For those with literature expertise the actual quote from Shakespeare is "The world's *mine* oyster".

The metaphor that informs the saying is that if you have an oyster there is a chance that there may be a pearl in it. A nice fresh oyster can be hard to open, but once opened it's good. And [perhaps it may have a pearl in it](#), which would be a valuable addition to one's life. So, when we set out to seek our fortune, the pearl is the good luck we may have. If we're lucky we will find it. (reference: <https://nosweatshakespeare.com/quotes/famous/the-worlds-your-oyster/>)

While we might not have thought it at the time, receiving a functional ostomy provided us with a new lease on life. A chance to open the oyster! To experience life as we never imagined it. No, it is not always a bed of roses. Barbs and thorns frequent our paths. One thing for sure, those of us with ostomies have learned to adapt to life's new challenges, to be sensitive to the needs of others, and to share our needs, generally passively, because we need others to be sensitive to our needs. Communications with family, friends, and total strangers has taken on new perspectives, and a new sense of priority.

As we embark on this holiday season, we should give thanks we are here. Do not take for granted someone who cares about you. Believe in yourself. Believe you can make a difference in the world and in the people around you. Look at any challenge you encounter as your oyster. Opening the oyster, whether solving the problem, or simply sharing your caring, maybe that happiness or which you are looking. No one action, message, or kiss can say all we mean. But it can be a start to enjoying our lives to the fullest and bringing joy to others dear to us.

TAKE TIME to share memories and your feelings. Life is better with you in it. "Thanks" is not a four letter word. So, it is okay to use it!

Don't Let Your Ostomy Stop You from Enjoying the Holidays

You can still eat many of the traditional holiday meals you enjoyed before you had an ostomy, but you will need to make some adjustments.

Before the Holidays:

- You will enjoy your holidays more if you plan ahead and are prepared for the challenges of the holiday meal(s).

Capital Region Ostomy Association

- Talk with your family and friends or whoever you will be spending the holidays with this year. Let them know your restrictions and discuss the menu options. You may consider bringing a dish of your own, even if it's not the "traditional" dish served at a holiday meal.

The Day of the Meal:

- Wear loose clothing that is not tight fitting around your belly.
- Empty your pouch before you travel in the car and before meals.
- Pack extra supplies if you are going somewhere else.

During the Holidays:

- Ask for help from friends and family. Delegate duties, don't try to do it all yourself. No one should have to be overstressed or fatigued by the holidays.
- Look for the positive and focus on what you can do. Create new traditions with your family and friends. The most important thing is not meals and gifts but being with the people you love.
- Avoid foods that cause gas, odor and increased output (see the Ostomate's Food Reference Chart at www.ostomy.org).
- If you are alone or feel alone, please call someone. If you live away from friends and family, reach out to them through the phone, e-mail, or social media. Please know that you are NOT alone.

Reference: https://s3.amazonaws.com/nursing-network/production/attachments/127311/original/Tips_for_the_Holidays_Ostomy.pdf?2017#:~:text=You%20may%20consider%20bringing%20a,The%20Day%20of%20the%20Meal%3A&text=Wear%20loose%20clothing%20that%20is%20not%20tight%20fitting%20around%20your%20belly.&text=Empty%20your%20pouch%20before%20you%20travel%20in%20the%20car%20and%20before%20meals.

Sometimes Patients Simply Need Other Patients
--

Calendar of 2023 Meetings

Nov 8 WEDNESDAY 3PM AFTEROON MEETING Afternoon meeting at Hope Club.
December Informal Holiday Gathering - To Be Determined

*The Capital Region Ostomy Association would like to publicly **thank Joni Richter and the American Cancer Society** for their support over the past years and look forward to our continued mutual efforts to address the needs of those who have cancer, and their families and friends who stand beside them.*



Hope Club! Many on-going weekly and monthly events
www.cancer.org/about-us/local/new-york/hope-club.html

Hope Club

Call (518) 220-6964

Wound Ostomy and Continence Nurses (WOCN) are located across our region. To find a nurse near you to go: http://www.wocn.org/page/Nurse_Referral or visit our web site.

Helpful Contacts

Albany Medical Center Hospital	Albany, NY	518-262-3958
Bassett Health Care	Cooperstown, NY	607-547-3456
Benedictine Hospital	Kingston, NY	845-437-5000
Eddy Visiting Nurse Association	Capital Region	518-274-6200
Eddy Visiting Nurse Association	Catskill, NY	518-945-5530
Glens Falls Hospital	Glens Fall, NY	518-926-6272
Memorial Hospital	Albany, NY	518-471-3321
Samaritan Hospital Ostomy Clinic	Troy, NY	518-271-3280
St. Mary's Hospital	Amsterdam, NY	518-225-7775
St. Peter's Hospital (SPHP)	Albany, NY	518-525-1980
Visiting Nurse Association - Albany	Albany, NY	518-489-2681

Suppliers		
Hollister	www.hollister.com	1-888-808-7456
Coloplast	www.us.coloplast.com	1-888-726-7872
Convatec	www.convatec.com	1-800-422-8811
Distributors		
Byram Healthcare	www.byramhealthcare.com	1-877-902-9726
Edgepark Medical Products	www.edgepark.com	1-800-321-0591

The information, views, and opinions provided by the group is not intended to be, nor should they be construed as medical advice. Please seek the advice of appropriate medical personnel with regards to any medical condition or treatment.