

The People

An ostomate is a person first, who has undergone surgical changes. People with ostomies, whether ileostomies, colostomies, urostomies or alternate procedures (J-Pouch, Kock Pouch, Indiana Pouch, etc.), share similar concerns, but each has a unique response.

Within the membership of the Greater Cincinnati Ostomy Association, there will be people of all ages who have the same feelings, concerns and uniqueness, that you are experiencing. We encourage you to bring family and friends so they can support you and they, too, can learn. We meet at least monthly, but calls or personal visits are available by request.

Educational Support Meetings:

- ☆ 6:30 pm, 2nd Mondays of odd months (Jan, Mar, May, Jul, Sept & Nov) at Mercy West
- ☆ 7:30 pm, 3rd Thursday of even months (Feb, Apr, Jun, Aug, Oct, and Dec) at Bethesda North Hospital

Other Meetings:

- Casual Dinner Meetings on 3rd Wednesdays of odd months
- Westside Afternoon Support Meeting at Mercy West led by Michele Pelfrey, WOCN during odd months except July
- Eastside Afternoon Support Meeting at Clermont Hospital led by Cindy Grogan, WOCN during even months except June & August
- GCOA Happy Hours (**New!**) - TBD—look on social media, the website & in the newsletter for details
- Youth Events (**New!**) - TBD—look on social media, the website & in the newsletter for details.
(Please call or check the website to confirm meeting times & locations!)

Please join us!

The Greater Cincinnati Ostomy Association is a non-profit, volunteer organization, supported by donations. If you would like to make a tax-deductible contribution (monetary or ostomy supplies) please contact us, see our website or mail a check.

Thank You!

Youth Rally

The GCOA supports youth in our community as well as those around the world. The Youth Rally is a camp held each July, in order to meet other young people who deal with similar life experiences. If you know any youth (and their parents) who would be interested in getting information or joining our group, please contact Dee Butler at (513) 321-4154.



☆Education
☆Information
☆Support
☆Advocacy



***It's Not Always What You Can
Get From A Support Group,
It's Also What You Can Give
Back!***

Those of us with the Greater Cincinnati Ostomy Association are here to help. At one time we were the ones looking for assistance. If you don't feel like you are in need of assistance at this time, **you** may be the one who could help someone else.

Join Us Today!



Greater Cincinnati Ostomy Association



Affiliate of



**We know!
We care!**

***Providing education,
information, support, and
advocacy for people who have had
or will have intestinal or
urinary diversions.***

Greater Cincinnati Ostomy Association

7942 Schoolhouse Lane
Cincinnati, Ohio 45242

24 Hr Voice Mail: (513) 202-3345

www.MyGCOA.org

Sign up online for our newsletter

Also find us on Facebook, Instagram, LinkedIn & Twitter (MyGCOA)



United Ostomy Associations of America

(National Organization)

1-800-826-0826

www.uoaa.org

E-mail: info@uoaa.org

Our History

The Greater Cincinnati Ostomy Association is just one of hundreds of independent associations in the United States. Founded in 1959, the Greater Cincinnati Ostomy Association is an "organization dedicated to providing mutual aid and psychological support, education and rehabilitation services to its membership and the ostomy community at large."



Check us out!



The Greater Cincinnati Ostomy Association

www.mygcoa.org

We are on Facebook, Instagram, LinkedIn & Twitter!



Search for MyGCOA!

Our Purpose

The Greater Cincinnati Ostomy Association has the following primary responsibilities:

- Assist in the rehabilitation of those who have or will have ostomy surgery of any type.
- Provide support, encouragement and reassurance to the ostomate and their family .
- Continue the education of our membership with regard to news in the world of ostomy research & developments.

Additionally, we will attempt to:

- Promote better public understanding of ostomies.
- Provide experienced members/speakers to address groups of physicians, nurses, social workers, student nurses and others concerned with the care & rehabilitation of ostomy patients.

What You Can Expect

Support – Understanding – Knowledge

- Trained volunteers for visitors, either in person or by phone, who offer visual evidence and assurance that life with an ostomy need not be a handicap.
- Educational meetings designed to meet the subject matter interests of our membership. Friends and families are encouraged to attend. A certified ostomy nurse is in attendance to provide professional guidance. Meetings include an opportunity to ask questions, share experiences and compare ideas/solutions to the challenges of ostomy management, including appliances, equipment & accessories for ostomy care.
- An opportunity to contribute! You'll be surprised at how soon you'll be able to help others!

To join or get more information please:

Signup online at www.MyGCOA.org

Or send us the below information by US Mail, Email, or Message on our voice mail

(513) 202-3345

(Please print clearly!)

Name _____

Phone (_____) _____

Address _____
(Street)

(City) (State) (ZIP)

Optional:

Type of Surgery _____

Birth Date or Year _____

Email _____

I would like to:

_____ become a member & receive newsletters.

(Optional donation _____ \$20 _____ \$25
_____ \$35 \$ _____ Other)

**NOTE:*

We run 100% on donations & volunteers!

_____ attend a meeting, but do not have transportation.

_____ sign-up for online newsletters.

_____ have a Ostomy Visitor call me.

Please mail to:
Greater Cincinnati Ostomy Association
7942 Schoolhouse Lane
Cincinnati, OH 45242

