

# MCMOA MEETING HIGHLIGHTS

February 7, 2021

## OPENING

Carol F. opened the meeting welcoming all 10 people.

## INTRODUCTION

Everyone introduced themselves and we welcomed an old member, Roger, after a noticeable time being not present.

## BUSINESS

- Carol F. reported the 2021 website is up to date, [www.ostomysupport-macomb.org](http://www.ostomysupport-macomb.org), and includes meetings notes posted on website, view them by clicking the underlined words “meeting notes” after the meeting date you wish to see.
- Jere R. is doing a search for an emergency seat belt ID tag

## TESTIMONY

Roger shared that he has been an ostimate for 55 years and explained how the products have improved immensely. He described the application and removal process of his pouch system. Next month another member will share his/her story.

## ROUND TABLE DISCUSSION

Opened by Carol F.: Topic was rhythms of renewal. Trading stress and anxiety for a life of peace and purpose. Carol explained how these simple, mindful rhythms helped her create and sustain emotional, relational, and spiritual health.

## Teaching

Myra H. gave some beneficial tips on exercise for good health.

## Closing

Members reported liking this meeting format. All felt safe and uplifted.

**See you next month on Sunday, March 7 at 2-4 PM.**

Hampton Inn & Suites by Hilton, 45725 Marketplace Blvd, Chesterfield Twp, 48051