

Ostomy Support Group North San Diego County

P.O. Box 3019, Vista, CA 92085 OstomySDC.com July 2021

Zoom Meeting July 31 @10am. Instructions on page 5

The Power of Ostomates as Advocates for Change

Michael Seres started [11 Health](#) as a direct result of his experiences as an ostomate. He had suffered with Crohn's disease for over 30 years and after a small bowel [transplant](#), he needed an ostomy. He felt alone and powerless. The bags were hard for him to get used to and they did not help to manage his condition – they just collected output. He started blogging and tweeting about his journey and found tens of thousands of patients who felt the same way but were too anxious or disempowered to do anything about it. Michael made a commitment that he would devote his life to making a difference for these patients.

Despite his health struggles, which included fighting and beating cancer multiple times, he found the strength to start a healthcare company that shares his single-minded focus of helping patients, and in particular ostomates.

The company is called 11 Health as Michael was the 11th person in the UK to have had the pioneering transplant procedure. Only a few of the 10 that went before him survived the procedure. Michael did not just survive, he thrived and accomplished so much in his short life. Advocacy was always a part of Michael's life. He always found time to prioritize it amidst the challenges of running an international business and managing his



health. In his talk at [Stanford Medicine X](#) in 2017, he talked about a revolutionary idea of using social media for doctor-patient communications. Michael believed that patients were the most underutilized resource in healthcare and he spoke beautifully about it in his famous [TEDx Talk](#) in 2018.

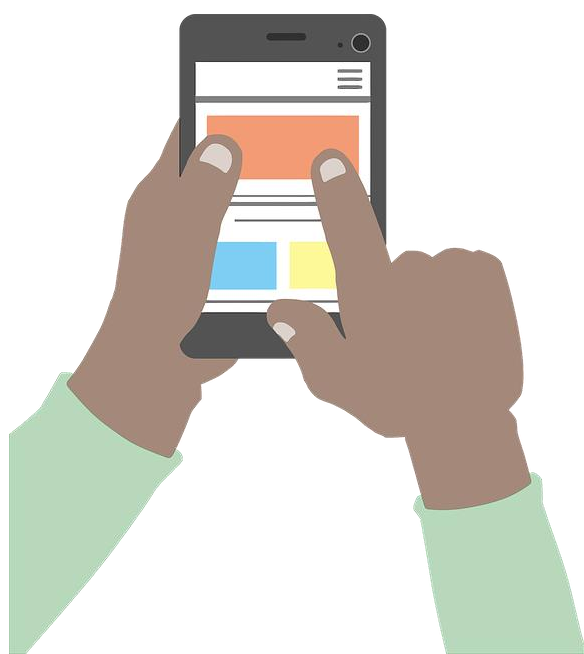
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Ostomy Supplies for the Under-Insured

The Ostomy Support Group of North San Diego County maintains a closet of supplies for under-insured ostomy

HOW: Contact **Leslie Schwartz 760-470-9589** email: LSchwartz@prodigy.net to make arrangements to pick up supplies. We'll need the size of your stoma and the type of surgery (ileostomy, colostomy, urostomy) to provide the appropriate supplies. Call ahead and pick up your supplies at our monthly support group meetings. To help cover our expenses, we are now asking for a \$20 donation for a 1 month supply of ostomy needs.

Until further notice, donation are not being accepted due to lack of storage space.



FREE Virtual NEW Patient Classes

In English & Spanish

These classes are designed to give new patients confidence for LIVING with an Ostomy. The class start with Ostomy basics, pouching options, troubleshooting and end with swimming, bathing, exercising, travel, work, school and more.

This is a collaborative program between UCSD and the Ostomy Support Group of North San Diego County.

Download the **Ostomy 101 mobile app**. Go to the EVENTS section for dates, times & join the class easily in 1-Click 😊

Certified Patient Visitor Program (Due to Covid, phone visits only at this time)

Visiting new and recent ostomates is an important service. The Ostomy Support Group of North San Diego County trains and certifies ostomate members who offer encouragement and support to individuals and their families both before and after surgery. Patient Visitors answer non-medical questions about living a vibrant life with an ostomy. Visits take place per the patients request, by a visit to the hospital, home or by phone. The goal is to reassure individuals that they can look forward to a normal, satisfying life after ostomy surgery. Any and all medical questions, which may arise during a visit, are refereed to medical practitioners.

Contact: Herb Carrier / Visitor Coordinator 708-510-7479
Herbertcarrier@hotmail.com

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The need for the patient to be at the center of patient care ran through his core. He felt that patients should not be passive end users. Instead, patients should be engaged in medical decision making and empowered by education and self-care tools. Michael's reach was spread wide and he advocated for patients to the leadership of Google and even on a panel alongside Bill Clinton.

We lost Michael last year. Whilst our hearts are still filled with sadness, we are more determined than ever to deliver his vision of changing healthcare and making it patient centric. He believed passionately in the 'everyone included' philosophy. A movement for change supported by doctors, nurses, policy makers but most importantly, patients. Making that change will be Michael's legacy.



11
HEALTH
1 PATIENT AT A TIME

Visit 11Health
at
11health.com

Sunshine Report by Dodie Wilson



Birthdays JUNE: Tammy Davis, *Dale Geldert, Harvey Shouf,

*Judy Woosley, *Frances McGrady, John Stark, Carolyn Woodard, * Frank Turner JULY:
Gene Schmidt, Arturo Ramirez, Ron Johnson, *Anita Bohensky, *Patricia Lloyd, Duane
Lloyd, Ed Bednarz

Stomaversarys JUNE: Phillip Pirofalo=5yrs, Carolyn Wells=3yrs JULY: Carolyn
Woodard=16yrs, James Grube=4yrs, Stephen Isaac=4yrs, Duane Lloyd=7yrs

It is customary to donate \$1 for each stomaversary year 😊

Encouragement Yun Long **Sympathy** To the family of Lou Drexel Treasurer

*indicates support person, partner, friend or spouse of an Ostomate

Dear Friends,

It is with the great sadness I report our beloved Treasurer and good friend Lou Drexel passed away unexpectedly on Father’s Day.

It came a s shock to all of us. To say Lou will be deeply missed is an understatement. He was a long-time support group member, board member and deeply treasured friend.

Please be patient with us and the “money corner” as we regroup after his loss.

In an abundance of caution and concern for our members, the Ostomy Support Group Board of Directors voted to continue virtual Zoom meetings through September, 2021.

Sincerely,

Dawnette Meredith

President

PS We are now in need of a Treasurer. Contact me if you are interested.

President: Dawnette Meredith

858-336-4418 Terrabusy@yahoo.com

Vice President & Supply Closet Coordinator: Leslie Schwartz 760-470-9589 lbschwartz@prodigy.net

Treasurer: TBD

Secretary: Ruth Voyzey

Directors: Tammy Davis, Paulette Frazelle, Mona Villa, Dodie Wilson, Herb Carrier, Connie Mendoza

Money Corner by Lou Drexel

May 1 - May 31, 2021

INCOME: \$110

EXPENSES: \$58.13

Jan. 1 – May 31, 2021

INCOME: \$1,116.00

EXPENSES: \$782.25

General Meeting Schedule 2021

Time: 10am. Location:

Now ONLINE

Jan 30 July 31 virtual

Feb 27 Aug 28 virtual

March 27 Sept 25 virtual

April 24 Oct 30

May 22 Nov 20

June **no meeting** Dec **no meeting**

Board Meeting Schedule 2021

Time: 1:00 pm

Currently held online

Jan 11 July 12

Feb 8 Aug 9

March 8 Sept 7

April 5 Oct 4

May 3 Nov 1

June 14 Dec 13

Zoom Meeting Instructions

July 31, at 10 a.m.

Join by Computer

Click the link below or cut & paste it into your browser

<https://us02web.zoom.us/j/89809119483?pwd=QVJ0eW8xd3RKMWFTOE9qNDRIM2NCZz09>

Meeting ID: 898 0911 9483

Passcode: 477538

Join by Phone (audio only)

Dial +1 669 900 9128 US (San Jose)

Ostomy Supply Manufacturers

FREE Samples

Coloplast Corp. 800-533- 0464

ConvaTec. 800-422-8811

Cymed Ostomy Co. 800-808-7456

Hollister Inc. 888-808-7456

Marlen Manufacturing. 216-292-7060

Perfect Choice Medical Technologies 800-665-4312

Safe n' Simple 844-767-6334

Securi-T USA. 877-726-4400

Download the Ostomy 101 Mobile App for a full list of free samples

Download the FREE Ostomy 101 Mobile App



This a free mobile app where you'll find helpful videos, free programs, product information, support resources and make a virtual appointment with an Ostomy nurse.

A mobile app can only be downloaded to a smartphone or tablet. You can find Ostomy 101 in the app store.

Point your phone camera at the code on the right. Follow the prompts on the screen to download.

Ostomy Support Group of North San Diego County

New Membership Application

Membership is open to all ostomates and individuals with continent diversions, persons contemplation or scheduled for Ostomy surgery, family members, Medical professionals, and other interested persons.

Membership includes:

Ostomy News, Our group’s monthly newsletter containing useful information on how to live a satisfying life as an ostomate, helpful hints for caregivers, and other relevant information.

Monthly meetings, to hear interesting speakers, exchange Ideas, answer questions, receive emotional support, share the camaraderie of fellow ostomates. One on one visits by certified visitors to prospective or new ostomates and to others as needed. Access to the many services and information made available by our National Association, UOAA United Ostomy Associations of America, Inc

Tax Deductible annual dues are \$35.00 per year.
SAVE \$5 when you receive your newsletter by email.
From January 1st through December 31st
Please do not use this application for renewal.
Renewal notices will be mailed.

Name: _____ Date of Birth _____

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____

How would you like to receive your newsletter? _____ By Mail _____ By Email

Date of Surgery: _____ Please circle type of Ostomy below:

Colostomy Ileostomy Urostomy Continent Ileostomy Ileoanal Reservoir

Continent Urostomy I am the parent of and ostomy child I do not have an ostomy

Please attach your check, made payable to: OSGNSDC. Submit your payment at group meeting or mail to:

**Ostomy Support Group of North
San Diego County
P.O. Box 3019
Vista, Ca. 92085**

Receive Date _____ . Entered 1, 2, 3, 4, 5, 6, 7, 8

Ostomy Resources San Diego County

Tri City Medical Center: 4002 Vista Way Oceanside, CA 92056

Appt call 760-940-3793 * Lorena Eckhart RN, MSN, WOCN* Eckartlr@tcmc.com 760-851-7491

Adrianna Kovacs RN, BSN, WOCN KovacsA@tcmc.com 760-851-9903

Scripps Hospital: 10666 Torrey Pines Rd., La Jolla, CA

858-554-8984 Edna Thomas

Scripps Mercy 4077 5th Ave., San Diego 92103

Appt call 619-260-7244 Sandy Whitlock RN, WOCN Whitlock.sandy@scrippshealth.org

Julia Ringhofer RN, WOCN Ringhofer.Julia@scrippshealth.org

Palomar Medical Center: 15615 Pomerado Rd., Poway, CA 92064

Palomar Medical Center: 2185 Citracado Parkway, Escondido, CA 92029

Susan Mason WOCN 442-281-4128, 760-809-1252 Susan.Mason@palomarhealth.org

Sharp Mission Grossmont Hospital: 5555 Grossmont Center Dr., La Mesa, CA 91942

619-740-4953 – Ostomy Clinic

Sharp Memorial Hospital (no clinic) questions Jessica.schroeder@sharp.com

Sharp Coronado 619-522-3966

Rady Children's Hospital

No Clinic. Questions 619-200-4797 Mary Ann Dilloway RN WOCN

UCSD

Hillcrest Clinic & UCSD Moores Cancer Center Clinic, La Jolla 858-246-3214

Star Harrison RN, BSN, WOCN EHarrison@ucsd.edu

Kaiser

Garfield Specialty Center 5893 Copley Dr., San Diego 92111

Viewridge Clinic 5251 Viewridge Ct., San Diego 92123

San Marcos Clinic 400 Craven Rd., San Marcos 92078

Appointment line for all ostomy clinics 619-622-1222

United Ostomy Associations of America Affiliated Support Group

The Ostomy Support Group of North San Diego County

P.O. Box 3019

Vista, CA 92085

Address Service Requested

Dated Material

Next Meeting: July 31 @ 10am

Online or by phone

Instructions Inside