

Ostomy Support Group North San Diego County

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

Zoom Meeting March 27th @10am. Instructions on page 5



**Speakers Across the
United States
Donate Time & Talent**

Support groups coast to coast sent me their virtual meeting information to post on the Ostomy 101 mobile app, and of course I made it a point to attend as many as possible. What fun and what a learning opportunity!

First, I meet some fabulous fun people in the Ostomy community. Second, it became clear all support groups struggle to secure engaging speakers. In a strange way, support groups are faced with perpetually reinventing the same wheel – organizing meetings

I had an idea. What if there were one central data base for support groups to find free ostomy related speakers? What if we could connect interesting, inspirational people to groups looking for speakers? What if the Ostomy 101 mobile app could do one small thing to help support group leaders, lead?

March 8th, the Ostomy 101 mobile app added the Speaker Directory, specifically designed to help support group leaders find interesting, engaging speakers. The Ostomy 101 app is free, the Speaker Directory is free, and all the speakers are free.

Some truly fascinating and inspiring people have donated their time and talent to the Speaker Directory.

For example, Charlotte Rensberger...

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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 receive your 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 meeting. To help cover our expenses, we are now asking for a \$20 donation for a 1 supply of ostomy needs.

Other Resources for Free Supplies

OstoGroup. <https://www.ostogroup.org> Ostomy supplies are free, patient covers shipping costs

FREE Virtual Ostomy 101 Classes

In English & Spanish

These classes are designed to give new patients confidence for LIVING with an Ostomy. The class will start with Ostomy basics, pouching options, troubleshoots 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.

Visit the Ostomy 101 mobile app for dates, times & zoom links 😊



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 referred to medical practitioners.

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

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Charlotte was diagnosed with Ulcerative Colitis as a teen and had a total colectomy and j-pouch created shortly after diagnosis. The j-pouch did its job well, but a few years later in routine surveillance testing, Charlotte was diagnosed with Crohn's Disease. This disease was controlled with medications, and Charlotte became a nurse, got married, and had 2 children. In 2015, however her j-pouch failed, and surgery required the creation of a new and permanent ostomy. Her Crohn's is currently in remission and she is enjoying all the things that life with an ostomy allows her to do. She continues to work full time as a pediatric nurse practitioner in Michigan.

Kipp Harris is an Ostomate and 3-time cancer survivor who found joy in the most improbable places. He speaks about his journey and determination to find joy and hope.

Mike Neeson is a double Ostomate diagnosed with colon cancer in 2008 and, after immediate treatment and chemotherapy, he had an 11 hour surgery to two stomas; a colostomy and a urostomy. Mike is very involved with patient advocacy at the University of Minnesota.

The Ostomy 101 mobile app continues to do everything possible help UOAA groups by:

1. Posting Support Group Meeting links on the app at no charge
2. Sending Push notification reminders about meetings
3. Posting meeting information on 4 social media feeds
4. Creating the Speaker Directory

Sunshine Report by Dodie Wilson

Birthdays*Jackie Russell, Val Alley, *William Voyzey, Cecelia

Cowles, *Darlene Johnson, Rita Geldert, Dawnette Meredith

Stomaversarys Muriel Turner= 15yrs, Ed Bednarz= 12yrs, Mario Busalacchi= 13yrs,

George Free= 1yr, Mona Villa= 12yrs, Mary Austin 13yrs, Susan Caldwell= 4yrs

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

Get Well Glenda **Thinking of You** Yun Long

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

We mourn the passing on long time board member and friend **Leland Russell**



Leslie Schwartz is a past President of this group and now serves as the current Vice President. Behind the scenes, Leslie is tirelessly involved in many important functions of this group.

Supply Closet & Community Outreach

Leslie is in charge of our ostomy supply closet. He takes calls for ostomy supply donations, arranges supply drop off and organizes all the parts and pieces into our storage unit. He fields calls from people in need of ostomy supplies and makes arrangements to get them the supplies they need.

Governance & Compliance

Leslie ensures our t's are crossed and our i's are dotted with the state and federal government. As a nonprofit, there are multiple filings required to keep us in compliance. He gathers the necessary data and files the required documents.

Please take a moment to send a quick thank you to Leslie Lbschwartz@prodigy.net for the important work he does behind the scenes for this group 😊

-Dawnette Meredith

President

President: Dawnette Meredith

858-336-4418 Terrabusy@yahoo.com

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

Treasurer: Lou Drexel

760-749-6656 LMrnch@gmail.com

Secretary: Ruth Voyzey

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

Money Corner by Lou Drexel

Feb 1 - Feb 28, 2021

INCOME: \$410

EXPENSES: \$372.68

Jan. 1 – Feb 28, 2021

INCOME: \$621.00

EXPENSES: \$372.68

General Meeting Schedule 2021

Time: 10am. Location:

Now ONLINE

Jan 30	July 31
Feb 27	Aug 28
March 27	Sept 25
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

March 27th at 10 a.m.

Join by Computer

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

<https://us02web.zoom.us/j/83745424838>

Meeting ID: 837 4542 4838

Join by Phone (audio only)

Dial +1 669 900 9128 US (San Jose)

Meeting ID: 837 4542 4838

Download the FREE Ostomy 101 Mobile App



This is 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 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

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: March 27 @ 10am

Online or by phone

Instructions Inside