

# Ostomy Support Group North San Diego County

P.O. Box 3019, Vista, CA 92085    [OstomySDC.com](http://OstomySDC.com)    August 2021

**Zoom Meeting Aug. 28 @10am. Instructions on page 5**

## Leading by Living

If you're looking for Patrick McKinney you'll likely find him outdoors. Depending on the season, McKinney, 54, of New Market, Maryland, can be found speeding down a ski slope, powering up a hill on his bike, tending to horses, or photographing his daughters playing sports. That wasn't always the case. In 1984, as a 17-year-old, while donating at a high school blood drive, he was found to be anemic. The formerly active teen had been experiencing incontinence with blood loss for 18-24 months and was afraid to tell anyone. After confiding in his mother and seeking a diagnosis, a colonoscopy revealed ulcerative colitis. By his mid-twenties he found himself hospitalized several times after his body stopped responding to conventional steroid-based therapies. In 1993 he had the first of five surgeries that over the years eventually led to a temporary ostomy and a j-pouch. He was plagued by stricture problems and other issues with the j-pouch. "With the j-pouch I was still going to the bathroom 15-20 times a day when it was bad,"

McKinney remembers. When another surgery was required in 2004 because his j-pouch perforated leaving him septic, his doctor at the Cleveland Clinic prepared him for the fact that depending on how it went, McKinney could wake up with a permanent ileostomy. Indeed that was what happened and he experienced the struggles so many new ostomates have while trying to adjust both mentally and physically. McKinney now says, "Getting an ostomy was the best thing that ever happened to me, I got my life back."



McKinney credits reading Rolf Bernirschke's book *Alive & Kicking* for encouraging him to not be held back by his ostomy. "His book got my life back on a normal track. I started being an advocate and lived life again." McKinney recalls.

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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](mailto: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, and urostomy) to provide the appropriate supplies. 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.**

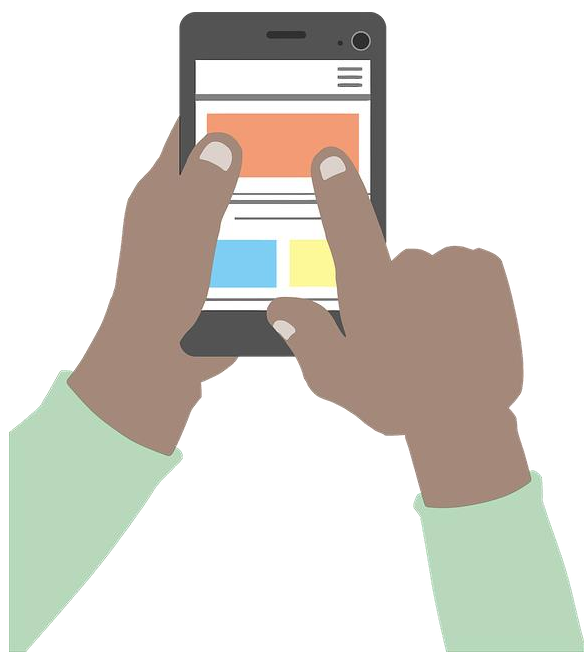
### **FREE Virtual NEW Patient Classes**

**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 referred to medical practitioners.

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

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McKinney wrote to Rolf and was honored to receive a Great Comebacks Eastern Region Award in 2008, which included the chance to meet the inspiring former NFL Man of the Year. Since then he has embraced taking part in sports he had never even tried before having ostomy surgery.

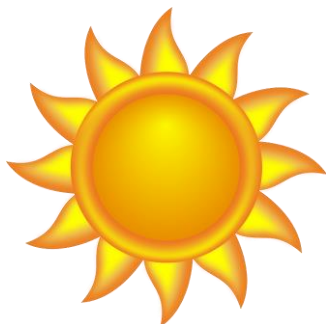
McKinney's first major post-surgery athletic challenge was competing in a half-marathon in Sonoma, California in 2009. The success of it inspired him to try other competitive sports. A family ski trip to Colorado piqued his interest in alpine ski racing. After entering an amateur event in 2014, he was surprised to learn his time qualified for nationals in his age group. After that he was hooked on "running gates." McKinney has been alpine racing ever since and is a member of NASTAR's Team Zardo and the United Ski and Snowboard Association (USSA) Mid-Atlantic Masters Ski Racing Association and trains at Montage Mountain in Scranton, PA.

During the rest of the year, McKinney can most often be found on his bicycle touring the rolling hills of rural Maryland. As a member of the Frederick (Maryland) Peddler's Bicycle Club he rides over 3000 miles per year including events like the Tour de Frederick and the Civil War Century.

"It's like being a kid again, wind blowing in your hair takes you back to your teenage years," he says. For those hesitant to try riding again McKinney advises "Being prepared helps to put your mind at ease." "Have a plan and know where the bathrooms are at local parks, I empty right before to go out. The back pocket on a cycling jersey is perfect for bringing extra supplies and wipes. My ileostomy tends to not have much output when I'm being active."

In 2019 McKinney heard that UOAA's National Conference was coming to Philadelphia, PA and welcomed the opportunity to see Rolf again and check out the unique event. Talking to other ostomates at the conference inspired him to do more with UOAA. "It helped me realize this is a chance to see what I can do, and that it is the right time to get more involved with the Frederick Area Ostomy Support Group." McKinney has been an active member and is now the group's President, supporting their activities even as in-person meetings were suspended this past year. In just the past few years he has offered his perspective as an ostomate to nursing students at a local community college and as an ostomy patient visitor. In support of Ostomy Awareness Day, he helped to procure proclamations from local government and organized a walk for the Run for Resilience Ostomy 5k, a major fundraiser for the programs and services of UOAA. "The biggest thing is to provide some hope. Almost everyone is devastated and so unsure about how to live through this experience," McKinney says. On a national level, McKinney is now a member of the United Ostomy Associations of America Education Committee. "I try to lead through living my best life. Sharing what I can do, but also keeping in mind to listen to your body. Get out there and walk, or ride on a bike. For most, an ostomy will not impact that, I try to be encouraging and positive."

His advice for other ostomates looking to get active? "Your only limitation is your mind. If your doc says you are healthy enough do it, hydrate, hydrate, and always be prepared."



**Birthdays:** Mary Bowen\*

**Sympathy** Ruth Voyezy for the loss of her husband Bill

**Thinking of You:** Phillip Pirofalo, Carolyn Wells

**Welcome Back:** Mary-Ann Farris

**Get Well:** Mona Villa, Paulette Frazelle, Herb Carrier, Stephen Isaac

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

Dear Friends,

I'm thrilled to report our sister group in Tijuana and the Ostomy 101 New Patient Classes in Spanish are going strong!

Thanks to the remarkable work of Connie Mendoza, approximately 50 Tijuana Ostomates receive ostomy supplies each month, at no cost. She's set up a "drive-thru" system allowing patients to pick up supplies safely during Covid.

Monthly, Ostomy 101 New Patient Classes in Spanish are attended by Ostomates across the U.S., including New York, Texas, North Carolina, and California. Connie teaches these classes with Edna Thomas WOCN.

Ostomy supplies and monetary donations for the Tijuana Ostomy Support Group (Stomybc.org) can be sent to:

### Stomybc

**1412 Eboe Ave.**

**San Diego, CA 92154**

Kind Regards,

Dawnette Meredith

**President:** Dawnette Meredith

858-336-4418 Terrabusy@yahoo.com

**Vice President & Supply Closet Coordinator:** Leslie Schwartz 760-470-9589 [lbschwartz@prodigy.net](mailto:lbschwartz@prodigy.net)

**Treasurer:** **Needed**

760-749-6656 [LMrnch@gmail.com](mailto:LMrnch@gmail.com)

**Secretary:** Ruth Voyzey

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

### Money Corner

July 1 - July 31, 2021

Income: \$220.00

Expenses: \$49.58

January 1 – July 31, 2021

Income: \$1,336.00

Expenses: \$1,856.86

### 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 virtual

May 22                      Nov 20 virtual

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

**Aug 28, at 10 a.m.**

### Join by Computer

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

<https://us02web.zoom.us/j/86075958409?pwd=MmM2Y3hLTnUzYVcrdklFcDBkcHNiQT09>

Meeting ID: 860 7595 8409

Passcode: 885647

### 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 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 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 1<sup>st</sup> through December 31<sup>st</sup>  
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](mailto:Eckartlr@tcmc.com) 760-851-7491

Adrianna Kovacs RN, BSN, WOCN [KovacsA@tcmc.com](mailto:KovacsA@tcmc.com) 760-851-9903

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

858-554-8984 Edna Thomas

### **Scripps Mercy 4077 5<sup>th</sup> Ave., San Diego, CA 92103**

Appt call 619-260-7244 Sandy Whitlock RN, WOCN [Whitlock.sandy@scrippshealth.org](mailto:Whitlock.sandy@scrippshealth.org)

Julia Ringhofer RN, WOCN [Ringhofer.Julia@scrippshealth.org](mailto: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](mailto: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](mailto: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](mailto:EHarrison@ucsd.edu)

### **Kaiser**

Garfield Specialty Center 5893 Copley Dr., San Diego, CA 92111

Viewridge Clinic 5251 Viewridge Ct., San Diego, CA 92123

San Marcos Clinic 400 Craven Rd., San Marcos, CA 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: Aug. 28 @ 10am**

**Online or by phone**

**Instructions Inside**