

# Ostomy Support Group North San Diego County

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

**Zoom Meeting Oct. 30 & Nov 20 @10am. Instructions on page 5**

## Meetings, Announcements & More!

Please join us for our final 3 meetings for 2021: two via zoom and one in-person.

**There will be no meetings in December**

**Zoom Meeting October 30<sup>th</sup> at 10 am**    See page 5 for instructions.

**IN - PERSON November 6<sup>th</sup> at 10 am**



A few weeks ago, we held an informal outdoor gathering at Holiday Park in Carlsbad. It was so successful we're doing it again on Saturday November 6<sup>th</sup> at 10 am. Holiday Park is located 5 miles from Tri-City hospital, just off the 5 freeway. There is plenty of parking and a restroom. Please bring your own chair and warm clothing. We will meet near the gazebo.

Location: Holiday Park 3400 Pio Pico Dr. Carlsbad, CA

Date:      Nov. 6 at 10 am

**BRING YOUR CHAIR & COZY CLOTHES**



**Zoom Meeting November 20<sup>th</sup> at 10 am ----->**

We're very excited and honored to have Janice Coldwell WOCN as

our speaker for November. Jan is a WOCN with 40 years of experience as an ostomy nurse. Her clinical leadership, patient advocacy and professional knowledge is renowned in the ostomy community.

### **Advanced Practice Nurse, University of Chicago Medicine**

Jan Colwell is the advanced practice nurse in ostomy and wound care at the University of Chicago Medicine where she provides care to ostomy patients in the outpatient stoma clinic. She has practiced for numerous years at the University of Chicago where she has precepted graduate and WOC nurse students as well as developed the ostomy program at UCM. She is a past president of the WOCN and FOW-USA, the ostomy section coeditor of the JWOCN and coeditor of the WOCN Ostomy Curriculum Textbooks. She has multiple publications, presentations, and research projects to her credit.

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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 **Glenda Walsh 858-888-5923** email: [bearably50@gmail.com](mailto:bearably50@gmail.com) 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. 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.**

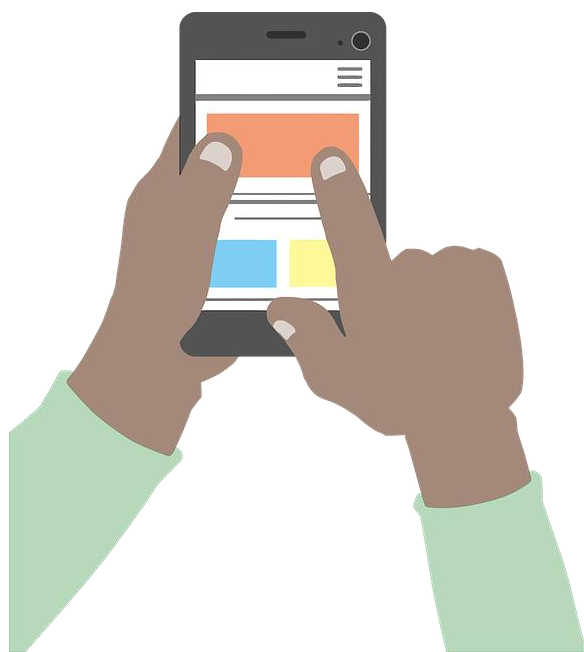
### **FREE Virtual NEW Patient Classes**

#### **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](mailto:Herbertcarrier@hotmail.com)**

(Continued from Page 1)

### **Important Reminders About Ostomy Supplies**

As we approach the holiday season, please look out for possible delays in shipping and holiday office closures when ordering your ostomy supplies.

**There will be no meeting in December**



### **Board of Director's News**

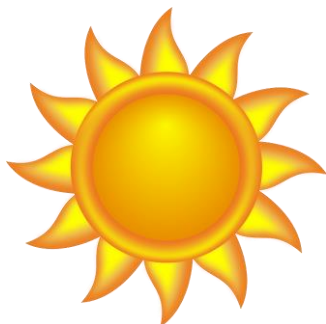
We're very excited to welcome **Herb Carrier** as our new Vice President. Herb also heads our visitors program.

**Leslie Schwartz** has graciously stepped in to fill the Treasurer's position

We welcome **Glenda Walsh** as a new Director and Supply Closet Coordinator

**Lisa Birney** has volunteered to assist Glenda with coordinating ostomy supplies for patients in need.

**Become an Ostomy Influencer! Volunteer with us!**



**Birthdays:** Herb Carrier, Mario Busalacchi

**Stomaversarys:** David Berger=3yrs, Ruth Voyzey=8yrs, Rita Geldert=8yrs, Val Alley=58yrs

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

If you're reading this newsletter, you must have some connection to this group or have received support? Five years ago, I came this group VERY reluctantly. I was a new ostomate, completely overwhelmed, anxious and isolated. I drove to the meeting determined to never return, but I found help, comfort and support from people who understood my struggle. This group was exactly what I didn't know I needed! Perhaps you feel the same way?

Please join me in my annual a donation to our group. My donation is a thank you for the help and support I received years ago and a gift to future ostomates who will need support like I did.

Whether you're a new or season Ostomate, attend meetings or not, join me with a tax-deductible donation of \$30-\$35. Show your thankfulness this Thanksgiving by completing and mailing the membership form (page 6 of this newsletter) along with your donation. Below is an abbreviated list of our community services:

Maintains an ostomy supply closet for patients in need. Holds monthly meetings with educational & inspirational speakers. Distributes newsletters with information & education. Gifts ostomy teddy bears to children at Rady's who undergo ostomy surgery. Helps the Tijuana group maintain their ostomy supply closet. Provides UOAA certified ostomy visitors for new ostomy patients. Connects with ostomy related clinicians to help patients find support & more

Sincerely, Dawnette Meredith

**President:** Dawnette Meredith  
858-336-4418 Terrabusy@yahoo.com

**Vice President:** Herb Carrier  
708-510-7479 [HerbertCarrier@hotmail.com](mailto:HerbertCarrier@hotmail.com)

**Treasurer:** Leslie Schwartz  
760-470-9589 lbschwartz@prodigy.net

**Secretary:** Ruth Voyzey

**Supply Closet Coordinator:** Glenda Walsh  
858-888-5923 [bearably50@gmail.com](mailto:bearably50@gmail.com)  
Co-coordinator: Lisa Birney

**Directors:** Tammy Davis, Paulette Frazelle, Mona Villa, Dodie Wilson, Connie Mendoza, Glenda Walsh

### Money Corner

Sept 1-30, 2021:

Income \$40 Expenses \$62.59

Jan 1-Sept 30, 2021

Income \$1376 Expenses \$2,148.48

### 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 <b>no meeting</b>	Dec <b>no meeting</b>

### 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

**Oct 30 & Nov 20 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**

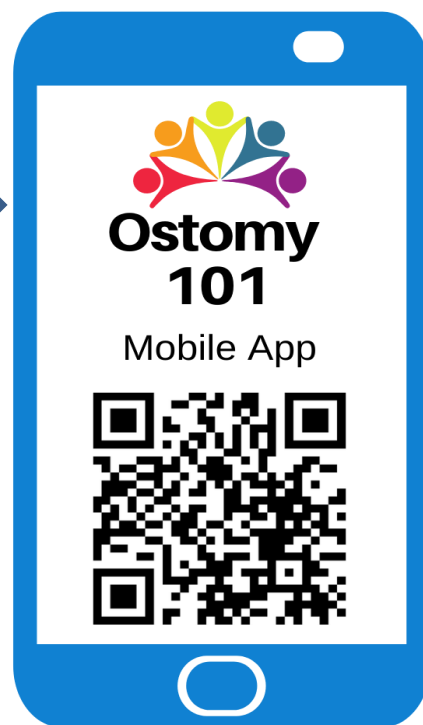
**Ostomy 101 Mobile App**



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, and 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>

Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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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, CA 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**

## **Upcoming Meetings:**

**Oct. 30, Nov 6, Nov 20 @ 10am**

**No meeting in December**