

# Ostomy Support Group North San Diego County

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

April 2019

## 5 Things No One Tells You About Having an Ostomy



Having a surgery that results in an ostomy is a huge, life-changing event. It can feel scary and there are so many 'unknowns'. Asking questions, and gathering as much information as possible before your surgery will help to prepare you for your new life and routine.

Based on others who have had surgery before you, we have put together a list of 'five things no one tells you before your ostomy'. These are 5 things many ostomates wish they had known before adapting to life as an ostomate. We hope this list helps to prepare you even more, and encourages you with moving forward into your new lifestyle and routine.

### 1.) You are Not Alone

You may feel like your ostomy alienates you from your world, but you are not alone in this. There are many people who have had surgery before you and there is an extensive and supportive ostomy community available to you. Your adjustment process may take time, and if you are experiencing discouragement, talking about it with someone who understands can be helpful. There are also numerous ostomy blogs and websites dedicated to sharing stories and experiences, as well as tips on living with your ostomy and how to avoid common mishaps. Once you have settled into the routine that works best for you, consider adding to these resources or reaching out to someone you may know who is struggling with their new ostomy.

Continued on page 3.



### **Boston Children's Hospital**

Now Gifting Ostomy  
Bears & Books

Thanks to the New England  
Region WOCN Society for  
sponsoring these gifts.

### **Next Meeting**

### **Vendor Fair**

**April 26, 1-3pm**

Tri-City Medical Center

4002 Vista Way

Oceanside CA

Lower Level AR 1

Full meeting Schedule pg. 4

## **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 or donate un-opened 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 or donate your supplies at our monthly support group meetings.

### **Other Resources for Free Supplies**

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

**Ostomy 101 Classes** gives you the confidence you need to live abundantly after ostomy surgery. This is a collaborative program between UCSD and the Ostomy Support Group of North San Diego County, designed to address the lifestyle needs of pre-operative and post-operative ostomy patients. Monthly classes are free and are taught by people living vibrantly with an ostomy. Registration is required due to limited space.

View product samples from all major manufacturers

Get tips for wardrobe, swimming, traveling, going back to work or school and MORE!

For information and registration visit:

**Ostomy101.com** or call Dawnette 858-336-4418

Upcoming classes: \* Apr 13 \* May 4\* June 8\* July 13\* Aug 17\* Sept 14\* Oct 12

## **Certified Patient Visitor Program**

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.

**2.) Your Quality of Life May Improve.** Most ostomates are happy to find out that they are able to do everything they were already able to do before their surgery, and often, even more. There's a chance that your illness leading up to your surgery was debilitating and left you with little to no control over your own life. If this was the case, having an ostomy will be a profoundly new experience in which you have more control and less limits. You will be able to check items off of your bucket list that seemed impossible before.

**3.) There are Amazing Products Available to You.** In the first few months to a year after your ostomy, you may take some time getting used to your appliance and how to change it out and clean the skin around your stoma. In addition to helpful information and tips online, you can also find an array of different products to help you manage your ostomy on a daily basis. It's amazing how far science and technology have come, and companies such as Coloplast, are continuing to develop new products with you in mind.

**4.) It Takes Time to Adjust - And That's Ok** While your ostomy should not hold you back from seeing and doing new things, it also is a big adjustment and there is no timetable on how and when you do this. Be patient with yourself and take the time you need to feel confident with caring for your new stoma. Use the information that is available to you, but do so without comparing your progress with that of others. Every body is different, so don't rush your recovery with unrealistic expectations and goals. Be kind to yourself.

**5.) Diet - Most of the Same Rules Still Apply** As far as diet and exercise, they are just as important after your ostomy as they were before. If you were a healthy person before your ostomy, continue to treat your body well with what you put in it and how you use it. Keep in mind that the foods that were good and healthy for your body before your operation are still good for you. Hydration is key. It is important to drink lots of liquids with an ostomy.

When you are in the hospital, chances are you will be given a list of what foods to avoid. Eating simple and bland soft foods directly after your surgery will be easier to digest, and will help your recovery. As you heal, it's okay to incorporate other foods into your regular diet, but it is recommended that you try them slowly and possibly even one at a time. Again, every body is different, and what affects someone else may not affect you in the same way. Keeping a journal or diary of how your body responds to different foods can be helpful.

## Sunshine Report by Tammy Davis

**Birthdays** Les Meredith\*, Casildo Ramous, Lou Drexel, Joann Pirofalo,  
Carolyn Wells, Loretta Taylor, Ruth Voyzey



### **Stomaversary**

Louis Melzer=29 yrs, Don Bohensky=5yrs, Leslie Schwartz=6yrs,  
Cliff Valade=20yrs, Janet Howell=8yrs

#### Get Well/Thinking of You

Michelle Tracey, Richard Rettig

#### Sympathy

-0-

#### **Stomy BC Meetings**

11:00 am in Tijuana

1<sup>st</sup> Saturday of every  
month.

Visit: [Stomybc.org](http://Stomybc.org)

Hello Friends. Below is a quick update on what's been happening behind the scenes.....

**Vendor Fair:**

This is the perfect opportunity to see new products, chat with manufacturers and collect free samples. This year, we'll have a room full of ostomy related vendors. Admission is free and vendors will be available from 1-3pm.

**Vendors:** Convatec, Coloplast, Hollister, Ximed, Stealthbelt, Byram, Shield Healthcare, Edgepark, Ostomy Secrets, 3M, and more!

**Website:**

Our new website is up and running. Check out

[Ostomysdc.com](http://Ostomysdc.com)

Vice President, Leslie Schwartz and I, teamed up to create this more user-friendly site.

**Ostomy Supply Closet:**

Directors Tammy Davis and Dodie Wilson spent countless hours organizing and updating our supply closet. Thanks to their efforts, collecting supplies for uninsured Ostomates will be much easier. Our group consistently provides ostomy supplies for uninsured Ostomates in our community and in Tijuana. We believe this service to be an essential outreach for our group.

Sincerely,

Dawnette Meredith

**President:** Dawnette Meredith

858-336-4418 Terrabusy@yahoo.com

**Vice President & Supply Closet Coordinator:**

Leslie Schwartz 760-470-9589

**Treasurer:** Lou Drexel

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

**Secretary:** Ruth Voyzey

**Directors:** Val Alley, Tammy Davis, Paulette Frazelle, Richard Rettig, Michelle Tracey, Mona Villa, Dodie Wilson, Dick Woolsey

**Honorary Board Members:** Dr. Dhruvil Gandhi, Al Nua

Money Corner by Lou Drexel

March. 1 – 31, 2019

INCOME: 300.00

EXPENSES: 1,242

Jan. 1 – March. 31, 2019

INCOME: 1,22.95

EXPENSES: 2,406.34

General Meeting Schedule 2019

Time: 1:00pm. Location: Tri-City Medical Center

Oceanside, CA Lower level room AR1

Jan 25	July 26
Feb 22	Aug 23
March 29	Sept 27
April 26 Vendor Fair	Oct 25
May 31	Nov 22
June <b>no meeting</b>	Dec <b>no meeting</b>

Board Meeting Schedule 2019

Time: 1:00 pm

Tri-City Medical Center meeting room

Jan 7	July 8
Feb 4	Aug 5
March 11	Sept 9
April 8	Oct 7
May 13	Nov 11
June 10	Dec 9

Meeting News by Tammy Davis

**March, 2019 Meeting.**

**Program:** Ostomy Nurse Panel Discussion

Total in attendance: 33

(Members: 21 Guests: 9 Speakers: 3)

**Leading the Meeting:** Lou Drexel

**Raffle/50/50 Drawing:** drawing not conducted

**Supply Closet Report:** Serval boxes of donated supplies were Added to our supply closet.

**Ostomy 101 Report:** 13 people attended the March Class

**Ostomy Supply Manufacturers**

**FREE Samples**

**B. Braun Medical. 800-854-6851**

**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**

Introducing  
the CeraPlus  
Skin Barrier  
with Remois Technology\*



**Believe it or not, the skin around your stoma can be as healthy as the skin on the rest of your body.**

Introducing the CeraPlus™ skin barrier with Remois technology\*. Our newest skin barrier is infused with ceramide to help keep moisture in and protect against dryness.

**Does your skin deserve better? Learn more about how the CeraPlus skin barrier supports healthy skin from the start. Call us today at 1.888.808.7456.**

Hollister Ostomy. **Details Matter.™**



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\*Remois is a technology of Alcare Co., Ltd.

# Ostomy Support Group of North San Diego County

## Membership Application

**Membership** is open to all ostomates and individuals with continent diversions, persons contemplating or scheduled for ostomy surgery, family members, caregivers, medical professionals and other interested persons.

**Membership Includes:**

**Newsletter:** 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:** Attend our monthly meetings to hear interesting speakers, exchange ideas, answer questions, receive support, share the camaraderie of fellow ostomates and enjoy refreshments.

**One-on-one Visits** by one of our Certified Patient Visitors to prospective or new ostomates, and to others as needed.

**Ostomy 101 Patient Education Classes:** These monthly classes address the practicalities of living everyday life with an ostomy (wardrobe, swimming, travel, intimacy).

Tax deductible annual dues are **\$30**

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

Date of Surgery \_\_\_\_\_ Spouse/Caregiver \_\_\_\_\_

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

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Type of Ostomy: Colostomy\_\_\_ Ileostomy\_\_\_ Urostomy\_\_\_ Continent Ileostomy\_\_\_ Ileoanal Reservoir\_\_\_

Continent Urostomy\_\_\_ I do not have an ostomy\_\_\_ I am a parent of a child with an ostomy\_\_\_

How would you like to receive your newsletter?

By Mail \_\_\_\_\_

By Email \_\_\_\_\_

Please attach your check for \$30 made payable to: OSGNSDC or Ostomy Support Group of North San Diego County

**Submit your payment at the next meeting or mail to: P.O. Box 3019, Vista, CA 92085**

# Thank You

## Ostomy Resources - San Diego California

### Tri City Medical Center

4002 Vista Way  
Oceanside, Ca 92056  
Call office for appt. 760-940-3793  
Lorena Eckert RN, MSN, WOC Nurse  
[Eckertlr@tcmc.com](mailto:Eckertlr@tcmc.com)

760-851-7491 Lorena Cell number  
Adrianna Kovacs RN BSN CWON  
760-851-9903 Adrianna Cell Number  
[KovacsA@tcmc.com](mailto:KovacsA@tcmc.com)

### XIMED Wound Care and Ostomy Clinic

9850 Genesse Ave. suite 360  
La Jolla CA 92037  
858-283-8959  
La Jolla CA 92037 Justine Johnson CWON  
858-617-9381  
Barbara Twombly CWOCN 858-688-6601

### Inpatient Only

#### Scripps Memorial Hospital La Jolla

9888 Genesse Ave  
Tara Bohannon CWON APN 858-583-1138  
Scripps La Jolla 858-554-9184

10666 Torrey Pines Rd. La Jolla, CA  
Mandy McDonough RN, WOCN

#### Scripps Mercy San Diego

4077 5th Ave  
San Diego, CA 92103  
Call office for outpatient ostomy appt: 619-260-7244 Sandy Whitlock RN, CWON  
([Whitlock.sandy@scrippshealth.org](mailto:Whitlock.sandy@scrippshealth.org))  
Julia Ringhofer RN, CWOCN  
([ringhofer.julia@scrippshealth.org](mailto:ringhofer.julia@scrippshealth.org))

#### Scripps Mercy Chula Vista

435 H Street  
Chula Vista, CA 91910  
Office: 619-691-7226  
\*\*\*No ostomy clinic  
Sandy Whitlock RN, CWON  
([Whitlock.sandy@scrippshealth.org](mailto:Whitlock.sandy@scrippshealth.org))

#### Scripps Ostomy Clinic - VISTA

I see Scripps and straight Medicare pt's at the following location. They do need a referral.

Debra Wood, RN, BSN, CWOCN, CFCN  
130 Cedar Road, Suite 200  
Vista, CA 92083  
760-806-5603

#### Palomar Pomerado Health

Palomar Health. Please contact Rhonda Walker for any wound or ostomy concerns.  
442-281-4128 (office #) or  
[rhonda.walker@palomarhealth.org](mailto:rhonda.walker@palomarhealth.org)  
Cell- 760-809-1650

Christine Sutherland, RN, BSN, CWOCN

#### Palomar Health Home Care Services

(760) 270-5667 mobile  
(442) 281-3800 office

#### Kaiser

Garfield Specialty Center 5893 Copley Dr. San Diego Ca 92111, Amber Irvine CWON  
Viewridge clinic, 5251 Viewridge Court, San Diego Ca 92123,

Phyllis Parker CWON San Marcos Clinic, 400 Craven Rd San Marcos 92078

Rhona Walker CWON

619-662-1222 Appointment line for all clinics

#### Sharp Memorial Hospital

No Clinic - Questions

Jessica Schroeder

([Jessica.schroeder@sharp.com](mailto:Jessica.schroeder@sharp.com)) Thomas Lekovish Sandy Renard Vicki Ross Emily Sedgwick Theresa Hansen Sarah Buehrle Shannon Sigmon Nancy Freeman

#### Sharp Coronado

I do see outpatient ostomies in Coronado. Requires a RX from referring physician, with diagnosis.

#### Jan Kass RN CWON

Certified Wound Ostomy Nurse  
Sharp Coronado Hospital  
619-522-3724 Fax 619-522-3966

#### Rady's Children's Hospital

No Clinic - Questions

Mary Anne Dilloway RN, CWOCN and Sandi Pollett RN CWON  
1-619-200-4797

#### Sharp Mission Grossmont

#### Sharp Grossmont Hospital - Outpatient

Ostomy Clinic

5555 Grossmont Center Drive

La Mesa, CA 91942

Office: 619-740-4953

Requires a RX from referring physician, with diagnosis.

Christine Cordova BSN RN CWON

Cyndee Taylor BSN RN CWOCN

Helen Pallares-Janiec MSN RN CWOCN

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 – April 26 at 1:00 pm**

**Vendor Fair: April 26 1-3pm**