

# Ostomy Support Group North San Diego County

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

February 2019



## Good News & More Good News!

By Dawnette Meredith

### Ostomy Support Tijuana

The mainstream media consistently omits good news and it promotes a false sense of gloom and doom. The truth is, there are plenty of people out there doing good things and creating good news. You may recognize Connie Allar, she's one of our group members and she's one of the people quietly creating good news in her community.

Connie and her family drive every month, from their home in Tijuana, to our support group meetings in Oceanside. After the meetings we load their car with Ostomy supplies to take back across the border. Connie and her family gift the supplies to ostomy patients in Tijuana who don't have access to Ostomy supplies. They've become deeply involved in the Tijuana Ostomy community. Not only are ostomy supplies difficult to come by in Tijuana, but education and support are nonexistent. She is the first person **ever** to address these issues in Tijuana.

February 2<sup>nd</sup> signified another giant step forward. The first ever Ostomy support group meeting was held in Tijuana, thanks to Connie and her family. I had the pleasure of attending the inaugural meeting, and I admit I was overcome with joy. Connie's compassion and activism for Ostomates in her community was inspiring, impressive and powerful.

There were 25-30 Ostomates, 3 physicians, 2 nurses and 3 vendors in attendance. Connie did a beautiful job of leading the meeting, facilitating education, and making everyone feel welcome. (cont. page 3)

### Next Meeting

**Feb. 22 @ 1 pm**

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: Feb 16 \* Mar 16 \* Apr 13 \* May 4\* June 8\* July 13\* Aug 17

### **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.

For more information or arrange a visit or phone call from one of our visitors, contact

**Richard Rettig 760-722-1340**



Regular Ostomy Support Group meetings will be held the first Saturday of every month in Tijuana. Visit [www.stomybc.org](http://www.stomybc.org) or the Stomy BC Facebook page for more information (in Spanish!)

Be sure to find Connie and her family at our next general meeting and introduce yourself. Take a moment to congratulate her on her success and thank her for her persistence and passion.

The difference between the average person and a "World Changer" is action, determination and grit. Thank you, Connie for being one of these people.



## Sunshine Report by Dodie Wilson

**Birthdays** Ray Lovell, \*Jane Whitley, Cindy Busalacchi, \*Leslie Gombos, Charles Porter, \*Ruth Jurancich



### **Stomaversary**

Surprisingly, no one in our group had their surgery in February.

This means there are no Stomaversarys this month ☺

Thinking of You

Get Well

Leslie Schwartz, Matt Sarin, Rae Sarin

Larry Lamelson

### **Stomy BC Meetings**

11:00 am in Tijuana

First Saturday of every month.

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

Sympathy

Hello Friends

You won't want to miss our next 3 meetings.

### February 22<sup>nd</sup>

Cindy Myers from Convatec is our speaker. She'll share Convatec's 3-Step exercise program specifically designed for Ostomy patients. Whether you want to start an exercise program or exercise regularly, Me+ has something for you.

### March 29<sup>th</sup>

Our Hero WOCN's will hold an Ostomy Nurse Panel. They will address some common concerns and answer your questions.

### April 26<sup>th</sup>

We will hold our annual Free Ostomy Vendor Fair. This is your chance to meet with the manufactures of Ostomy Products, see what's new and collect samples! This is one of our most popular events. Be sure and mark it on your calendar.

I look forward to seeing you at our meeting on Feb. 22

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

January 1 – 31, 2019

INCOME: 515.95

EXPENSES: 379.53

January 1 – January 31, 2019

INCOME: 515.95

EXPENSES: 379.95

### 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 26	Sept 27
April 26 Vendor Fair	Oct 25
May 31	Nov 22
June 28	Dec none

### 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 Dodie Wilson

### January 2019 Meeting.

**Program:** New Ostomy Products/Ostomy Survey Results

Total in attendance: 38

(Members: 22 Guests: 16 New Member: 1)

**Leading the Meeting:** Dawnette Meredith

**Raffle/50/50 Drawing:** \$55 won by Steve Isaac who gifted the winnings to Bears for Kids

**Supply Closet Report:** Provided supplies for 6 people

**Ostomy 101 Report:** 11 people attended the Jan 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 Genessee 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 Genessee 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 – Feb. 22 at 1:00 pm**

**Program:** Convatec and Exercise for Ostomy Patients.