
An Interim Issue for September 2017

OSTOMY NEWSLETTER

A Newsletter for Ostomates and Caregivers

Ostomy Support Group of North San Diego County

P.O. Box 3019, Vista CA 92085

<http://ostomysocal.org>

We look forward to seeing you at our next meeting!

September 29th at 1pm

Tri-City Medical Center

4002 Vista Way, Oceanside CA

Lower Level room AR#1

OSTOMY TIPS

From September Guest Editor

Richard Rettig

As your Guest Editor for this September issue, I must first apologize for this change of format. I managed to botch the newsletter template received from our regular Editor Dawnette Meredith. Fortunately, she will continue editing with our October issue!

Below, I'll share with you helpful hints I've gleaned over 20 years as a colostomate. Some may appeal to you more than others.

- 1. THE BEST CLEANSING SOLUTION—Bar none!** Over the years, I've tried various products offered by vendors for ostomates, some O.K., some not so O.K. One day when I was completely out of my cleansing product, I discovered what I call ***The Best Cleansing Product for Ostomates—Bar none—SALIVA!*** You and I always have it! It costs nothing! Just spit on a tissue and wipe the moistened portion over the skin surrounding the stoma. It feels soothing and it cleans.

- 2. USE A HAIRDRYER** Whether or not you have trouble getting the flange of your pouch to adhere to your skin, the use of a hair dryer may help. Put it on LOW briefly to dry your skin. Then switch to HIGH to warm the flange of your pouch. At the very least, it feels better to affix a warm flange to your skin than apply a cold one.

- 3. GET RID OF THE STINK!** (*This discovery won't appeal to many of you!*) I discovered this approach by accident over a 10-year period. I tinkered with my diet, first eliminating pork, then hamburgers and other beef products, then turkey, chicken, and finally seafood. After gradually becoming vegetarian, I realized one day that I no longer had an odor problem. The air freshener in the bathroom was no longer needed by me, though still left for the use of guests. My waste was odorless, just like a baby's until fed meat. Nevertheless, I still occasionally hanker after crab cakes and indulge.

- 4. USEFUL FOR DISPOSING OF USED POUCHES** Many of us have plastic vegetable, fruit, and bread bags that tend to clutter up the kitchen unless tossed out when no longer needed. I save these and make sure I have one or two always handy. That way, whenever I remove a pouch, I can always quickly pop the pouch with its waste into a vegetable, fruit, or bread bag. These bags can easily be twisted and knotted, tied securely for disposal.

What Happened at Our Last Meeting, August 25?

The meeting was called to order by Val alley with a salute to the flag. Val then gave a personal demonstration of a pouch change. His talk included information on products available now, and a description of make-

do items used in the early days as an ostomate 54 years ago. At that time the life expectancy of an ostomate was five years. His stories of his work, travels, and personal life gave us insight into how living with an ostomy has not interfered with his enjoyment of life.

Breakout sessions followed.

Dodie Wilson gave the Sunshine Report. Happy Birthday was sung to August celebrants. Tammy Davis announced goodies had been provided by Sandy Nichols, Barbara Fowler, and Dodie Wilson.

The 50/50 raffle was won by Dodie Wilson. \$8.00 was collected for Coins for Bears.

The meeting was adjourned at 2:30 pm.

Ruth Voyzey, Secretary

Who Looks After Us?

Officers

- President: Leslie Schwartz (760) 470-9589
lbschwartz@prodigy.net
- Vice President: Val Alley
- Secretary: Ruth Voyzey
- Treasurer: Lou Drexel (760) 749-6656
lmrnch@gmail.com

Directors

Tammy Davis, Paulette Frazelle, Dawnette Meredith, Richard Rettig, Leland Russel, Dodie Wilson, Dick Woolsey

Honorary Board Members

Dr. Dhruvil Gandhi
Al Nua

President's Message

By Leslie Schwartz

Dear Ostomates and Friends,

Wow, summer is over and September is flying by. Pretty soon we will be thinking about holidays. My, time does fly!

I guess I fibbed in my last message about hearing the last of the UOAA Conference. A few of us had the pleasure of attending the event in Irvine. Dawnette and I will be providing our insights into the conference at this month's General Meeting. I thought the conference had some very good informational sessions and I learned a lot.

At this month's General Meeting we will be voting on a slate of Officers and two Directors. It would be nice to have a couple more candidates to step forward as Directors and we still need someone to fill the Vice President's role. It's not enough to just be in attendance. You need to help those who support you.

The next General Meeting is on September 29 at 1:00 pm in Conference Room #1.

Respectfully,

Leslie Schwartz
President

How's Our Money?

August 1, 2017—August 31, 2017

INCOME: \$799.00

EXPENSES: \$861.69

JANUARY 1—August 31, 2017

INCOME: \$5,689.89

EXPENSES: \$5,420.67

UPCOMING MEETINGS

General Meetings are held at Tri-City Medical Center, 4002 Vista Way, Oceanside. Lower level room AR1 at 1:00 p.m.

General Meetings

- **September 29 at 1 pm**
- October 27
- November 17

Board Meetings

- October 9
- November 6

Meeting News

By Tammy Davis

New Members: *Nancy Jablonski, Lloyd Bruce*

Visitors and Member Attendance

25 in attendance (6 guests, 19 members)

Goodies Providers for General Meeting

Thank you: *Sandy Nichols, Barbara Fowler, Dodie Wilson*

50/50 Drawing: \$38.00

\$19.00 won by *Dodie Wilson*

Coins for Ostomy Bears: \$8.00

Sunshine Report

By Dodie Wilson

- **Sympathy** Paulette Frazelle (Her husband, Jerry)
- **New Members** Nancy Jabolonski, Llyod Bruce
- **Get Well** Carolyn Woodard, Barbara Spang, Janet Howell
- **Birthdays in September** (* = Spouse/Support Person) *Nancy Schwartz, Richard Antifae, Bill Parks, Sue Davis, Dick Woolsey, Leland Russel, *James Caldwell, *Charlene Goldman, Matt Sarin, *Stuart Goodman, Phillip Pirofalo

Stomaversarys in September Dick Woolsey, 10yrs; Shirley Mersy, 40yrs; Cecelia Cowles, 20yrs; Alice Ajluni, 5yrs; Harvey Shouf, 7yrs; Camillie Lemieux, 8yrs; Donna Stark, 9yrs

Stomaversary

It has been a custom in our group, and in many other groups of the United Ostomy Association as well, to honor those who have had their ostomies for a number of years. Those who are celebrating such anniversaries may wish contribute to the general fund of the Ostomy Support Group of North County. We suggest a gift of one dollar for each year a member has had an ostomy. We appreciate and acknowledge these stomaversary gift givers in our newsletter. Recognizing these members and the years they have had their ostomies can encourage those just entering their ostomy journeys. It can help them realize that living with an ostomy is very manageable and not life limiting!

If You Have Internet Access?

Are you receiving this newsletter in hard copy? If you have Internet access, you can save our group money by joining our electronic mailing list. To switch to the electronic version, send an email request to Terabusy@yahoo.com. We won't remove you from our hard-copy list until we know you can successfully receive the electronic version. We appreciate your efforts to keep costs down, while being eco-friendly.

Ostomy Supplies

We have ostomy supplies donated by members or their families. These supplies are available to our group's members or individuals in need of supplies. Please contact Leslie Schwartz if you're in need of supplies: (760) 470-9589.

Help Us By Volunteering!

- **Check-in Table:** Sit at the check-in table at monthly meetings. Greet attendees and have them sign in.
- **Call Tree:** Make phone calls once a month to remind members about our meeting.
- **Goodies:** Offer to bring goodies or snacks to one of our monthly meetings.
- **Special Events:** Help plan our Summer and/or Holiday Parties.
- **Prizes and Give-a-ways:** Help at our special events with prizes and give-a-ways.
- **Programs:** Know someone who'd like to speak at our meeting and whom members might like to hear? Let us know.
- **Take the Lead:** Visit our monthly Board meetings. Help plan the future of our group!

Certified Ostomy Visitors

Visiting new and recent ostomates is an important service our group provides. After visitors go through formal training, they can make calls in the hospital and in homes. They are proof that life after ostomy surgery can be normal. They can answer questions to both patients and their family members about living with an ostomy.

A patient can expect a visitor of the same gender and with the same surgery.

The Ostomy Support Group of North San Diego trains and certifies members who can offer psychological support both before and following surgery. Visitors may come to a home or hospital, however, only when invited by a patient, a doctor, or family member.

On any visit, all medical questions which may arise the visitor suggests that the patient or family member seek answers from a medical practitioner.

To arrange for a Certified Visitor, contact Richard Rettig at (760) 722-1340 or rgrettig@earthlink.net

A class to train visitors will be offered in early 20018.

United Ostomy Associations of America

The Ostomy Support Group of

North San Diego County

P.O. Box 3019

Vista CA 92085

Address Service Requested

Dated Material

Next Meeting Sept 29 at 1:00 p.m.

Meeting Program: *The UOAA's August, National Conference in Irvine*

By Leslie Schwartz and Dawnette Meredith