

News of Ostomy Support Group of Northern Virginia



Ostomy Support Group of
Northern Virginia, LLC

Website: www.osgnv.org
Email: info@osgnv.org
Phone: 703 802-3457
PO Box 672, Merrifield VA 22116

Spring, 2023

Hi OSGNV Members,

While we are waiting for a volunteer OSGNV newsletter editor to step forward, the Board of the Ostomy Support Group plans to provide a quarterly letter filled with local news for each member. Of course, much valuable and cutting-edge communication takes place through our redesigned website at www.osgnv.org that is always available on your computer, iPad or phone.

OBJECTIVES

Ostomy Support Group of Northern Virginia

- ◇ **Mutual support and exchange of ideas at monthly meetings.**
- ◇ **A website with useful information of local resources hard to access online.**
- ◇ **Education at meetings on ostomy management, supplies, and medical conditions for surgery.**
- ◇ **Outreach services to the community including Visitor Program, brochures advertising OSGNV in medical offices, and interactions with other ostomy groups.**

Shout-Out for

OSGNV Volunteers

The Board of Directors of the Support Group are grateful for all the individuals who have come forward to help make the meetings, website, and administration of OSGNV go smoothly!



CONTEST

Can you suggest a new logo for the Ostomy Support Group of Northern Virginia? Some ostomates think it is time to change from the kangaroo with its pouch shown below.

To enter the contest, draw or download a new logo and send this via email (info@osgnv.org) or to the PO Box.

Prize options: 1) Honor of winning. OR

2) A box of ostomy pouches of your choice.



Chinese proverb that applies to ostomy management: "Smart people learn from their own mistakes, but wise people learn from others' mistakes."

Tribute in Memory of Barb Hawes *Pouch* newsletter Editor

Barb Hawes passed on September 27, 2022 after a short illness unrelated to Crohn's (or covid). She had her ileostomy for 60 years! Imagine the changes in ostomy supplies available over six decades. Barb and Bill, married for 54 years, had a son and daughter, five grandchildren and one great-grandson.

Barb loved being the *Pouch* newsletter editor and produced ten 12-page issues a year for 20 years for OSGNV members. Copies were also sent to medical offices to hand out to new and prospective ostomates. She attended many UOAA national conventions, and once gave a presentation on how to produce a good newsletter. Barb also organized editors from other ostomy support groups into an alliance in which they exchanged articles with one another.

Our lives have been greatly enriched by her interest in ostomies and willingness to produce more than 200 superb newsletters.

Fairfax Support Group

UPCOMING OSTOMY MEETING SCHEDULE SUNDAYS 1:30 TO 3:00 PM

May 7, 2023 on zoom

“Colorectal Cancer Screening and Treatment in the 21st Century” Dr Rebekah Kim, MD, FACS, FASCRS. Topic of interest to all ostomates and caregivers interested in recent advances of cancer treatment.

June 4, 2023 in-person at Inova Fairfax Hospital

“Reforming medical support for ostomates of all ages”
Break-out groups & Member Panel: Diane Carroad, Sarah Quattrocki, Sarah Vasilakos

Next meeting on Sept 10. No meetings in July or August to allow you to enjoy summer adventures.

NEW ARRANGEMENTS TO ATTEND MEETINGS

Virtual meetings on zoom

The zoom link is published on the website and emailed to members the week before the meeting.

In-person meetings

Where: Physicians Conference Center on campus at Inova Fairfax Hospital, Gallows Rd, Falls Church VA 22042

Parking: Blue garage. Take ticket on entrance, pay \$5 on exit with credit card (no cash).

Meeting access: **Easiest access** is at Conference Center entrance opposite and to the right of the blue garage exit. A new hospital security policy is to keep these doors locked, but on meeting Sundays from 1:15 pm, an OSGNV member will give members access or call the cell phone noted on the door for someone to let you in. **Alternative access** is through the administrative building to the left of blue garage exit. Follow instructions through corridors and down one level. OSGNV meetings will be in Rooms A/B/C/D at the lower level.

2023-2024 Meetings

- The schedule is being planned to include meetings about emergency & vacation preparation for ostomates, effects of medications on ostomates, a WOC nurses panel Q & A, and introduction to a new product developed by a urologist. Please suggest other topics that would interest you via email or a note sent by USPS to OSGNV.
- The schedule will have a mix of one in-person meeting followed by two zoom. In-person meetings will be in Sept (Welcome back), December (Holiday party), March (Group activity), and June (Reforming ostomy care topic). The virtual meetings will feature a speaker.

Fredericksburg Support Group

RECENT OSTOMY MEETING SCHEDULE TUESDAYS 5:30 TO 6:30 PM

April 18, 2023

“NEW type of ostomy wafer”

Medline’s sales rep Mike McCabe’s presentation was most informative. The product he introduced is a “wafer” that the group had not seen before. It may be of interest for a future meeting.

May 16, 2023 — Speaker and then Dinner

“Green tape” and other Safe N Simple products”

Beth Peters, Safe N Simple rep.

Talk will be followed by group social at Rey Azteca Restaurant, 1109 Emancipation Hwy, Fredericksburg VA 22401.

Next meeting August 15.

No meetings in June or July.

ARRANGEMENTS for FREDERICKSBURG MEETING

ALL meetings are in-person at

Tompkin Martin Building on Mary Washington Healthcare campus, 1101 Sam Perry Blvd, Fredericksburg VA 22401

Face masks are NO longer required —new hospital policy

News of Ostomy Support Group at Fredericksburg

- Leslie Steffey RN attended our meeting in April. She is very excited about joining the group and looks forward to a successful and rewarding tenure. Leslie will soon begin her WOCN training to prepare for assuming Gail Erickson’s role at Mary Washington Hospital after Gail retires.
- The OSGNV Board of Directors is hard at work planning for a 2024 celebration for the ostomy community and caregivers in Spring 2024. We are considering combining a mini-conference event with a celebration of Gail’s contribution to the ostomate community. Preliminary plans are to meet on a Saturday at a convenient venue between Fairfax and Fredericksburg. Both OSGNV support groups will be invited as well as ostomates in DC and Maryland.
- We are reaching out to our respective groups seeking volunteers to help with the planning and presentation of the conference/celebration. The draft agenda could include medical speakers, an exhibition of ostomy products, break-out groups and a buffet luncheon. Over lunch, we might find time to “roast” Gail for her incredible dozen years organizing and encouraging the Fredericksburg Ostomy Support Group. Volunteers on this Event Committee will decide on all details. IF YOU CAN HELP, PLEASE EMAIL (INFO@OSGNV.ORG) OR PHONE (703-802-3457).

A NATIONAL BENEFIT OF BELONGING TO THE OSTOMY SUPPORT GROUP OF NORTHERN VIRGINIA

OSGNV is affiliated with the national UNITED OSTOMY ASSOCIATIONS OF AMERICA, LLC (UOAA)

- ◇ UOAA publishes a quarterly magazine, *The Phoenix*, that has articles about ostomies such as a doctor writing on the “Human Microbiome” or a WOC nurse writing about “How to find the right pouching system for every situation” as well as stories about ostomates. Regular columns are by doctors, nurses, and ostomates answering letters to the editor. It is well worth subscribing.
- ◇ UOAA offers an “ostomy friends” service (online) for those requesting personal visits from other ostomates in the USA. The Ostomy Friends program has an online training that’s comprised of 10 modules of 20-minute sessions for ostomates wishing to become “ostomy friends”.
- ◇ UOAA provides restroom access cards and travel cards for interactions with TSA.
- ◇ Ostomy Academy is an online educational seminar about topics for ostomates every quarter.

TO LEARN MORE ABOUT UOAA, go to our www.OSGNV.ORG website for a link or to www.OSTOMY.ORG, the national website.

Groaner: A thief who stole a calendar got twelve months.

AN INTERNATIONAL BENEFIT OF BELONGING TO THE OSTOMY SUPPORT GROUP OF NORTHERN VIRGINIA

One small step leads to another and another

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| 1st step | A break-out group at an OSGNV meeting suggested we have a meeting to which members bring spare ostomy supplies to pack for a charity like Friends of Ostomates Worldwide. |
| 2nd step | The Program Committee arranged for packing materials at the March meeting and asked members to bring spare supplies they wished to recycle. |
| 3rd step | Friends of Ostomates Worldwide (FOW) made a wonderful deal with UPS. UPS ships for free every carton of ostomy supplies to be recycled when the donor contributes \$15 to FOW to help with their overseas shipping costs. |
| 4th step | A widow whose husband had been a double ostomate contacted the OSGNV Visitor Program by email for information about recycling a year’s supply of colostomy and urostomy items. These items were picked up by an OSGNV visitor for packaging at the meeting. |
| 5th step | FOW received 12 cartons from OSGNV weighing a total of 215 lbs to send abroad, and also \$180 was donated towards overseas shipping costs. |
| 6th step | FOW’s recipients, who have few options for ostomy supplies, will be extremely grateful! |
| 7th step | OSGNV was thanked with a post on FaceBook by FOW that asked for other ostomy support groups to do similar projects. |

Ostomy Support Group of Northern Virginia Board of Directors

All officers and committee members can be contacted via email at: info@osgnv.org or through the group telephone: 703/802-3457 (leave a message and someone will get back to you quickly).

Officers

President OSGNV
President Fredericksburg Satellite
Secretary
Treasurer

Cathey Parker
Lou Lawrence
Craig Glazer
Jerry King

Committees

Membership
Newsletter Editor
Visiting Program Directors
Hospitality
Young Adults & Facebook
Website

Wendy Shutt
open position
Monica Haradem, Diane Carroad, Jamie Barkmeyer
Tom & Sally Waddell
Wendy Shutt, Sarah Vasilakos
Sebastian Palack, Ray Cultrera

Professional Advisory Board

Dr. Donald Colvin, Colorectal Surgery
Dr. Ian Shenk, Gastroenterology
Dr. Daniel Otchy, Colorectal Surgery

Dorothy Goodman, RN, CWOCN
Gail Erickson, BSN, RN, CWOCN

Linda Arundel, MSN, RN, CWOCN
Martha Hammond, BSN, RN, CWOCN

Volunteers needed for OSGNV!

Please email (info@osgnv.org) or phone (703 802-3457) if you can spare time to help.

- (1) Editor for quarterly News of OSGNV
- (2) Distributor for quarterly "News of OSGNV" — envelope stuffers
- (3) Person giving access to meetings at Inova Fairfax Hospital (4 meetings/year)
- (4) Help setting up for meetings at Inova Fairfax Hospital (4 meetings/year)
- (5) Moderator/MC for meetings at Inova Fairfax Hospital (one meeting/year)
- (6) Help with mini-conference/celebration to be in Spring 2024 (see page 2)

Local Ostomy Clinics

VIRGINIA

- 1) Inova Fair Oaks Hospital: Wednesdays, 703-391-3500, option 4 for appointment. Doctor referral NOT needed.
- 2) Inova Loudoun Wound & Ostomy Center: Wednesdays and Thursdays, 703-858-6399
- 3) Mary Washington Healthcare: Tuesdays (varies), 540-741-2000 for appointment, no fee. Doctor referral NOT needed.
- 4) Sentara Medical Center, Outpatient Wound Care Center, Woodbridge: 703-523-0660
- 5) Virginia Commonwealth University, Richmond: Monday to Friday 8-4:30, 804-828-5212. Doctor referral NOT needed.
- 6) Virginia Hospital Center, Ostomy Clinic: Tuesday 8 to 4, 703-558-6600

DISTRICT OF COLUMBIA

- 7) George Washington Hospital Center Ostomy Clinic: Thursdays 10-2, 202-715-4325 for appointment
- 8) MedStar Georgetown University Hospital Ostomy Clinic: Thursdays 8:30-12:30, 202-444-5365
- 9) MedStar Washing Hospital Center Ostomy Clinic: Wednesdays 202-877-7103
- 10) Veterans Affairs Medical Center Wound & Ostomy Clinic: 202-875-8495, military only

Certified Wound, Ostomy, Continence Nurses (WOCNs) at Local Hospitals

Capital Caring Falls Church 703-256-8793

Inova Mount Vernon Hospital 703-664-7954

Fauquier Hospital 540-316-3121

Mary Washington Healthcare, Fredericksburg 540-741-1751

Georgetown University Hospital 202-444-8825

Novant Health Prince William Medical Center 703-369-8000

Inova Alexandria Hospital 703-504-7850

Sentara Northern Virginia Prince William Medical Center 703-523-1244

Inova Fair Oaks Hospital 703-391-3574

Stafford Hospital 540-741-9192

Inova Fairfax Hospital 703-776-8722

Virginia Hospital Center—Arlington 703-558-6236

I always go the extra mile, but when I do it's because I cannot find my exit.