

The Pouch



Ostomy Support Group of
Northern Virginia, LLC

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September 2022
Volume 43 ,Issue 6

Hi, OSGNV Members,

This will be an abbreviated issue of The Pouch because the editor is currently laid up in the Health and Rehab Center for an undetermined amount of time. Barbara fell at her home and was treated at the hospital for a week before transfer to the Rehab Center. She has four broken ribs to deal with plus orderlies that are not really experienced with ostomies.

COMING EVENTS

October 2
Fairfax Meeting (VIRTUAL)
1:30 to 3:30 on Zoom
(information on Page 2)

October 2
Visitor Training Seminar (VIRTUAL)
3:30 to 5:30 on Zoom
(information on Page 3)

November 6
Fairfax meeting (VIRTUAL)
1:30 to 3:30 on Zoom
(information on Page 3)

Fredericksburg Satellite News

Tuesday, October 18, 2022 5:30 to 6:30 PM

In person — Mask Required

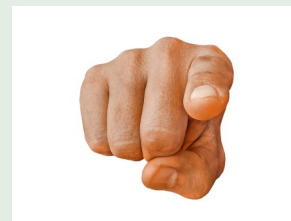
Round Table Discussions

Tompkin Martin Building, Suite A
1101 Sam Perry Blvd, Fredericksburg, VA 22401

For further information, please contact Gail G. Erickson, NCE/
MWH at Gail.Erickson@mwhc.com. She can also be
reached by leaving a message at 540/741-1751.

Please note change in time!!

Your Ostomy Support Group Needs YOU!!!



An all volunteer organization needs volunteers in order to function smoothly. You will hear in the coming weeks about our needs. These needs are smaller tasks that do not require a lot of time nor previous experience. The one that is at the top of my mind now is a **Vice President**.

Coming Events (Continued):

October 2—Speaker will be Ms. Cecilia Lynn, NP and WOC nurse, speaking on “Common Problems of Ostomates” -

About Cecilia Lynn:



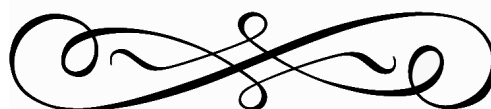
Cecilia Lynn, FNP-BC, is a certified family nurse practitioner with 14 years of experience. At Fairfax Colon & Rectal Surgery, PC, which has six convenient locations in Fairfax, Fair Oaks, Alexandria, Gainesville, Woodbridge, and Lansdowne, Virginia, diagnoses and treats all forms of colorectal conditions, including abscesses, anal pain, and anal fistulas.

Cecilia’s passion for colon and rectal surgery hits close to home. At an early age, she received a life-changing Crohn’s disease diagnosis that led her to seek support in the ostomy community. Cecilia earned her Bachelor of Science in Nursing at the University of Southern Mississippi in Hattiesburg, Mississippi.

After graduating, Cecilia returned to school to earn her master’s degree in nursing at the University of Texas Health Science Center at San Antonio in San Antonio, Texas. She received the highest honors in her graduate program and was a member of Sigma Theta Tau.

Cecilia completed her colon and rectal surgery training in Seattle, Washington, and earned her certification in ostomy care from Cleveland Clinic’s R.B. Turnbull Jr. MD’s School of WOC Nursing Education (WOC, Wound Ostomy & Continence).

Since returning home to Northern Virginia to be closer to family, Cecilia has made a home with her fiancé, two pugs, and her cat Django. In her spare time, she is an avid reader and hobbyist photographer.



November 6—Speaker is Ms. Kathy Glazer, Nutritionist. The title will be “Nutritional Tips and Needs for Ostomates”.

About Kathy Glazer:



Kathy is a MS RDN LD , Nutritionist, EatSmart Coach and Dietician. She will tell you more!

October 2—Visitor Training Seminar—If you are interested in becoming an ostomy visitor, please contact Cathey Parker at cweir@coloradocollege.edu. We welcome all ostomates who would like to make contact with a new ostomate to swap tips and encouragement about daily management of an ostomy.

*My wife gets mad at me for hiding
kitchen utensils.*



*But that's a whisk I
am willing to take.*

Board of Directors update:

Bill Hawes is the new President of the Ostomy Support Group of Northern Virginia. Bill was unanimously elected to complete the term of Domma McHugh, our long-term President, who retired on September 1, 2022.

Our support group Secretary, Craig Glazer, presided at the election. Following the by-laws, votes were collected from both the group's Board of Directors via email and the members who attended our in-person meeting in September.

An exclusive interview with Bill indicated he was motivated to seek this office because of a strong belief in the value of the Ostomy Support Group in Northern Virginia and because he was impressed with the number of members who had stepped up to help with behind-the-scenes tasks to keep the organization running smoothly. Please be tolerant of a few delays during the transition period.



Work in
progress!!

check back soon...

Ostomy Support Group of Northern Virginia Board of Directors

Note: All officers and committee members may be reached through the group telephone: 703/802-3457 (leave a message and someone will get back to you quickly) or via email at: osgnvllc@cox.net or check out our website at www.osgnv.org

Officers

President	Bill Hawes
Vice President & IT Tech	
Secretary	Craig Glazer
Treasurer	Jerry King

Committees

Membership	Bill Hawes
Newsletter Editor	Barbara Hawes
Visiting Program Directors	Cathey Parker, Cindy Mitchell, Monica Haradem
Hospitality	
Young Adults	Wendy Shutt, Sarah Vasilakos
Website	

Professional Advisory Board

Dr. Donald Colvin, Colorectal Surgery	Dorothy Goodman, RN, CWOCN	Linda Arundel, MSN, RN, CWOCN
Dr. Ian Shenk, Gastroenterology	Gail Erickson, BSN, RN, CWOCN	Martha Hammond, BSN, RN, CWOCN
Dr. Daniel Otchy, Colorectal Surgery		

The services of a Certified Wound, Ostomy, Continence Nurse (CWOCN), also known as Enterostomal Therapist (ET) are available. For information or an appointment call:

Name	Location	Telephone
Carmalina "Pepper" Hembrey, MSN,RN,CWOCN	Inova Alexandria Hospital	703/504-7850
Annette Beadle, MSN, RN, CWOCN	Inova Alexandria Hospital	703/504-7850
Joselin "Sunshine" Bodaghi, BSN, RN, WOCN	Inova Alexandria Hospital	703/504-7850
Kayla Boone, BSN, RN, CWOCN	Inova Fairfax Hospital	703/391-3574
Maryann Brooks, RN, CWOCN	Inova Fairfax Hospital	703/776-8722
Lisa-beth Leary, BSN, RN, CWON	Inova Fairfax Hospital	703/391-3574
Rhonda S. Lombardo,	Inova Fairfax Hospital	
Amanda McGee, RN, CWOCN	Inova Fairfax Hospital	703/776-8722
Liz Reyes, BSN, RN	Inova Fairfax Hospital	703/391-3574
Mary Savia, RN, CWOCN	Inova Fairfax Hospital	703/776-8722
Linda Arundel, MSN, RN, CWOCN	Inova Fair Oaks Hospital	703/391-3574
Kimberly Winter,	Inova Fair Oaks Hospital	703/391-3574
Christine Lesandro,	Inova Loudoun Hospital Center	703/858-8295
Margaret Hiler, RN, MSN, CWOCN	Inova Mount Vernon Hospital	703/664-7954
Leslie Woodward, RN CWON	Inova Mount Vernon Hospital	703/664-7954
Sandra Fasing, RN, CWOCN	Virginia Hospital Center—Arlington	703/558-6236
Anne McArdle, MSN, ANP-BC, CWON	Georgetown University Hospital	202/444-8825
Jane Carey Karpick, RN, WOCN	Capital Caring, Falls Church	703/256-8793
Sharon May, RN, CWOCN	Walter Reed National Military Medical Center, Bethesda	301/319-4288
Gunda Fisher, RN, WCC	Fauquier Hospital	540/316-3121
Tracy Fields, RN, CWOCN	Novant Health Prince William Medical Center	703/369-8000
Jennifer Clinton, RN,	Sentara Northern Virginia Medical Center	703/523-1244
Gail Erickson, BSN, RN, CWOCN	Mary Washington Healthcare, Fredericksburg, VA	540/741-1751
Joan (PJ) Miller, BSN, RN, CWOCN, CFCN	Mary Washington Healthcare, Fredericksburg, VA	540/741-1751
Solange F. Kamden, BSN, RN, CWOCN	Mary Washington Healthcare, Fredericksburg, VA	540/741-1751
Eileen Braunlich, RN, CWON	Encompass Health (formerly LightHouse)	703/608-7416
Patricia McCray, MSN, RN, CWOCN	The University of Maryland Medical Center	
Christina V Chaplin, BSN, RN, CWOCN	Stafford Hospital	

Contacts for UOAA Affiliated "Virtual Groups"

Gay & Lesbian Ostomates (GLO)	Fred Shulak	773/286-4005
Continent Diversion Network (CDN)	Lynne Kramer	215/637-2409
Pull-Thru Network (PTN)	Bonnie McElroy — pullthru@bellsouth.net	205/978-2930
Thirty Plus Network	Kathy DiPonio	586/219-1876
UOAA Teen Network	Jude Ebbinghaus	860/445-8224
Young Ostomate & Diversion Alliance/America	Esten Gose — gose.esten@gmail.com	206/919-6478

The Ostomy Support Group of Northern Virginia, LLC, is an all-volunteer organization providing ostomy-related activities.

These are provided to all persons and their families needing help in coping with physical or psychological adjustments associated with diversion surgery.

All contributions to OSGNV, LLC are fully deductible as a charity donation
Tax ID Number: 54-1147876

OSGNV, LLC is a 501-C-3 affiliated organization of the United Ostomy Associations of America, Inc.
PO Box 525, Kennebunk, ME 04043
1/800-826-0826
www.uoaa.org — info@uoaa.org

If you have not already joined our group, please consider doing so. The dues are only \$20 per year (tax-deductible) and you get a lot for your donation, particularly THE POUCH which is published 10 times a year.

Also, when you first become a member, you will receive a **one-year** complimentary subscription to THE PHOENIX, our UOAA national ostomy magazine which is extremely good.

KENNY'S CLOSET —“The Ostomy Supply Connection for our Community”

**Location: Mary Washington Healthcare
Regional Cancer Center, 1300 Hospital Drive, Suite 305,
Fredericksburg, VA 22401**

Hours of Operation: Every Thursday 10 AM—12 Noon
Supplies distributed and Donations accepted. We are not able to receive or distribute supplies by mail, UPS or FedEx.

Donations Accepted: Unopened, Unused ostomy products.
For example: wafers, pouches, skin protection, barrier rings, irrigation supplies, belts.

We are grateful for your ostomy product donations. We have served hundreds of people since 2013.

We Cannot Accept: Medications, saline, underpads, incontinence briefs, wound vac supplies, central line/port dressings and flushes.

Kenny's Closet is a partnership with Mary Washington Healthcare and the Fredericksburg Area Ostomy Connections Support Group (satellite of OSGNV, LLC).

Contact: Gail Erickson, BSN, RN, CWOCN
540/741-1751 or gail.erickson@mwhc.com

Friends of Ostomates Worldwide-USA (FOW-USA) is a volunteer organization with a mission to provide ostomy supplies and educational resources at no cost to ostomates in need around the world. Items that FOW-USA accepts include: one- and two-piece pouching systems even if you don't have a pouch and flange that match, belts, powder, tape, wipes, removers, skin barrier pastes, rings, strips, leg and night drainage bags and all other accessories.

FOW-USA

4018 Bishop Lane
Louisville, KY 40218

(www.fowusa.org) _____ (info@fowusa.org)

**Stephanie S. Sullivan
Osto-Group**

3500 45th Street, Suite #16A
West Palm Beach, FL 33407

Tel: 877/678-6690 — Fax: 561/627-3686

Osto-Group is a non-profit organization that provides donated ostomy supplies to uninsured ostomates in the U.S. for the cost of shipping and handling.

All organizations will give receipts for tax purposes, but you must make your own itemized list with costs.