

2018 Regional Ostomy Conference
(Hosted by Ostomy Support Group of Northern Virginia
and it's satellite: Mary Washington Healthcare
Ostomy Connections Support Group, Fredericksburg, Virginia)
Friday/Saturday/Sunday, May 4-6, 2018
Holiday Inn Washington Dulles International Airport, Dulles, Virginia

REGISTRATION FORM

Registrant's Name (please print) _____

Spouse/Other names to be registered _____

Address _____ City _____ St _____ Zip _____

Home Phone _____ Cell Phone _____ Email _____

Name of Ostomy Support Group/Affiliation _____

Category (check all that apply): Colostomy Ileostomy Urostomy
 Continent Diversion (i.e., J-Pouch, Koch Pouch, etc.) Spouse or Caregiver
 Medical Professional Exhibitor Other _____

Registration Fees

Regular Registration Fee, per person \$50 x # _____ = \$ _____
Spouse/Companion/OSGNV Member \$45 x # _____ = \$ _____
Saturday Night Dinner/Dance, per person \$45 x # _____ = \$ _____
Total \$ _____

Dinner Menu Choices—Indicate choice with number:

- _____ **Chicken Piccata** (a boneless chicken breast pounded, breaded, and pan fried to perfection with lemon butter sauce. Served over thin al dente noodles.)
- _____ **Wild-Caught Salmon** (wild salmon, seasoned and seared and topped with a fresh dill béarnaise sauce. Served with pan seared Brussels sprouts with bacon and buttered smashed russet potatoes.)
- _____ **Vegetable Napoleon** (roasted vegetables, including eggplant, portabella mushrooms, zucchini, onion and tomato with a tomato bisque sauce. Served with white rice.)

Please mail completed form with payment to:

**OSGNV, LLC
PO Box 231642
Centreville, VA 20120**

You may also pay via PayPal from our website:

www.osgnv.org

Please mark one workshop you are interested in attending for each time period on Saturday, May 5. You can make other choices later. This is just for space considerations. Workshops subject to change.

10:46 AM—Noon

Workshop 1 — EXERCISE & FITNESS

Staying fit is important for ostomates. Learn all about the best types of exercises for all ages, proper equipment to use when exercising, how much and how often one should exercise, helpful fitness tips, and proper exercise clothing to wear and look great!

Workshop 2 — SO YOU HAVE AN OSTOMY...NOW WHAT?

A question so often asked!! Gain important insight about the do's and don'ts from a "beginners' guide" to ostomies. This experience-driven workshop features diet options, clothing, self-care/hygiene, daily schedules, self-image and telling others about your ostomy.

Workshop 3 — EFFECTS OF CHEMO AND RADIATION ON AN OSTOMATE

They work wonders, but these treatments often have lasting impacts on ostomates. This workshop strives to reduce typical anxieties ostomates face by addressing common physical/psychological implications along with possible side effects.

1:31 PM—2:45 PM

Workshop 4 — CAREGIVERS, FAMILY & FRIENDS — OPEN DISCUSSION

Be a part of this highly interactive, facilitator-led, open discussion in one of our most popular workshops! Group members drive the discussion, ask and answer questions, share resources, relay personal experiences and offer unique insight concerning other supportive concerns.

Workshop 5 — WHAT CAN GO WRONG WITH YOUR OSTOMY?

Maintaining constant awareness of ostomy related functional, dietary and medical issues is essential for continuing good health. Such issues as hernias, blockages, leaks, skin barriers, applying your pouch correctly, who to contact and resources for additional help will be highlighted.

Workshop 6 — DUAL WORKSHOP

HOW TO PICK AN APPLIANCE

A "Two for One" workshop walks you through not only how to select proper appliances, but how to protect them as well!! First, we focus on the many typical concerns and questions ostomates face when deciding on what types of products and appliances may be best suited for their situation and lifestyle.

STOMA PROTECTION

The second workshop addresses multiple situations when the need for external stoma protection may be desired. It highlights an ostomate's personal experiences, insight and knowledge gained through testing many types of stoma protectors currently on the market.

3:31 PM—4:45 PM

Workshop 7 — TSA & OSTOMY TRAVEL TIPS

Curious about the TSA and how to make your air travel as an ostomate less complicated? Join fellow travelers in learning what to expect going through TSA security and how to make the process less stressful. Tips and suggestions concerning carry-on items (i.e., extra clothing, supplies, etc.), extra time required, potential body searches, what to "tell" and when, as well as other travel considerations are provided.

Workshop 8 — SKIN CARE

Proper peristomal skin care is critical for maintaining health ostomies. Join fellow ostomates in one of our most popular workshops where we address basic skin care, ostomy-specific skin problems and the best practices, solutions and products to assist in resolving the issues.

Workshop 9 — PSYCHOLOGICAL CONCERNS FOR OSTOMATES

While the physical aspects of ostomies are evident, the psychological effects often are not, yet have dramatic impacts on ostomates' well-being. Discussion focuses on emotional and psychological situations ostomates often face while adjusting to their "new normal" and suggestions to overcoming them.

4:46 PM—6:00 PM

OSTOMATE RAP SESSIONS

Join your fellow ostomates and other attendees in an open forum discussion of all things ostomy. The sessions are separated according to the individual types of ostomy. Lively discussion and experience sharing between attendees are the formula for these very popular workshops. Join in and share your thoughts! Don't miss these lively group experiences!

Ileostomates

Urostomates

Colostomates