

Conference

Update

December 12, 2017



2018 Regional Ostomy Conference

May 4-6, 2018

Holiday Inn Washington Dulles

45425 Holiday Drive,

Sterling, VA 20166

The 2018 Regional Ostomy Conference is sponsored/hosted by the Ostomy Support Group of Northern Virginia and it's Satellite, Mary Washington Healthcare Ostomy Connections Support Group, Fredericksburg, VA.

Here is the latest update on the Conference. We expect to have REGISTRATION open and items on our website (www.osgnv.org) in early January 2018. Additional information will be provided in the next update.

RATES FOR THE HOTEL: \$90.00 (+13% tax) per night for a king bed or two double beds (these rates are good for the nights of May 3 through May 5). Links to the hotel and further information will be supplied at the same time that Registration opens.

RATES FOR THE CONFERENCE:

Regular Registration	\$50 per person
Spouse/Companion/OSGNV Member	\$45 per person
Banquet	\$45 per person

TENTATIVE SCHEDULE

Friday, May 4, 2018

3:00 PM—6:00 PM	Exhibitor Setup
4:00 PM - 7:00 PM	Stoma Clinic
4:00 PM - 9:00 PM	Registration
6:30 PM - 9:00 PM	Informal Reception

Saturday, May 5, 2018

6:30 AM - Noon	Registration
7:00 AM - 8:15 AM	Breakfast Buffet
8:00 AM - 9:00 AM	Exhibit Set-Up
9:00 AM - 5:00 PM	Stoma Clinic
9:00 AM - 4:00 PM	Exhibits
8:30 AM - 9:45 AM	Opening Session/Program/Speaker
9:45 AM - 10:45 AM	Morning Break/Exhibits
10:46 AM –11:59 AM	Workshops 1, 2 and 3
12:01 PM -1:30 PM	Lunch/Speakers/Exhibits
1:31 PM - 2:45 PM	Workshops 4, 5 and 6
2:46 PM - 3:30 PM	Afternoon Break/Exhibits
3:31 PM - 4:45 PM	Workshops 7, 8 and 9
4:46 PM - 6:00 PM	Workshops 10-12/Breakout Groups-Rap Sessions
7:00 PM - 10:00 PM	Dinner Dance with a DJ

Sunday, May 16, 2018

7:30 AM - 8:45 AM	Breakfast
9:00 AM - Noon	TBD

TENTATIVE LIST OF WORKSHOPS

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!

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.

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.

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.

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.

DUAL WORKSHOPS

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.

TSA and 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.

SKIN CARE

Proper peristomal skin care is critical for maintaining healthy 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.

PSYCHOLOGICAL CONCERNS FOR OSTOMATES

While the physical aspects of Ostomies are evident, the psychological effects often are not, yet have dramatic impacts on Ostomates' wellbeing. Discussion focuses on emotional and psychological situations Ostomates often face while adjusting to their “new normal” and suggestions to overcoming them.

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

NOTICE: Schedule and Workshops subject to change at any time.

That is all for this edition, standby for further breaking news.

Point of Contact: billatmaccom@verizon.net

Website: www.osgnv.org

A publication of the Conference Committee for the 2018 Regional Ostomy Conference