



# INSIGHTS

The Newsletter of the  
**OSTOMY ASSOCIATION  
OF SOUTHERN NEW JERSEY**

[www.ostomygroupsnj.org](http://www.ostomygroupsnj.org)

SERVING OSTOMATES IN SOUTH JERSEY SINCE 1977

April 2017

## **WELCOME!**

The **Ostomy Association of Southern New Jersey (OASNJ)** is dedicated to providing information, advocacy and peer support to our members, their family and caregivers, and to the area's intestinal and urinary diversion community at large.

We meet regularly to share experiences, provide mutual support and learn about the latest products and information for colostomy, ileostomy, urostomy and continent diversions.

Meetings are held at the **Virtua-Memorial Hospital Burlington County**, located at 175 Madison Avenue, Mt. Holly, NJ 08060 in the 1st floor Conference Center. We meet on the **3rd Monday of each month with the exception of July and August**. The June meeting is traditionally held in an area restaurant. Meetings begin at **7:00 pm and adjourn by 9:00 pm**. Families and friends of ostomy patients are always welcome to attend. There is no fee to attend and refreshments are served.

For more information about the OASNJ, contact us at our NEW website... [www.ostomygroupsnj.org](http://www.ostomygroupsnj.org)

## **AFFILIATION:**

OASNJ is an affiliate of UOAA, the **United Ostomy Associations of America**. It has IRS 501(c)(3) Charity Status and 360 affiliates nationwide. Contact UOAA at **800-826-0826** or [www.ostomy.org](http://www.ostomy.org). For more info sign on to **Twitter.com/UOAA** or **Facebook.com/UOAAinc**.

## **SCHEDULE**

**APRIL 17, 2017** Jack Millman from Celebration Ostomy Support Belt will discuss the features of his product

**MAY 15, 2017** Program TBA at later date.

**JUNE 19, 2017** Our 40th Anniversary Dinner will be held at Carlucci's Waterfront Restaurant See flyer on page 3

## **OASNJ Satellite Support Groups**

**Where:** Virtua Health and Wellness Center, 401 Young Avenue, Moorestown, NJ

**When:** The 1st Wednesday of the month, from **Noon to 2:00 PM** .. **The next meeting is April 5th. Ostomy Nurse Kathy Judge, CWON will be there to answer your questions.**

AND AND AND AND AND AND AND AND AND AND AND AND AND AND AND AND

**Where:** Virtua Health and Wellness Center, 200 Bowman Drive, Voorhees

**See flyer on page 4**  
**Contact: Lois Moskowitz, 609-707-4368 for info about both Satellite meetings**

**Attention Gloucester County Ostomates** and anyone else that is interested! The Woodbury Ostomy Support Group meets the 3rd Wednesday of each month at the Inspira Medical Center Woodbury, Medical Arts Building, Suite #14 **Next meeting April 19th at 6pm** Contact Kathy Pfleger at [pflegerk@ihn.org](mailto:pflegerk@ihn.org) for info.

**Attention Cumberland County Ostomates** and anyone else that is interested! The **Cumberland County Ostomy Support Group** meets the 4th Wednesday at the Inspira Medical Center Vineland. **Next meeting April 26th at 6:00pm.** Contact: Jeanne Spencer 856-327-6505 for information.

**VISITING PROGRAM:** If you, or someone you know is in need of a trained ostomy patient visitor, call **Sandy Ritter** at **856-983-1433** to arrange for an in-person or telephone visit.

*Production and distribution of this  
INSIGHTS newsletter is made possible thanks  
to the generosity of the:  
**AMERICAN CANCER SOCIETY.***

## EXECUTIVE TEAM OF THE OSTOMY ASSOCIATION OF SOUTHERN NEWJERSEY

Ken Aukett .. Chair, Newsletter Editor, Treasurer  
609-315-8115 ... [kenaukett@gmail.com](mailto:kenaukett@gmail.com)

George Bishop ... Board Member  
609-871-6920 ... [bishop.george12@comcast.net](mailto:bishop.george12@comcast.net)

Cos Contento ... Board Member  
856-235-1899 ... [chcontento@aol.com](mailto:chcontento@aol.com)

Vikki Brisko ... Board Member  
[vikki\\_bee@comcast.net](mailto:vikki_bee@comcast.net)

Sandy Ritter ... Visiting Program Coordinator  
856-983-1433 ... [sanritter@comcast.net](mailto:sanritter@comcast.net)

### Medical Advisors

Kathleen Schuler ... Board Member  
856-577-2664 ... [kaschul119@gmail.com](mailto:kaschul119@gmail.com)

Avi S. Galler, MD. Colon & Rectal Surgeon  
856-247-7210 ... [agaller@virtua.org](mailto:agaller@virtua.org)

Lois Moskowitz ... Patient Advocate, Chair Wed Grp  
856-273-1493 ... [strongcoffee1@verizon.net](mailto:strongcoffee1@verizon.net)

Jane N. Johnson, CWOCN, MSN, APRN, ANP-C  
856-247-7260 [jjohnson7@virtua.org](mailto:jjohnson7@virtua.org)

**DISCLAIMER :** No suggestions made, or any products named in any article or advertisement in this newsletter, at our meetings or recommended by a member of our organization is to be considered as an endorsement by the Ostomy Association of Southern New Jersey or the United Ostomy Associations of America, Inc.. Always consult your doctor and/or WOCNurse before using any products of ostomy management procedures published in this newsletter.

### • OSTOMY PRODUCT DISTRIBUTORS

American Ostomy Supply .... (800) 858-5858  
Bruce Medical Supply ..... (800) 225-8446  
Byram Healthcare .....(877) 90-BYRAM  
Edgepark Surgical .....(800) 321-0591  
Express Medical Supply .....(800) 633-2139  
Liberty Medical Supply .....(866) 486-2379  
Medical Care Products .....(800) 741-0110  
Ostomy Care Supply .....(866) 207-5909  
Parthenon .....(800) 453-8898  
SGV .....(800) 395-6099  
Shield Healthcare .....(800)-675-8847  
Sterling Medical Services .....(877)-856-1286  
TOTAL eMEDICAL ..... (800)-809-9806

### OSTOMY PRODUCT MANUFACTURERS

Coloplast ..... (888) 726-7872  
ConvaTec ..... (800) 422-8811  
Cymed ..... (800) 582-0707  
Dansac ..... (800) 538-0890  
Securi-T USA..... (877) 726-4400  
Hollister Incorporated ..... (888) 740-8999  
Marlen Manufacturing .... (216) 292-7060  
New Hope Laboratories ... (800) 899-5017  
Ostaway x-Bag ..... (800) 774-6097  
Ostomy Secrets ..... (800) 518-8515  
Schena Ostomy Technologies 239-263-9957  
Torbot ..... (800) 545-4254  
Trio Ostomy Care USA (844)-331-8746

### • WOUND, OSTOMY and CONTINENCE NURSES SOCIETY ... [www.wocn.org](http://www.wocn.org)

#### Area WOCNurses:

Kathy Judge (856) 247-7260  
Arlene Peahota (856) 764-6634  
Kathy Pfleger (856) 845-0100 x 3725

Diane Wagner (215) 707-3092  
Gillian Reeve (856) 566-2059

Nancy Fonte, WOCN ... (609)-484-7300 ext 185 ... [Nancy.Fonte@atlanticare.org](mailto:Nancy.Fonte@atlanticare.org)

**Ostomy Support Group meets 2nd Wed of each month at 4:00 PM at the Atlanticare Center,  
2500 English Creek Avenue, Bldg 400, Egg Harbor Township, NJ**

### • WHEN TO CALL A DOCTOR OR WOC NURSE

1. If cramps last more than two or three hours.
2. If you get a deep cut in your stoma or bleeding at the juncture of the skin and stoma.
3. If you have excessive bleeding from the stoma opening or a moderate amount in the pouch after several emptying.
4. If you have a strong odor lasting more than a week.
5. If you have severe skin irritation or deep ulcers.
6. If you have severe watery discharge lasting more than five or six hours.
7. If you have an unusual change in the size or appearance of your stoma.

# OSTOMY ASSOCIATION OF SOUTHERN NEW JERSEY

## 40TH ANNIVERSARY DINNER



On the "Waterfront at 876 Centerton Road, Mt. Laurel, NJ 08054

**Monday evening, June 19th, at 6:00 pm**

**ENJOY**

**For \$25.00 per person you will be served**

**Rolls with Butter ... and Bruschetta Toast  
a Caesar Salad Course ... and a Penne Vodka Course  
Cheesecake for Dessert ... and throughout, Unlimited  
Coffee, Hot Tea, Unsweetened Ice Tea, Lemonade & Soda  
and Your Choice of the Following Entrees:**

**GRILLED FILLET OF SALMON with Mashed Potatoes  
and String Beans**

**CHICKEN FRANCESE with Linguine**

**VEAL PARMIGIANA with Linguine**

..... **cut and send reservations by June 9<sup>th</sup>** .....

**Name/s:**

\_\_\_\_\_  
Your Name

\_\_\_\_\_  
Companion's Name

**Entrée/s:**

\_\_\_\_\_  
Your Entree

\_\_\_\_\_  
Companion's Entree

**Mail along with your check for \$25.00/person, payable to "OASNJ"  
to Ken Aukett, P.O. Box 318, Collingswood, NJ 08108**



## Ostomy Association of Southern New Jersey Announces NEW Support Group Starting in Voorhees

**When:** The 4th Monday of the month, Noon to 2:00 pm  
(excluding June & July )

**Where:** Virtua Health & Wellness Center, Suite E Conference Room  
200 Bowman Dr., Voorhees, NJ 08043

**Next Meeting:** Monday, April 24th

OASNJ welcomes individuals of ALL AGES who have or will have a permanent or temporary colostomy, ileostomy, urostomy, continent diversion ( j-pouch ), to join our NEW support group meeting here in the Virtua Health & Wellness Center at Voorhees.

These meetings are designed to offer extra help and information for living with an ostomy or continent diversion.

**\*\*Family members and caregivers are also encouraged to attend.\*\***

**\*\*ALL MEETINGS ARE FREE AND OPEN TO THE PUBLIC\*\***

**Contact:** Lois Moskowitz, (609) 707-4368 or email: [strongcoffee1@verizon.net](mailto:strongcoffee1@verizon.net)

~~Visit our website, [www.ostomygroupsnj.org](http://www.ostomygroupsnj.org), for more information~~



## Words of Wisdom from Doctor Avi Gallar

With Colorectal Cancer Awareness Month behind us, I wanted to remind everyone that cancer doesn't take the rest of the year off. There is no "season" for cancer as many individuals who are battling know and understand. It all starts with a polyp and that is why early detection with colonoscopies is key. Colorectal cancer is the end result of a polyp. A polyp is a growth in the inner lining of the colon or rectum. Though the majority of polyps do not harbor cancer, they can and often become a cancer if they continue to grow. Therefore, it is important to identify and treat polyps early before they can develop into something malignant.

Often patients are told that the polyps they had removed were benign, and rightfully so, but they are pre-cancerous. If they weren't identified and removed, the polyp would likely become a cancer necessitating more invasive treatment than merely a colonoscopy.

It takes anywhere from 3 to 10 years for a polyp to develop into a cancer. People with prior polyps are prone to developing more polyps, especially with significant family histories. Surveillance of polyps is recommended, based on the size and amount of polyps that an individual has, in order to catch something early.

So even though March has come and gone, and the blue ribbons of colorectal cancer awareness month have turned to a new color, don't forget to keep your colon in check and get your colonoscopy. As always, if you have any questions please reach out to us for questions, concerns, or to schedule a colonoscopy.

[illegible]

## Does Work Make You Sick?

When you are literally sick of (and from) work, it may be time to follow your true passion.

We spend an average of 2100 hours each year at a place called “work,” doing this thing called our “job” in an effort to advance our “career.” Yet, many use up all their “sick” time each year, and whatever other time they may or may not have coming to them, simply because they dislike their jobs. Many view their jobs just as a means to an end; a way to bring home money to pay the bills. Sad, but true. And we wonder why so many people are depressed and unhealthy?

Try the following suggestions to make your workplace a happier and therefore healthier “headspace” eight hours each day:

- Maintain a healthy work/life balance – don't forget you have a life outside of your job. This will help you stay motivated and productive on the job!
- Enjoy what you do – You spend too much time at your job to hate what you are doing. If you're not suited for your current career, change it! Find work that doesn't seem like work and is suited to your interests and personality.
- Know your talents and market them. Each of us has a unique set of skills and hunger for a way to put them to use. Know what yours are so you can put them to use.
- Find the right environment in which to use your talents – if the “culture” of your workplace is toxic, your talents can't possibly shine. Move on!
- Trust your intuition, those gut-level hunches that talk to you. Usually they are right, so don't be afraid to believe in them, and yourself!

# Ostomy Related Travel Tips

via ConvaTec newsletter



Extra security precautions are being taken at airports and other transit hubs worldwide. A little pre-planning and understanding of both security rules and your right to privacy can help you avoid problems in transit and enjoy your travels.

In particular, remember that all airport screenings must be conducted with courtesy, dignity and respect. You may request screening in a private area at all U.S. airports and most international destinations.

A few additional tips to keep you on the go:

- Carry a statement from your healthcare professional stating your need for ostomy supplies. You can also download and print our discreet TSA card to show to security officers with questions.
- TSA rules state that you can be screened without having to empty or expose your ostomy; however, you may need to conduct a self pat-down of the ostomy, followed by a test of your hands for any trace of explosives.
- If you are traveling to a foreign country, bring this information written in the appropriate language. **Google Translate** may be helpful with translations. If you find you need additional supplies while traveling, a local pharmacy is a great starting point. The local pharmacist should be able to provide you with the necessary supplies and/or refer you to a local clinic/hospital for support.
- When it comes to supplies, OVERPACK! Better safe than sorry. Pack at least three days' worth of ostomy supplies in your carry-on luggage just in case your luggage is misplaced ... also in case of delays or non-availability at your destination.
- If travelling by car, take advantage of rest area. Stop and empty your pouch regularly; you never know how far it will be until the next one!
- Pre-cut all cut-to-fit barriers at home.
- Although current United States Transportation Safety Administration (TSA) rules allow curved point scissors with blades less than 4" in length in your carry-on luggage, keeping your ostomy scissors in your checked luggage may avoid delay and extra screening.
- Consider purchasing travel insurance that guarantees getting you to a hospital, if necessary.
- Drink, drink, drink. Nothing slows down a vacation more than dehydration.
- Pack ostomy-friendly snacks.
- Keep a set of clean clothes handy whether in your carry-on luggage or in the trunk of your car.
- Carry a few plastic bags and wet wipes for quick clean-up.

# Ostomy Awareness Night at the Phillies



**Saturday, June 17, 2017**  
**Phillies vs. Arizona Diamondbacks**  
**Game Time - 4:05 p.m.**

Tickets (subject to availability) with other family members, friends and supporters will be located in:  
**Pavilion (Sections 201-205, Scoreboard Porch (Sections 241-245) @ \$34 each**  
Some proceeds from each ticket sold will benefit the Ostomy Associations of the Delaware Valley.

**Ordering your tickets is simple: Go to [www.phillies.com/couponcode](http://www.phillies.com/couponcode)**

Click the "Buy Tickets" button

Go to the **June 17** game date from the calendar and click the green "T" link

Enter the coupon code: **OSTOMY**

*If you have any questions, please contact Dan Kelson in the  
Phillies Group Sales Office at 215-463-5000 ext. 5102*



# Ostomy Patient Education Conference!



## 6<sup>th</sup> National Conference

Tues.–Sat., Aug. 22–26, 2017, Hotel Irvine, Irvine, California

*Join us August 22-26  
in Irvine,  
California*

- Education Sessions**
- Motivational Talks**
- Stoma Clinic**
- Product Exhibit Hall**
- Special Events**

## Programming Features

- Healing with Humor
- Ostomy Basics ... Colostomy, Ileostomy, Urostomy and Continent Diversion
- Ask the WOCNurses
- Continent Diversion Q&A session
- BCIR Continent Reservoir
- Pregnancy and Other GYN Concerns of Female Ostomates
- Gynecological Cancer Issues for Women
- The Journey with Crohn's Disease and an Ostomy
- Chemo and Radiation Effects on an Ostomate
- Fecal Microbiota Transplant
- Prostate and Other Male Ostomate Issues
- Male Spouses, Female Spouses & Partners Workshops
- Caregivers, Family and Friends Interactive Discussion
- Drugs and Your Ostomy
- Complications of Peristomal and Stomal Hernias
- 21 + Issues Open Rap
- Gay and Lesbian Open Forum
- ASG Leadership Rap Session; and Newsletters
- Tai Chi Sessions
- The New Post-Op Sexual You
- Advocacy Updates and How to Get Involved
- Insurance and Medicare Issues
- Psychological Concerns of Ostomates
- Genetics & the Inheritance of Ostomy Occurrence 8

## Conference Highlights

- Affiliated Support Group Leadership Academy
- 1st Time Conference Attendees Orientation
- Free Opening Night Ice Cream Social
- Awards honoring Top Doc, Top ASG Website, Special Friend of UOAA
- Exhibition Hall featuring hands-on discussions with ostomy product manufacturers' reps, the latest in ostomy pouching systems, accessories, clothing, product suppliers and kindred non-profit organizations
- Free Box Lunch in the Exhibition Hall
- CEU accredited Ostomy Education Programs for WOCNurses and Non WOCNurses
- NuHope Fun Run
- Meet the TSA
- An optional Friday night 3 hour sunset/dinner cruise. Space limited to 70 people; cost \$39.95
- Free Closing Night Social with Food and Entertainment

**Visit [www.ostomy.org](http://www.ostomy.org) for  
Registration and Hotel  
Information**

### **NOTE**

**The OASNJ will reimburse you for your  
Registration Fee !!**



## Virtua Hospital Ostomy Outpatient Clinics

Jane N. Johnson, CWOCN, MSN, APRN, ANP-C and Kathy K. Judge ACNS-BC, NP-C, NEA-BC, CWON-AP, have advised that Virtua has two ostomy outpatient clinics, one in Virtua Memorial Hospital, 175 Madison Avenue, Mt. Holly headed up by Jane, and one in the Virtua Health and Wellness Center, 200 Bowman Drive, Suite E Voorhees headed up by Kathy and these medical professionals are available to help patients that have problems with their ostomy appliances or other related medical issues. At the surgeons request they can also stoma site pre-op patients. Appointment to see either Jane or Kathy can be obtained by calling 856-247-7260

@@

### Does Anyone Else Know How to Care for Your Ostomy?

via Vancouver (BC) Ostomy HighLife

Many of us have been looking after our ostomies for years and have the routine down pat. Even if your ostomy requires some extra effort (seals, patching, powder, skin prep and so on), after enough practice you'll perform even a complicated change without difficulty. But what if you suddenly could not do this for yourself? There are a myriad of injuries or conditions that could suddenly prevent us from performing our usual ostomy routines. What if you suddenly did not have the use of your arms or hands? What if you were unable to speak? In most cases, our families and friends have little or no idea what we are doing in the bathroom. It would be a wise precaution to have a detailed ***'how to care for my ostomy'*** list prepared in case of sudden emergencies. Some points to include:

- brand name and product number of preferred barrier and pouch
- specific instructions on how to remove and apply the barrier, whether one or two piece
- step by step instructions how to prepare the skin for application of the barrier
- proper closure of a drainable pouch
- how often should things be emptied
- how to hook up a night drainage system (urostomy)
- how to tell if the system is leaking
- where your supplies are kept
- where you can buy these supplies if they run out
- insurance information, including plan number(s)
- can you be placed on your abdomen if necessary for an extended period of time?
- do you usually irrigate? (colostomy)
- what medications you usually take
- the name of your WOC nurse (if you have one) and how that person be reached
- specific issues that need to be monitored
- how to clean any of the equipment used
- proper storage of equipment
- how long is the pouching system usually left on?
- specific allergies to any other brands It would also be wise to prepare a ***'go kit'*** in case of sudden hospitalizations. Such a kit should include enough barriers, pouches and related products to last at least a week. (Having a ***'go kit'*** is a good idea in general in case of fire or similar emergencies) Make sure your family or caregiver knows where this kit is kept. And, include your ***'how to care for my ostomy'*** list in this kit.

# Get Ostomy Answers!

The Phoenix magazine provides answers to the many challenges of living with an ostomy. From skin care to nutrition to intimacy, in-depth articles are written by medical professionals, ostomy experts and experienced ostomates. Subscriptions directly fund the services of the United Ostomy Associations of America.

Your satisfaction is guaranteed and your personal information will never be disclosed to a third party.

**Subscribe or Renew Today!**



www.phoenixuoaa.org  
or call 800-750-9311

**Save  
38%\***



**The Phoenix**

☐ One-year subscription \$29.95 ☐ Two-years: \$49.95

☐ Please send me FREE product samples, special offers and information.\*\*

Name \_\_\_\_\_

**Money Back  
Guarantee!**

Address \_\_\_\_\_ Apt/Suite \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Payable to:** The Phoenix magazine, P.O. Box 3605, Mission Viejo, CA 92690

\*Based on cover price of \$9.95. \$39.95 for Canadian one-year subscription. U.S. funds only. \*\*Your contact information will be disclosed to third party companies to fulfill the request. Published March, June, September and December. If you are not satisfied for any reason, we will gladly refund the unused portion of your subscription.

ASG052016

## ~~~~ ✂ ~~~~~ TO BECOME A MEMBER OF THE ~~~~~ ✂ ~~~~~ OSTOMY ASSOCIATION OF SOUTHERN NEW JERSEY

Membership in the Ostomy Association of Southern New Jersey is open to all persons interested in ostomy rehabilitation. Membership dues are only **\$10.00 per year**.

**PLEASE PRINT THIS INFORMATION:**

NAME: \_\_\_\_\_ PHONE: \_\_\_\_-\_\_\_\_-\_\_\_\_\_

ADDRESS: \_\_\_\_\_ EMAIL: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIPCODE: \_\_\_\_\_

To help us complete our records, please answer the following:

Please check if you have/are:

<input type="checkbox"/> Colostomy	<input type="checkbox"/> Continent Ileostomy	<input type="checkbox"/> Other: _____
<input type="checkbox"/> Ileostomy	<input type="checkbox"/> Continent Urostomy	<input type="checkbox"/> Spouse/partner/family member
<input type="checkbox"/> Urostomy	<input type="checkbox"/> Ileio-anal Pull Thru	<input type="checkbox"/> Friend

Date(s) of Ostomy Surgery: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**Make check payable to "OASNJ" and mail to:  
Ken Aukett, P.O. Box 318, Collingswood, NJ 08108**