

## OASD Membership Application

(Membership is open to all ostomates, family members, medical professionals, and other interested persons. Dues \$10 per year)

Name \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

Date of Ostomy Surgery \_\_\_\_\_

**Type of Ostomy:**  Colostomy  Ileostomy  Urostomy  Continent Ileostomy  Ileoanal Reservoir  
 Continent Urostomy  Not Sure  Parent of Child w/Procedure  Family Member  Friend  MD  Nurse

**Membership Interests:** Please check below all of the areas of OASD activity in which you are interested:

Attending Meetings  Volunteering  Leadership  Visiting

**Please Make Checks Payable to Ostomy Association of San Diego, Inc.**  
**Mail to: P.O. Box 81324, San Diego, CA 92138-1324**



### More About Our Monthly Meetings

You as a person with an ostomy can benefit greatly from free exchange of knowledge and ideas made possible by the meetings of the group. At the meetings you will:

- ◆ Learn of the latest approved ostomy care from authorities who are often invited to speak.
- ◆ Hear about and exchange experiences with other persons with ileostomies, colostomies, urostomies, and alternate procedures.
- ◆ See and learn about various appliances and equipment available.
- ◆ Obtain reading material, publications, and booklets on ostomy care gathered from other groups around the country and world.

### How The Ostomy Association Can Help you

The Ostomy Association of San Diego, Inc, has helped thousands of people return to active, happy, and productive living, and our San Diego group is right here for YOU! You are not alone! Call today for more info!

619.223.2966

### How To Become A Member

To become a member, use the application form in this brochure, or on the home page of our web site, and mail it to the Association, along with your check or money order.

NOTE: Any person who is not able to pay the dues may belong to the group and participate in local activities by notifying the Treasurer. All matters are confidential.

## Ostomy Association of San Diego, Inc

(A Non-Profit Organization)



Ostomy Association of San Diego, Inc  
P O Box 81324, San Diego, CA 92138

Group phone: 619.223.2966

Website: [www.ostomysocal.org](http://www.ostomysocal.org),  
and click on "San Diego"

Email: [info@ostomysocal.org](mailto:info@ostomysocal.org)

## What is an Ostomy?

The word OSTOMY signifies a type of surgery required when a person has lost the normal function of the bowel or bladder due to birth defect, disease, injury or other disorder.

Such operations include colostomy, ileostomy, and urostomy. The OSTOMY allows normal body wastes to be expelled through a surgical opening called a *stoma* on the abdominal wall. Some ostomates must wear special appliances over the stoma. Other ostomies are continent ostomies, such as the internal Kock and Indiana Pouch and ileoanal reservoir. These continent surgeries are more recent techniques, and are alternate procedures to the ileostomy and urostomy.

## What Is Ostomy Association of San Diego, Inc?

Ostomy Association of San Diego, Inc. (OASD) is an independent non-profit, incorporated organization of volunteers devoted to the rehabilitation of persons who have or will have intestinal or urinary tract diversions resulting in ostomies (colostomy, ileostomy, or urostomy) or alternate procedures (J-pouch, pull-through), by providing psychological support, educational services, and support to the family unit.

The local organization was formed in 1957 and incorporated in 1959. Membership is composed primarily of ostomates, for the purpose of supplementing the work of the surgeon. The group offers mutual aid and moral support through people who have learned to live with an ostomy. The association also welcomes and supports members who are parents of children who have had ostomy surgery.

Through internet and written word, the group maintains contact with other known ostomy support groups throughout the U.S. and in other countries.

Assisting us are Medical Advisors, consisting of doctors and WOCN's (Wound, Ostomy, and Continent Nurses). WOCN's are registered nurses who specialize in the care of persons with stomas, wounds, fistulas, pressure ulcers, and incontinence.

In addition, some of our members are trained and certified to visit ostomy patients in hospitals and at their homes upon request.

## Local Ostomy Group Provides Programs Devoted To Public Service

### Assistance To The New Ostomate Trained & Certified Visitors

- ◆ The group will send a Visitor to visit the ostomy patient in the hospital pre-operatively and/or post-operatively at the request of the patient, family member, physician, or WOCN.
- ◆ A Visitor will be available to the patient for friendly visiting and reassurance after hospitalization.

### Education & Information

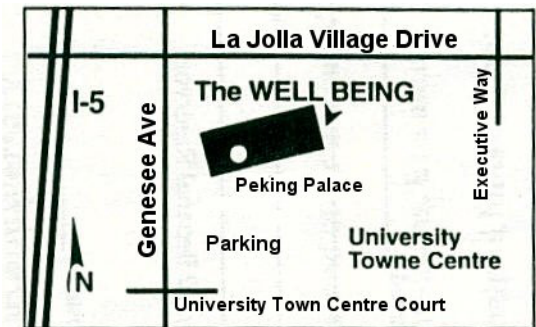
- ◆ All dues-paying members of the association receive our monthly newsletter, *The Right Connection*, containing helpful hints on how to live with an ostomy and information on our monthly meetings.

## Educational Meetings

Second Sunday of the Month  
January, March, June,  
September, and November  
2:00 pm  
Scripps Mende Well Being  
Across from  
University Towne Center Shops  
(See map.)

Educational meetings are held at The Scripps Mende Well Being at 2:00 pm on the second Sunday of January, March, June, September, and November. Our annual brunch is held on a Sunday in May. Visit our website, [www.ostomysocal.org](http://www.ostomysocal.org), and click on "San Diego" for more information on our regular meetings.

The Scripps Mende Well Being is located to the right of and upstairs from the Peking Palace Restaurant in University Towne Centre.



Note: Once in a while we have a time or date change for the meeting because of a holiday or special function. Please call 619.223.2966 or check our website to verify time and date.