



August 2019

# Ostomy Association of the Houston Area

## AFFILIATED SUPPORT GROUP

"We help ourselves by helping others to help themselves."

We are a volunteer-based organization dedicated to providing education, information, support and advocacy for people who have had or will have intestinal or urinary diversions.

P.O. Box 25164  
Houston, TX 77265-5164  
[www.ostomyhouston.org](http://www.ostomyhouston.org)

## The Support We Get From Support Groups

### Walk Through That Door and You Might Surprise Yourself

By Ellyn Mantell, [ostomy.org](http://ostomy.org)

There are support groups for many issues but until I, myself, was in need, I never gave much thought to what they can provide. We have seen representations on television and in the movies, and they seem to have merit, but I have learned that they can be a lifesaver, or at the very least, a way to begin to live a life.

During all of the over 20 years that I suffered from constant bowel obstructions and abdominal surgeries, I longed for others to tell me "it would be alright." But there were no "others" to be found...nobody seemed to have what I had, and therefore, I could never ask what I could do, what did he/she do to live a fuller life? And then I had my ileostomy, and everything changed. After my 23rd abdominal surgery, something happened that hadn't happened before...I now had the name of something that could actually garner support, and I took to it like a duck to water!

My ostomy nurse, Angela Natale-Ryan invited me to the Union County Ostomy Support Group in New Jersey, and I was quick to take advantage. Little did I know that, fast-forward, I would find a home for myself, become president for the past five years, and go on to start other support groups. But that is only one piece of the wonderful puzzle I find myself putting together. As president, my name is given to those in need who call the American Cancer

Society, or United Ostomy Association of America, or even the local hospitals. The connection I have to so many reaches into every interaction I have, since each new encounter teaches me something.

As much as we are all individuals, new members are frightened and worried, hesitant to walk through a new door, and filled with misconceptions.

Letting someone know "it will be alright" because we have all been through it, is invaluable. And most importantly, we welcome each new member of the group with open arms.

At the beginning of our meetings, we go around the (ever-growing) group and say our names and type of ostomy we have, and if we are new ostomates. Additionally, I ask if anyone has any issues that they would like discussed, and we will circle back to those after everyone has a chance to introduce themselves. Our Wound Ostomy Continence nurses address the medical concerns, and we discuss lifestyle concerns with each other.

I have garnered a wealth of knowledge about the medical, the physical and daily life of living with ostomies. I also now know where to gain more information and knowledge when needed. Rarely does too much surprise me in those areas over these past five years. But I am so appreciative, and feel forever treated to the magnificence of the human spirit, as I see the emotional growth that takes place as we lean on each other for support, and I can count on that!



We are a health support group, a non-profit, tax-exempt, organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and to their families. We are a Texas non-profit corporation. Membership fees and donations are tax deductible.

## Patient Visiting and Support Services

*Doctors and WOC Nurses, please note:*

Upon request from a doctor, nurse, or social worker, a specially trained visitor will be asked to contact an ostomy patient by phone or visit them in person before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. The visitor does not give medical advice, and there is no charge for this service. Please contact our Visitation Coordinator, Marian Newman at 713-392-5768, or [newmarian@gmail.com](mailto:newmarian@gmail.com).

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## Central Group News

On Monday, July 15th the Central Group had a most enjoyable Round Table discussion with 18 in attendance. We welcomed new visitors Raymond and his wife, Ann as well as Ajay and we hope to see them at future meetings. Round Tables offer a comfortable and fun environment for our members and guests to share their stories, travel tips, tricks of the trade and favorite products. We heard from some with surgeries as recent as 9 weeks and as long ago as 54 years. And, who knew we had so many world travelers with recent trips to places in Europe, Africa and India—have ostomy will travel—no problem! Speaking of traveling, Denise Parsons shared a Charmin Company restroom-finder app called SitORSquat—this free app locates clean public restrooms all over the planet!

A few announcements to share:

Sad news is the passing of Guenter Braun on June 24th. Mr. Braun enjoyed attending the Houston Ostomy Association Central Group's meetings. Here is a link to his obituary: <https://www.dignitymemorial.com/obituaries/houston-tx/guenter-braun-8759960>

A new ostomy support group from Methodist Hospital Sugar Land had their second meeting on July 18th and their next meeting is scheduled for August 15th. Look for more information in this newsletter. Thanks to Yolanda Lopez for sharing this information.

**Holiday luncheon SAVE THE DATE:** Saturday, December 14th at the Junior League Houston. Thanks Mary Harle!

UOAA 8th National Conference August 2021 will be in Houston, Texas! We recently heard this exciting news from Susan Burns, President, UOAA. The 2021 conference will be at the Hotel Sonesta in the Galleria area. As soon as they wrap up the 7th Annual UOAA Conference in Philadelphia we will know more about their 2021 Houston plans so stay tuned....

Ostomy Bear Hugs update: Thank you all who recently donated to Awesome Ollie ostomy bears which are given to young children with ostomies at Texas Children's Hospital. You can read more about this initiative on page 86 in the Summer 2019 *Phoenix* magazine. The Houston Ostomy Association is a partner on their website: [www.AwesomeOstomy.com](http://www.AwesomeOstomy.com)

Hollister representative Lisa Osterhaus will be presenting at our next meeting, Monday, August 19th. I look forward to seeing you there.

**Kathleen Duplessis**, President, OAHA, 713-299-3180

## Northwest Group News

Our annual Ice Cream Social was a huge success. We had to re-position everyone several times to fit into our group photo. 21 people attended this event.

We were excited to see Jay and his mom return after several years' absence.

Once again we welcomed our long distance travelers from Bryan, TX and others reoccurring favorites like Tony and Carol. Billy made homemade strawberry and cookies & crème ice cream in addition to a fresh baked peach cobbler. Several batches of cookies were brought in by Betty and Joe plus two dozen Krispy Kreme donuts from the Tuckers.

The sugar-fest lent itself to lots of fellowship and sharing between the new and old ostomates. We missed Diane who could not join us due to a recent surgery—get well soon! Also missing and their absence noted were Craig, Suzanne, Silver, Pat, Laurie and Beverly.

Next month's meeting will be a roundtable discussion featuring travel and vacation tips.

**Billy Locke**, 337-515-6354



*Northwest Support Group July Meeting & Ice Cream Social*

## Sugar Land Group News

Houston Methodist Sugar Land Ostomy Support Group had their second meeting on July 18th. Sarah Arriaga, BSN, RN, CWOCN presented information on traveling with a stoma, with supplemental information from our attending ostomates! We welcomed Kathleen Duplessis from the OAHA, who presented information about the Houston chapter and activities. Our next meeting will be on August 15, 2019 in the Houston Methodist Sugar Land Hospital Main Conference Room A from 6:00 p.m. to 7:00 p.m.

**Joan Burnham**, MSN, RN, OCN, Oncology Nurse Navigator  
281-274-0188



The **United Ostomy Associations of America (UOAA)** can be contacted at:  
[www.ostomy.org](http://www.ostomy.org) or 800-826-0826

## Baytown Group News

Baytown Ostomy Support Group gathered July 8th with 14 in attendance. As promised, Cindy had information to share from her recent attendance at the National WOCN Conference in Nashville, Tennessee. The first item Cindy passed around consisted of a cardboard device from Stomagienics, which was part of a remarkable new pouching system replacement solution. You can view this at <https://stomagienics.com> or receive info by calling 1-844-My-Ostomy. The second item also garnered a great deal of interest—Ostoform™ Mouldable Seal with FLOWASSIST™ Protection. The enhanced Ostoform design assists the flow of output away from the skin into the ostomy appliance. Skin is better protected and if damaged, allowed to heal more quickly and effectively. [www.ostoform.com](http://www.ostoform.com). Simply Beautiful Store provided the third option. “Empowering women and preteens to feel more confident and reveal your true beauty while thriving with ostomy or insulin pump”. These wonderful folks have a great website at [www.simplybeautifulstore.com](http://www.simplybeautifulstore.com). Fourth on Cindy’s list included a company for those ostomates who may need swimwear or other Innovative Incontinence Care. This company is Conni. See what they have to offer at [www.conniusa.com](http://www.conniusa.com). The fifth product Cindy mentioned to the group was from Marlen. Cindy brought back samples of two new products that were unique. These products include a Mega max 4” Flat cut-to-fit one piece and 1.5”x 2.5” Transparent Oval Ileostomy One Piece Pouching System. Both of these items are available as samples from the Marlen website <https://www.marlenmfg.com/>. The last item the group discussed was options for a security mesh support belt from Safe-n-Simple. The company had provided brochures and samples of the belt material as well as a catalog. View this at: <http://sns-medical.com/products/support-belts/>.

Discussion of these ostomy innovations led the group to discuss ostomy care in general. There continues to be a need for education to care providers. Ostomates must speak up when they feel they are not receiving the kind of care they feel that they should. Perhaps this will spur those who provide these services into updating their knowledge and skills.

Baytown Ostomy Support Group continues to meet the 2nd Monday of each month. This is a wonderful opportunity to network with other ostomates, friends and family members and to receive information from the ostomy community—I hope you will plan to join us!

Best regards,

**Cindy Barefield, RN, CWOCN, 281-428-3033**

We encourage you to bring your spouse or significant other and members of your immediate family to our meetings.

## Managing Humidity and Extending Pouch Wear Times with an Ostomy

*By Convatec*

For people living with an ostomy, humid climates and certain situations may cause concern in pouch wear time. The **me+ support team** has put together some useful tips just for you to help optimize your pouch wear time.

Feel more confident when facing humidity with these tips: Review your peristomal cleaning routine. Using baby wipes or cleaners that include moisturizers may affect your pouch seal in hot, humid weather. Clean your peristomal skin with warm water and a simple bar of soap.

Try a barrier wipe or spray before applying your pouch. Barrier wipes create a film that protects the skin from the damaging effects of adhesives, body waste and enzyme attack. Using barrier wipes in combination with a protective powder may help extend overall pouch wear time.

If you are having an issue with tape collars starting to peel, try adding strips around the skin barrier where it meets the skin for extra security.

Using a seal with your pouching system may help absorb additional moisture. Seals can help prevent leaks and skin irritation by forming an absorptive barrier around your stoma.

Try using an ostomy belt or wearing an ostomy wrap to help keep your pouch secure and supported against your body, which may help increase wear time.

You may find in humid climates and situations that you need to change your pouch more often.

If you have any other questions in regards to humidity and potentially extending pouch wear time, requesting samples, or where to buy ostomy products, contact the **me+ Team at 1-800-422-8811 or [cic@convatec.com](mailto:cic@convatec.com)**.

### Houston Area, Ostomy, Pediatric Education & Support Group (HOPE)

**Date:** Sunday, August 11, 2019  
**Time:** 2:00-3:00 p.m. (Offered 2nd Sunday of every month)  
**Location:** Texas Children’s Hospital The Woodlands  
 Inpatient Building, 2nd Floor, Conference Center “A”, 17600 I-45 South, The Woodlands, TX 77384

*Presented by Texas Children’s Hospital The Woodlands*  
 Siblings welcome! Light snacks provided.

To reserve your place, contact MaryAnne Lewis via e-mail ([maryannelewis@hotmail.com](mailto:maryannelewis@hotmail.com)) or 281-948-1490





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### WOC Nurse Directory

Cindy Barefield, RN, CWOCN (281) 428-3033  
Houston Methodist Baytown Hospital  
cbarefield@houstonmethodist.org

Pat Thompson RN, BSN, CWON (281) 397-2799  
Patricia.Thompson6@hcahealthcare.com

# Get Ostomy Answers!

Each *Phoenix Ostomy Magazine* answers the many questions about returning to a full and active life after surgery. Topics include diet, exercise, intimacy, skin care, odor control, new products and so much more. Medical doctors and nurses offer concrete advice and solutions while personal stories show that almost anything is possible with an ostomy.

**America's Leading Source for Ostomy Information, Education and Inspiration!**

Each subscription directly supports the nonprofit United Ostomy Associations of America, [www.ostomy.org](http://www.ostomy.org), who provide information, support and advocacy to ostomates and their caregivers throughout the country.



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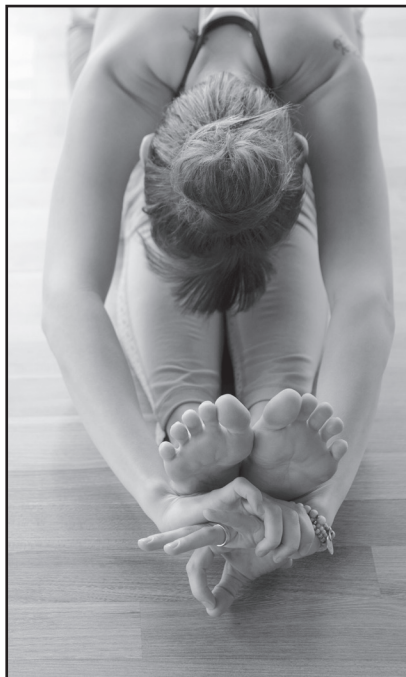
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"The Phoenix magazine is the most important tool that ostomates can get a hold of."  
M. Bauer, Nebraska

\*Based on \$9.95 cover price. One-year Canadian subscription: \$35 Two-years: \$60. U.S. funds only. Published March, June, Sept. and December.



## Help maintain healthy skin around your stoma with the CeraPlus skin barrier

Ceramide is a natural component of healthy skin. People who have tried the ceramide-infused **CeraPlus** skin barrier have reported visible improvement in the appearance of their skin.<sup>†</sup>

To learn more about how the CeraPlus skin barrier can help support healthy skin from the start, or request a **FREE** sample, contact us at **1.888.808.7456** or **[www.hollister.com/tryCeraPlus](http://www.hollister.com/tryCeraPlus)**.

<sup>†</sup>Global User Evaluation. Data on file, Hollister Incorporated.

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### Central Group

**Monthly:** Third Monday of the month  
**Date:** **August 19, 2019**  
**Time:** 7:00 p.m.  
**Place:** Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193  
**Contact:** Denise Parsons 713-824-8841  
 rockynme2@gmail.com  
**Program:** **Guest Speaker: Lisa Osterhaus**, Hollister representative

### Baytown Group

**Monthly:** Second Monday of the month  
**Date:** **August 12, 2019**  
**Time:** 6:00 p.m.  
**Place:** Community Resource Credit Union Room of Houston Methodist Baytown Hospital  
 4401 Garth Road  
**Contact:** Cindy Barefield 281-428-3033  
**Program:** **Roundtable**

### Northwest Group

**Monthly:** Third Wednesday of the month  
**Date:** **August 21, 2019**  
**Time:** 7:00 p.m.  
**Place:** NW Medical Professional Bldg., (The Cali Bldg.)  
 17117 Cali Drive, Houston (This location is just off of 1960 and west of I-45. Turn north on Cali Drive from 1960. At the stop sign turn left on Judiwood and left again to park behind the Cali Building.)  
**Contact:** Billy Locke 337-515-6354  
**Program:** **Chris Rigsby**, Chronic Care Specialist, B. Braun Medical will be presenting.

### Sugar Land Group

**Monthly:** Third Thursday of the month  
**Date:** **August 15, 2019**  
**Time:** 6:00 p.m.  
**Place:** Houston Methodist Sugar Land Hospital Main Conference Room A, 16655 Southwest Fwy, Sugar Land, TX 77479  
**Contact:** Joan Burnham, MSN RN OCN, Oncology Nurse Navigator 281-274-0188  
**Program:** **Roundtable**

### J-Pouch Group

**Monthly:** Third Monday of the Month  
**Date:** **August 19, 2019**  
**Time:** 7:00 p.m. or by Appointment  
**Place:** Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193  
**Contact:** Ron Meisinger 281-491-8220

### Opportunities and Announcements

#### Use Those Shopping Cards

Kroger (LB326) and Randalls (3698) return a percentage of your purchases to the Ostomy Association on a quarterly basis. For information about shopping cards, please visit the website:  
<http://www.ostomyhouston.org/>

#### Anniversary Gift

As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Ostomy Association. Checks should be made payable to the ***Ostomy Association of the Houston Area*** and sent to the Treasurer at the address shown below.

#### AmazonSmile

On your first visit to AmazonSmile ([smile.amazon.com](http://smile.amazon.com)), you are prompted to select a charitable organization from the list of organizations. You can change your selection at any time. To change your charitable organization: Sign in to [smile.amazon.com](http://smile.amazon.com) on your desktop or mobile phone browser. From your desktop, go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity. Or, from your mobile browser, select Change your Charity from the options at the bottom of the page. Select Ostomy Association of the Houston Area as your charity.

#### Memorial Fund

Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable to the ***Ostomy Association of the Houston Area*** and sent to the address below. When sending a donation, be sure to include the name of the person being honored so that acknowledgement can be sent.

#### Moving? Changing Your Email Address?

Please make sure we have your current contact information so we can reach you by email, U.S. mail, or phone. Send updates to Lorette Bauarschi at [lorette@bauarschilaw.com](mailto:lorette@bauarschilaw.com).

#### For Anniversary Gifts, Memorial Donations, Mailing Changes, or Sponsorships, please send all correspondence to:

Ostomy Association of the Houston Area  
 Attn: Mike McGinity, Treasurer  
 P. O. Box 25164  
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(When sending a donation, please include the name of the person being honored so that appropriate acknowledgement can be sent.)

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**– Mike**

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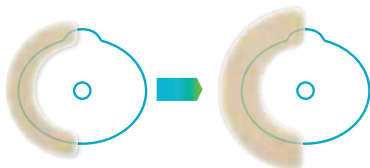
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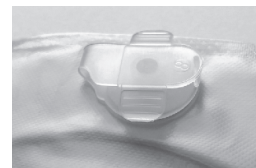
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Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown. Dues of **\$25.00 per year** are payable to:

**Ostomy Association of the Houston Area, Attention: Treasurer**  
**P. O. Box 25164, Houston, TX 77265-5164**

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Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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Reason for surgery ☐ Crohn's ☐ Ulcerative Colitis ☐ Cancer ☐ Birth Defects ☐ Other \_\_\_\_\_

Do you speak a foreign language? ☐ Yes ☐ No Foreign language spoken: \_\_\_\_\_

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*Membership benefits include:  
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☐ I would like to attend meetings with the **(please circle one):**

Central Group      Baytown Group      Northwest Group      J-Pouch Group

☐ I would like to become a member but cannot pay dues at this time. *(This will be kept confidential.)*

I learned about the Ostomy Association from

☐ WOC Nurse ☐ Physician ☐ Newsletter ☐ Surgical Shop ☐ Website ☐ Other: \_\_\_\_\_

I am interested in volunteering. ☐ Yes ☐ No

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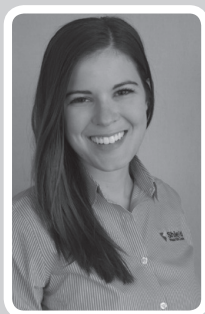
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