



AFFILIATED SUPPORT GROUP

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

Ostomy Association of the Houston Area

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

Caribbean Cruising

By Lisa P. – OAHA Northwest Group

My husband Terry and I began attending the Northwest Group in June of this year. We immediately became known as the longest distance commuters because we travel from the Bryan/College Station area for meetings. Although I have had my colostomy for over a year due to colorectal cancer, I still had some questions and sought out the closest ostomy group.

They helped me right away by providing a connection to another person who irrigates. We have received both encouragement and support. We had been on a cruise before my surgery but had more questions about cruising with an ostomy.

Suggestions for cruising included packing extra supplies and necessary items that would not be available on the ship. The best suggestion though was to have a great time and don't shy away from doing anything we wanted to try.



One thing that I liked about the cruise was not having to deal with TSA when boarding! No

scan or pat down like I had when we flew to New York earlier this summer.

Since I irrigate every morning, my biggest worry or concern was wondering what the bathroom would be like and if it would have

HOLIDAY PARTY
DETAILS ON PAGE 6 OF THIS
NEWSLETTER



a good place for me to hang the irrigation bag. When we went to our room, it was the first thing I checked out! Thankfully, it had what I needed and everything worked out great.

It was wonderful! We had a great time—so hard to come back!

Ostomy Diet Tips for Special Events and the Holiday Season

Laura Cox, Ostomy Lifestyle Specialist/Shield HealthCare

It's easy to forget about our dietary needs and restrictions when surrounded by laughter, family and friends, the excitement of new people or seasonal holiday cheer. Here are some ostomy diet tips to help keep your ostomy-friendly diet on track during the holiday season or when attending special events.

Stick to foods you know you tolerate well. Holidays and events are full of foods we don't usually eat. If you're second guessing whether you should try a dish or not, it may be best to play it safe and avoid the food. This is especially important if you're away from home and your doctor. If you don't want to miss out, make sure you only have a couple of bites of the new food, and follow it up with a glass of water.

Chew well. Chewing aids in digestion by assisting in the mechanical and chemical breakdown of food. It's especially

(Continued on page 3)

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.

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Central Group News

The Central Group met on Monday, November 18th and we welcomed back the Rice University Colostomates. This Senior Design Team has spent the past two years designing a low-cost, reusable ostomy bag system for those living with ostomies in low-resource settings such as Nigeria, India and Brazil. We were impressed with their progress and as users of ostomy products, we were happy to make a few design suggestions. They have been testing their product on non-ostomy participants and their next step will be testing on volunteers with ostomies in order to assess its efficacy. We look forward to seeing their final product in the next few months and at that time they will be looking for volunteers with ostomies—so, stay tuned! After thanking us they said they always leave our meetings with great ideas. Thank you everyone who attended and participated.

We were sad to learn of the November 6th passing of OAHA member Denny Hay. Denny attended the Central Group Meetings. Back in August, Denny sent an email to Lorette telling her that he thinks the ostomy group is a great resource for ostomates and he has learned a lot from the speakers as well as members. He said he believed the ostomy group does a great service and hopefully, in the future, it will continue to grow and gain influence. We will miss Denny.

We were also saddened to learn of the passing of Patti Suler's mother, Pat (Geisen) Roberts on November 18th. Not only has Patti been a very active member of the Northwest Group but she also manages content for our newsletter and our Facebook page to name a few. Patti is a mega volunteer for the OAHA and we send her and Billy our heartfelt sympathy.

A few items to share:

- We hope that all of you will be able to join us for our Holiday Luncheon on Saturday, December 14th at the Junior League of Houston. Details are in this newsletter.
- We are thrilled Kimberly Ferguson, BSN, RN, WOCN, will be presenting on February 17th at the Central Group Meeting. Have any questions for an ostomy nurse or would like to suggest some discussion topics? Then please send them to me at Kathleen.duplessis@outlook.com or give them to me at the January meeting. Kimberly would appreciate your input so she can prepare a meaningful presentation.
- And, speaking of the January meeting, please note our usual 3rd Monday is a holiday (Martin Luther King Day) so we will be meeting on Monday, January 27th.
- **Giving Tuesday was December 3, 2019 —(It's not too late to give!) Help us build a better world for ostomy patients throughout the Houston area by making a tax-deductible end-of-year donation to the OAHA in support of our WOCN scholarship fund.** We are helping to fund four Wound, Ostomy and Continence nurses in Houston during the next 4 years! **Together we can make a difference.** Thank you!

As you may know, we are a volunteer based, non-profit support organization. Yes, we are all volunteers!! **You can make your tax-deductible gift by sending your check to: The Ostomy Association of the Houston Area, P.O. Box 25164, Houston, TX 77265-5164.** We will also be sending out an email blast closer to Giving Tuesday which will allow you to make your gift on-line.

Ed Wood, our outreach coordinator and his wife, Gladys, went on holiday to Australia and New Zealand in November and we can't wait to hear about their trip. During Ed's absence, Lorette Bauarschi and I filled in for him at two events both held on Saturday, November 16th. We had quite a few people stop by our table at the Colon Cancer Coalition's 'Get Your Rear in Gear' 5k. We even had one woman proudly show us her ostomy pouch which had a lovely cloth cover she said her mother made for her. Next, we went to the IBD Symposium sponsored by the Crohn's & Colitis Foundation South Chapter. Due to an unforeseen opening in one of the sessions, Lorette and I ended up on stage interviewed by gastroenterologist, Dr. Manreet Kaur. I guess you might say we 'winged it' as we had 10 minutes prep time! Lorette and I had quite a few patients and their family members visit with us after the session.

Our next meeting is Monday, January 27th and our speaker will be Heather Marchman, Account Manager Southeast Texas, McKesson Patient Care. Many of our members order their supplies from McKesson so get your questions ready and remember—all are welcome!

I hope to see all of you on December 14th at our Holiday Luncheon.

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

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

Date: Sunday, December 8, 2019
Time: 2:00-3:00 p.m. (2nd Sunday of every month)
Location: Texas Children's Hospital The Woodlands
 Inpatient Building
See page 9 for flyer and more information!

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



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

Baytown Group News

Baytown Ostomy Support Group was scheduled to meet on Monday November 11th. If you recall, the weather decided to be most uncooperative and became very cold and windy. Three hardy souls braved the foul weather to join me for the evening. Our speaker had cancelled earlier in the day, so we opted for Roundtable. We felt indulged with a special treat from one of our members who brought in a loaf of cranberry bread from a recipe she was trying out. The recipe received a thumbs up from all who sampled. It was a great opportunity to share information and receive support from the ostomy family that you've built—the one who knows your troubles as well as your joys.

On December 9, we are looking forward to a fabulous finish to the year with "A Visit with Dr. Ziad Kronfol, Director of Colon and Rectal Surgery at Houston Methodist Baytown".

I hope you will make plans to join us. Baytown Ostomy Support Group will meet from 6:00-7:00 pm in the CRCU Community Room. (Located in Plaza 2 of the hospital.)

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

Sugar Land Group News

The Houston Methodist Sugar Land held their Ostomy Support group on November 21st with five lovely ladies participating with our WOCN, Sarah. We watched a movie from the Ostomy Diaries YouTube channel on managing odors. Of particular interest was the use of baby oil with added lavender scent! A roundtable discussion followed with information and suggestions on how to manage skin irritation at the stoma and surrounding skin.

Our next support group will meet on Thursday, December 19th from 6-7 pm in the Houston Methodist Sugar Land Hospital Main Pavilion Conference Room B and we will have Cookie Decorating to celebrate the holidays. To RSVP, call Joan Burnham RN at 281-274-0188 or e-mail at jmburnham@houstonmethodist.org

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

Help Wanted

OAHA Take Steps Team Captain

Patti Suler is stepping down from the Team Captain role in the CCFA Take Steps fundraising walk after ten years. She is willing to train a replacement. The walk team is easy to organize with established online tools. It will be held at the Houston Zoo on March 28, 2020. This is a unique opportunity to represent ostomates and raise money to support research for Inflammatory Bowel Disease (IBD). IBD is the second leading cause for ostomies. ***If interested or seeking more information, please contact Patti Suler (contact information on the back page).***

Northwest Group News

Eight brave souls participated in the stress busters program this month. Gentle Yoga stretching was performed in tandem with a Gentle Yoga DVD by Jane Adams and led by Billy Pickett. Everyone was glad to sit down after 18 minutes of stretching for the second portion of the program. Two ten-minute meditation sessions following the Lectio Divina practices were conducted by Patti Suler. Everyone noticed a marked reduction in their stress levels. It was an enlightened evening for sure. Laura was missed as she recovers from recent surgery.

This was the last meeting in the Cali professional building as it is scheduled to be demolished by the hospital expansion program. A new meeting location will be announced for the January 2020 meeting. There will be no December meeting. All Northwest group members are encouraged to attend the upcoming holiday gathering at the Jr. League Houston facility.

Billy Locke, 337-515-6354

Ostomy Diet Tips for Special Events and the Holiday Season

(continued from page 1)

important for people who are missing part of their GI tract. Even if you're usually great about chewing your food well, being surrounded by new people or loved ones and engaging in conversation can distract from chewing well before swallowing. Taking smaller bites and staying conscious of properly digesting your food can help avoid blockages and other food-related issues.

Be prepared. If you suspect you'll be eating foods that you know can cause some ostomy related issues, be prepared by bringing products with you that can treat issues caused by certain foods. If you know you'll be eating fish, eggs, or other odor producing foods, bring deodorizing drops. If you think you'll be eating green beans, drinking soda, or ingesting other gas-producing ingredients, ask your doctor about taking an over the counter gas reliever like Gas X. If you are expecting to eat sugary deserts, drink alcohol or ingest other foods and beverages that are known to thin output or cause diarrhea, ask your doctor about taking something like Imodium or Metamucil.

Stay hydrated. Hydration is important for people with any type of ostomy. It's easy to forget to drink enough fluids when distracted by everything happening during an event or around the holidays. The UOAA (United Ostomy Association of America) suggests drinking 8 – 10 servings of 8oz of fluids every day. They also suggest drinking liquids with electrolytes, like sports drinks, to restore electrolyte balance. Try keeping track of how many 8oz servings you have in a day, and keep track of what type of fluid you're ingesting. Make a goal to be half-done with your hydration goal by noon (ex: "I will drink 4 servings of 8oz of liquid before 12:00 pm today.").



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Fax (713) 461-5806

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, who provide information, support and advocacy to ostomates and their caregivers throughout the country.



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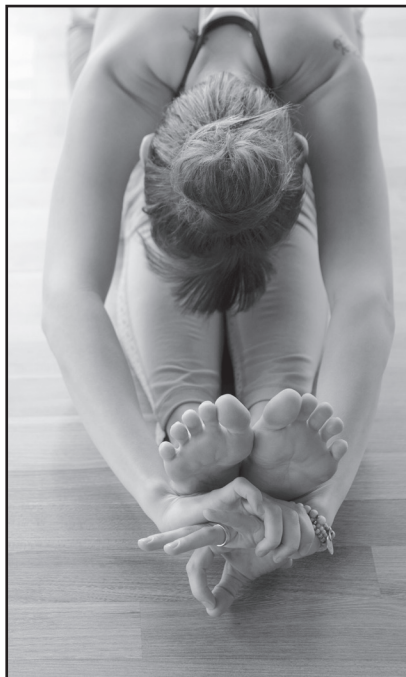
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"The Phoenix magazine is the most important tool that ostomates can get a hold of."
M. Bauer, Nebraska

*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.[†]

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[†]Global User Evaluation. Data on file, Hollister Incorporated.

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Ostomy Care
Healthy skin. Positive outcomes.

Central Group

Monthly: Third Monday of the month
Date: **No meeting in December, join us for the Holiday Luncheon on December 14**
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

Baytown Group

Monthly: Second Monday of the month
Date: **December 9, 2019**
Time: 6:00 p.m.
Place: Houston Methodist Baytown Hospital, Community Resource Room, Plaza 2, 4401 Garth Road, Baytown, Texas 77521 (Parking is best from Baker Rd. Entrance to back of hospital.)
Contact: Cindy Barefield, CWOCN, 281-428-3033
Program: **Dr. Ziad Kronfol**, Director of Colon and Rectal Surgery at Houston Methodist Baytown

Northwest Group

Monthly: Third Wednesday of the month
Date: **No meeting in December, join us for the Holiday Luncheon on December 14**
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

Sugar Land Group

Monthly: Third Thursday of the month
Date: **December 19, 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: **Cookie Decorating for the Holidays!**

Woodlands Pediatric Group

Monthly: Second Sunday of the Month
Date: **December 8, 2019**
Time: 2:00 p.m.
Place: Texas Children's Hospital, The Woodlands, Inpatient Building
Contact: MaryAnne Lewis, maryannelewis@hotmail.com or 281-948-1490
Program: **Physical Therapy/Activity with an Ostomy**

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), 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 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.

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
 Houston, TX 77265-5164

(When sending a donation, please include the name of the person being honored so that appropriate acknowledgement can be sent.)

The OAHA

Annual Holiday Luncheon



Saturday, December 14, 2019

11:00 a.m. – 1:30 p.m.

The Junior League of Houston
Garden Room B

1811 Briar Oaks Lane, Houston, TX 77027
\$30 per person

Menu Options

Includes: entrée, rolls, dessert, tea or coffee

CHICKEN SPINACH CREPES topped with mushroom sauce, served with asparagus and tomatoes

BEEF STROGANOFF served with buttered noodles, caramelized onions, brandied cream and haricot verts

* **SOUTHWESTERN COBB SALAD** grilled chicken, mixed greens, corn and black bean pepper relish, guacamole, tomatoes and Jack cheese tossed with chipotle ranch.

* *Gluten free option.*

* *Vegetarian option omit grilled chicken.*

DESSERTS

- Pumpkin Brulee topped with JLN sugared pecans
- Chocolate Mousse in almond lace basket
- Cookie a la mode
- Jayne's Bread Pudding
- Mixed Berry Cobbler
- Pecan Ball

Reservations for you, your family and friends can be made by sending your check (payable to Ostomy Association of the Houston Area) to Mike McGinity, 4502 Tilson Lane, Houston, TX 77041 before December 6, 2019.

Website for Junior League of Houston:

<https://www.jlh.org>

**PLEASE NOTE, YOU DO NOT NEED TO PLACE YOUR MEAL PREFERENCE WHEN YOU PAY.
ORDERS WILL BE TAKEN BY WAITSTAFF AT THE EVENT**

You may pay by check and mail to the address above, or you may pay by PayPal, using this link:

[Paypal Link](#)

The event will be held at the Junior League of Houston. 1811 Briar Oaks Lane

A link to the Google map is provided below:

[Google Map Link](#)

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– Mike

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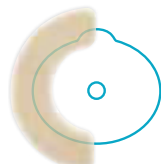
Improved coverage and larger adhesive area

Provides an increased feeling of security to those looking for extra security

Brava Elastic Barrier Strip

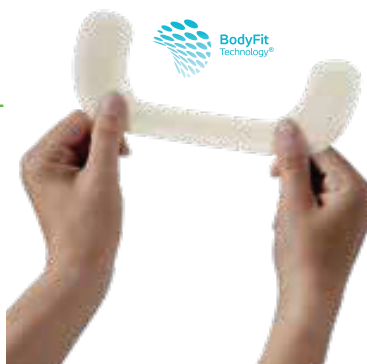


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Membership Application

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

Date: _____

Name: _____ Phone: _____

Street Address: _____

City: _____ State: _____ ZIP: _____ E-mail: **(required)** _____

Surgery Date: _____ Birth Date: _____

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

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

Procedure or Relationship:

To help us complete our records, please answer the following. **Check all that apply.**

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| <input type="checkbox"/> Colostomy | <input type="checkbox"/> Continent Ileostomy | <input type="checkbox"/> Parent of Child with procedure |
| <input type="checkbox"/> Ileostomy | <input type="checkbox"/> Continent Urostomy | <input type="checkbox"/> Spouse/Family Member |
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| <input type="checkbox"/> Other: _____ | | <input type="checkbox"/> Nurse |

☐ 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

I have enclosed an additional \$_____ as a donation to support the association's mission of helping ostomates.

*Membership benefits include:
Monthly Support/Information
Meetings, Social Events,
Monthly Newsletter*

Houston Area, Ostomy, Pediatric Education & Support Group

Presented by Texas Children's Hospital The Woodlands

Date: December 8, 2019

Time: 2:00-3:00 PM

(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**

Topic: Role of Child Life Specialists in Ostomy Care

Purpose: To foster supportive relationships with peers who share common diagnoses; to support healthy lifestyles and enhance body, mind and spirit.

Objectives:

- Patients and parents will join group discussions and activities that provide solutions and coping strategies for challenges of managing an ostomy.
 - Topics include: mental, physical, financial and social issues impacting children and adolescents managing ostomy care.

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

Siblings welcome! Light snacks provided.



The
Woodlands



Seatbelt Relief

STOMASPAN is a positive solution to a difficult situation and an Ostomate's bridge to ostomy protection. Created by an Ostomate, Stomaspan is a patent pending device that provides a bridge effect spanning ones stoma and ostomy bag, allowing relief from an uncomfortable and painful seat belt. Stomaspan is made in the USA of durable lightweight aluminum and weighs less than a cell phone. Stomaspan slips on and off a seatbelt quickly and conveniently. Its compact size allows easy movement from one vehicle to another. It can be carried in a briefcase, handbag or kept in your vehicle console.

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