



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

New Dues Schedule

As many of you know, our organization has historically sent out dues renewal invoices twice a year. If you originally joined between January and June, we would send you a dues renewal invoice in January. If you originally joined between July and December, we would send you a dues renewal invoice in July. Believe it or not, this system originated from when our group was just a chapter of the now-defunct UOA and they handled the dues payments. It has become increasingly cumbersome for our all-volunteer Board to keep up with this system. Among other complications, people would renew their membership early or late or skip a year and then re-join. It is a mess! Over the years, the Board has discussed different ways of dealing with these issues. We have now determined that the best thing to do is to move to a once-a-year renewal system. Beginning at the start of our new fiscal year—July 1, 2019, we will send out dues renewal invoices to all members. The membership will be for the entire fiscal year—July 1, 2019 through June 30, 2020. Of course, new members or lapsed members are free to join or re-join at any time. If you have any questions or concerns, please contact any of the officers for more information. We appreciate your cooperation with this transition.

MEMBERSHIP

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.

Achieve Quality Ostomy Care While in Your Home

Barbara Dale, RN, CWOCN, CHHN, COS-C
Director of WOC Services at Quality Home Health
Jeanine Gleba UOAA Advocacy Manager

I am a Wound, Ostomy, Continence (WOC) nurse in a rural home health agency. I have worked in the home health field since 2001. Many times when I visit patients in their homes, they complain about the lack of knowledgeable ostomy nurses in the facility (e.g., hospital) they came from or even from my own agency. I try to explain to them that ostomy care is specialized and in general nurses don't get much (if any) training in nursing school for this type of medical condition. I compare this with my own lack of IV education and skills since I rarely do labs or port flushes and have lost many of my previous skills. We can't all know everything about all aspects of medical care and not every agency has access to an ostomy trained or ostomy certified medical provider. Nonetheless, it is the home health agency's responsibility when they accept you as a patient to provide you the care you need and deserve. You have a right to quality care.

Are you aware of the patient bill of rights (PBOR) for persons with an ostomy or continent diversion? United Ostomy Associations of America (UOAA) developed the PBOR in 1977 and revised it in 2017. The PBOR is designed so that you can know what to expect and what is reasonable for you to ask for when you receive care. If you haven't already looked over the PBOR, please take time to familiarize yourself. In addition, if you use ostomy or urological supplies, here is what you should understand and expect when receiving medical care in your home.

(Continued on page 3)

In This Issue

Achieve Quality Ostomy Care at Home	1/3
Group News	2
Best Foods for Healthy Skin	3
WOC Nurse Directory	4
Meeting Dates/Times	5
Advertising, Support	4-7
Membership Information	7
Contact Information	8

Central Group News

This is my last monthly column, as my four-year term as President ended on June 30th! I have enjoyed leading an organization that means so much to me. I clearly remember my first meeting in 2004 after my ileostomy surgery. Our late members, Clarice Kennedy and Dorothy Andrews, and others, such as Mary Harle and Ed Wood, were (and are) such an inspiration to me. They comforted a scared newbie and inspired me to give back and continue their work supporting new ostomates. Because that's what this group is all about!

Our Board has accomplished much over the last four years, and I am so proud of them. We celebrated our 60th anniversary with a wonderful reception at the Health Museum, where we were able to recognize long time members who have meant so much to our group. With the help of Spring Branch Medical Supply, we instituted a scholarship fund for nurses to obtain WOC training in the Houston area, which is administered through the South Central Region of the WOCN Society. We have already awarded one scholarship to an MD Anderson nurse, and we have committed to four more scholarships. After Hurricane Harvey, Denise Parsons spearheaded our collection effort for ostomy supplies for people who lost their supplies or couldn't get to them because of the flooding. We collected supplies from all over the country and ended up with so much that we sent some to hurricane ravaged areas in Florida and Puerto Rico. We converted from mailing our monthly newsletters to emailing them, saving our group from rapidly increasing printing expenses. Anne Swanson, the graphic designer for our newsletter, was a HUGE help to the Board in making this transition. We are in the process of updating our website—it's coming this summer and I know you're going to love it. It's very cheerful and easy to navigate. Denise Parsons has done a lot of work on this project. We also

shored up our finances with a fundraiser last fall. Thanks to our generous members and friends we raised over \$5,000! Also in the last four years, we had two Visitor Training sessions, training many members to assist us with fulfilling our core mission of providing support and education to new ostomates. And, of course, we always had our monthly support group meetings for the Central, Northwest and Baytown groups, helping many, many people. Thanks so much to all the Board members, group coordinators and members who have made the last four years so successful.

But, I'm not going anywhere! I will continue on the Board as the Vice President, helping out where I can. Kathleen Duplessis is our new President, Denise Parsons is our new Secretary and Mike McGinity is our new Treasurer. Our Board also includes Marian Newman, Mary Harle, Terry Marriott and Jenrose Foshee. Ron Cerreta is leaving the Board, and we would like to thank him for his years of service. Pat Thompson, Parti Suler, Tony Romeo and Billy Locke will continue their invaluable roles with the Northwest group, and Cindy Barefield will continue her amazing work with the Baytown group. I know you will all continue to support our organization whenever and however you can. Thanks!

I was the presenter at the June Central group meeting. As many of you know, I am an attorney specializing in Estate Planning and Probate Law, and I discussed Planning for Incapacity, including the importance of documents such as financial and medical powers of attorney. If you were unable to attend, I'd be happy to provide you with a copy of my handout.

Our next meeting is Monday, July 15th. We will have a round table discussion. So, bring all your questions about all things ostomy! I look forward to seeing you there.

Lorette Bauarschi, President, OAHA, 713-582-0718

Northwest Group News

We enjoyed a wonderful presentation by Lisa Osterhaus from Hollister. She introduced us to a new line of CeraPlus wafers that are infused with ceramide. These wafers are designed to reduce skin breakdown and promote healthier peristomal skin. Ceramide is made of waxy lipid molecules that are the same as those found in normal skin.

Our group welcomed a couple who traveled from Bryan, TX. Additionally, we were excited to meet Noreen with her 6-week-old stoma. Refreshments included homemade peach sour cream pound cake, mini cupcakes and a variety of tasty cookies.

Next month is our annual ice cream social. (Secret here for those who are lactose intolerant—we use lactose free milk in the recipe.) Two flavors that will please everyone and some other yummys. Join us!

Billy Locke, 337-515-6354

Baytown Group News

Baytown Ostomy Support Group had a great turnout on June 10th for Hollister representatives Lisa Osterhaus and Alissa Brown. Lisa reviewed the features of some of the ostomy products that are unique to Hollister such as the CeraPlus wafers and barrier rings. Alissa was able to update the group on the features of the Secure Start Program. Participants were able to discuss options with Lisa and Alissa and order samples to be sent to their home. It was a great opportunity for discussion of various features.

I hope you will plan to attend ostomy support group the 2nd Monday of each month. In July, Cindy has plans to share info that she is able to glean from the ostomy interactions with exhibitors at National WOCN Conference in Nashville. Support group meetings are a great opportunity to network with other ostomates, friends, and family members and to receive information from the ostomy community. I hope to see you there.

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

Achieve Quality Ostomy Care While in Your Home *(Continued from page 1)*

Be Prepared

Be prepared in advance to take appropriate steps to ensure you receive quality ostomy care. As you prepare for discharge to home after your ostomy surgery, ask your case manager to make sure your home health agency has a certified ostomy nurse. This will also be important if you are a person already living with an ostomy with a new medical condition (such as hip surgery or a stroke). Your home health nurse should re-evaluate your ostomy care. For example, someone with arthritis may have lost dexterity and now needs to switch to a different type of pouching application system or you may have gained or lost some weight over the hospitalization (which can change your abdominal contours and your stoma) and now your current system doesn't give you 2-5 days wear time anymore.

Change Agencies if Needed

If you are already home and your home health agency does not have a certified ostomy nurse, then request that they consult with one to ensure that you receive the proper optimal care. I often get phone calls or emails from colleagues who work for other agencies asking me ostomy questions or asking if I can come to see their patient. We are all in this together and we all want what is best for the patient, which is YOU! Don't be afraid to ask for an ostomy nurse!

You may even have to change agencies. It isn't difficult even though your current agency will likely not want you to change. You have a right to explain that you must receive your care from a certified ostomy nurse and your current agency, unfortunately, does not provide this type of care. All you have to do is call the agency YOU choose and tell them you want to transfer your care to their agency. Typically the new agency will contact your doctor or ask you to let your doctor know you want to change agencies. The new agency will then inform your current home health agency that they are taking over your care.

What to do if an Ostomy Nurse is Still Not Available?

If all else fails and for whatever reason you have a home health agency without access to a certified ostomy nurse, you still have resources. You can:



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

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

Go to www.wocn.org and look up a patient referral for an ostomy nurse in your area. This content also usually includes contact information for the WOC Nurse in your area.

Visit www.ostomy.org for educational resources such as the New Ostomy Patient Guide and UOAA has a dedicated webpage specifically for Ostomy Health Care Resources.

Use social media to find others that may be in the same situation as you. There are a multitude of Facebook pages/groups for ostomates with WOC nurses who follow these groups and offer comments or suggestions when specifically asked.

In Conclusion

We cannot say this enough: YOU have a right to quality care and deserve quality care. Know your rights. You deserve to be able to live your life to the fullest with your new or established ostomy.

Patients and medical professionals can work together to improve patient outcomes. If you want to help UOAA drive change and achieve ostomy quality of care improvements for patients while under home care, please print and share these resources with your home health agency: **Achieve 5 Star Ostomy Home Health Care and Important Reminders for Home Health Providers Treating People with an Ostomy.** (links below)

https://www.ostomy.org/wp-content/uploads/2018/10/5_star_HH-UOAA_handout.pdf

<https://www.unitedspinal.org/pdf/OstomyUrologicalTips.pdf>

What Are the Best Foods for Healthy Skin?

By Lawrence E. Gibson, MD, Mayo Clinic Newsletter

Research on the best foods for healthy skin is limited. Still, antioxidant-rich foods seem to have a protective effect for the skin. Consider these skin-friendly foods:

Carrots, apricots, and other yellow and orange fruits and vegetables — Spinach and other green leafy vegetables — Tomatoes — Berries — Beans, peas and lentils — Salmon, mackerel and other fatty fish — Nuts

On the flip side, some foods seem to be associated with skin damage. For example, some research suggests that a diet high in processed or refined sugars or other carbohydrates and unhealthy fats promotes skin aging.

Remember many of the best foods for healthy skin also promote good health overall. Rather than focusing on specific foods for healthy skin, concentrate on a healthy diet in general. Eat plenty of fruits and vegetables. Choose low-fat or fat-free dairy products. Include nuts, seeds and beans in your favorite meals. Opt for whole-grain breads and pasta. Limit sweets. Strive for variety as you're making healthy choices.



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Houston, TX 77055

(713) 465-2200
Fax (713) 461-5806

WOC Nurse Directory

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

Rose Guzman, RN, CWOCN (713) 465-8497
Specialty Wound & Ostomy Nursing, Inc.
roseg@swoni.com

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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"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.



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

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Healthy skin. Positive outcomes.

Central Group

Monthly: Third Monday of the month
Date: **July 15, 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: **Round Table Discussion**

Baytown Group

Monthly: Second Monday of the month
Date: **July 8, 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: **Cindy Barefield** will share information from the National WOCN Conference in Nashville

Northwest Group

Monthly: Third Wednesday of the month
Date: **July 17, 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: **Annual Ice Cream Social, please join us!**

J-Pouch Group

Monthly: Third Monday of the Month
Date: **July 15, 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), 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.)

Monthly support and information meetings are held in three locations for member convenience.

Houston Area, Ostomy, Pediatric Education & Support Group

Presented by Texas Children's Hospital The Woodlands

Date: July 14, 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: Pediatric Ostomy Supplies

Speaker: Pat Thompson RN, CWON

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. This month's theme: Sundae on Sunday!



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– Mike

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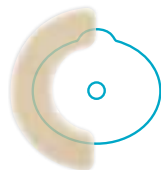
Improved coverage and larger adhesive area

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

Brava Elastic Barrier Strip

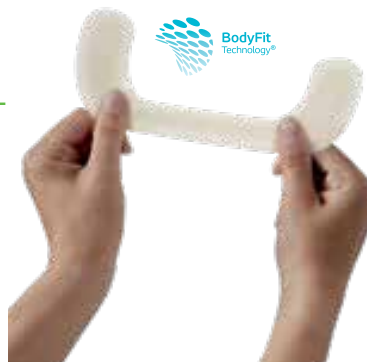


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Newsletter Advertising: Please contact the President or Treasurer for advertising opportunities.

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.**

- | | | |
|--|--|---|
| <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 |
| <input type="checkbox"/> Urinary Diversion | <input type="checkbox"/> Pull-Through | <input type="checkbox"/> Physician |
| <input type="checkbox"/> Other: _____ | | <input type="checkbox"/> Nurse |

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

☐ 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.



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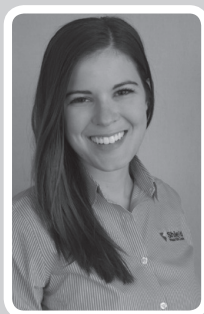
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