



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

Learning to Love Your Body— Stoma and All *From Coloplast*

Following your ostomy surgery, you will no doubt have an adjustment period of figuring out your new routines and schedule. You will be learning about your appliance, how to use it, when to change it, and how it works. Although there may be frustrating and discouraging days, as you get the hang of your body and the newness of it all, you may also find yourself fascinated with your body's adaptability. Some of the most resilient, inventive and strong people are ostomates who are changing the way people think by helping to reduce shame around ostomies as well as creating networks and communities to encourage and support others in similar situations.

Body Love

We live in a world where we are bombarded on a daily basis by media showing us advertisements of what beauty should be. The unreachable goals are already set, and then you throw in an ostomy? How in the world are we supposed to love our bodies when we feel so different? Building confidence begins with you. It begins with self-love and embracing your uniqueness. This can take time, and giving yourself the time to heal (both literally and figuratively) and come to terms with the changes and the new daily rhythms will go a long way in boosting your confidence. The great thing about confidence is that it is contagious. Others can feel it in the way you talk, walk, and are proud about yourself and your body, and when they sense it, it transforms the way they see you. This doesn't mean that self-love is easy and immediate, but it does mean that it is a possible and attainable goal. One of the ways to lead yourself into recovery and learning to love your body is to get active. Maybe you love to run, swim, or hike in the mountains, or you've always wanted to join a gym but your disease was holding you back from the commitment of it. Have you always

wanted to learn an instrument, or join a band? There are amazing people out there with stories of how they overcame their fears, and also how they discovered the right product for their unique lifestyle and activity.

Every body is different and being patient with yourself and your healing process is vital, especially within the first few months. While inspirational stories about others can help to normalize your situation, it is also completely normal to feel discouraged and down at times. If you are feeling extreme discouragement or hopelessness, don't hesitate to reach out to a licensed therapist or a healthcare professional. It is important to be able to share as honestly as possible about your situation so that you can begin to move forward.

Inspirational Ostomates

If you are looking for some inspiration from fellow ostomates, there are many platforms out there with information to connect you with people and resources. Feeling like you need some

(Continued on page 2)

VISITOR TRAINING

We had 16 attendees for Ostomy Visitor Training 2019. The training carries on a service that the organization has provided for over 65 years. We dedicated this year's training day to Dorothy Andrews who was our Visitor Coordinator and guiding light for many years. Her funeral was the day of training. Cindy Barefield, RN, CWOCN from Baytown, created a rousing game of Ostomy Jeopardy to help us learn about body parts, "how we go", and even queries about our organization. Marian went through some pertinent dos and donts along with the purpose of visiting with potential or recent ostomates. Ron led us through role playing the parts of patient and visitor. He also gave us some key pointers he had learned in sales that are helpful. For example, we have two ears and one mouth so we are meant to listen more than we talk. I hope that everyone had a good time and learned the basics about being a visitor. The best way to practice the newly acquired skills is by attending your local meeting and talking with new people attending. Thank you to all who provided coffee and snacks.

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.

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.

Central Group News

A big thanks to Tracy Baranzky from ConvaTec, who was the speaker at our April meeting. Tracy went over all the new products from ConvaTec, and talked about their Me+ program, which helps ostomates with various tools and advice. To enroll in the Me+ program, call 1-800-422-8811 or email CIC@convatec.com. What I found very informative was the Guide to Recovery After Ostomy Surgery Tracy handed out, which includes different exercises for the phases of recovery after surgery. You can get more information on the ConvaTec website.

We had our election and the new Board members elected for a three-year term beginning July 1st are Denise Parsons, Marian Newman and Kathleen Duplessis. Rolling off the Board is Tony Romeo, who served as our Treasurer for the last three years. Thanks so much Tony for all your help!

Our next meeting is Monday, May 20th. Ken Lambert, owner of Funeral Negotiators, will be our speaker. He visited with us several years ago and was very informative. You can read about Ken in this article from 2007 in the Houston Chronicle <https://www.chron.com/neighborhood/cyfair-news/article/Funeral-negotiator-aids-grieving-families-1669573.php>. Don't miss this presentation!

I look forward to seeing you at the meeting.

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

Northwest Group News

We had over a dozen people present for our guest speaker Laura Brimer, MSRDLD. Once again she provided a casual, interactive program featuring information on fiber and chia seeds. We posted two videos from her presentation to our Facebook site—so check it out when you have an opportunity.

Next month's program will be provided by Convatec. Their representative always has the most up to date information about their ostomy products. Light refreshments will be provided.

Two new guests drove in from the Huntsville area to attend our meeting. Welcome Hurlene and Cindy. We were thrilled to hear back from Suzanne, Tony, Shirley, Nancy, Mark, Jay, Diane, Betty and Joe in our recent group welfare check.

Billy Locke, 337-515-6354



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.

Baytown Group News

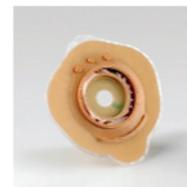
Baytown Ostomy Support Group welcomed Irma Argil from B. Braun in April. For over 40 years, B. Braun has been involved in ostomy research to offer patients, clinicians, and caregivers simple and innovative products that are discreet and easy to wear. Ostomy solutions help make life easier for ostomates.

www.bbraunusa.com/en/products-and-therapies/ostomy

Although B. Braun has many ostomy products, Irma brought these ostomy products to feature:

Wafer with floating flange

- flexible floating flange design allows 3-position orientation of the pouch with the Guiding Tab Slots
- no tape on wafer can be a bonus for patients who are sensitive



High output flow connector system

- consists of 2 liter vinyl collection bag
- 5 foot long kink and crack resistant tubing
- "cuttable" every 12 inches to preference
- soft outlet designed to be leak resistant
- 2 eyelet holes at top of bag for hanging



Samples are available at website listed above with a network of support available for the ostomate through MyOsto™ My life.

I hope you will plan to attend ostomy support group the 2nd Monday of each month. Byram and Hollister are scheduled the following months. This is a great opportunity to network with other ostomates, friends and family members and to receive information from the ostomy community!

Best regards,

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

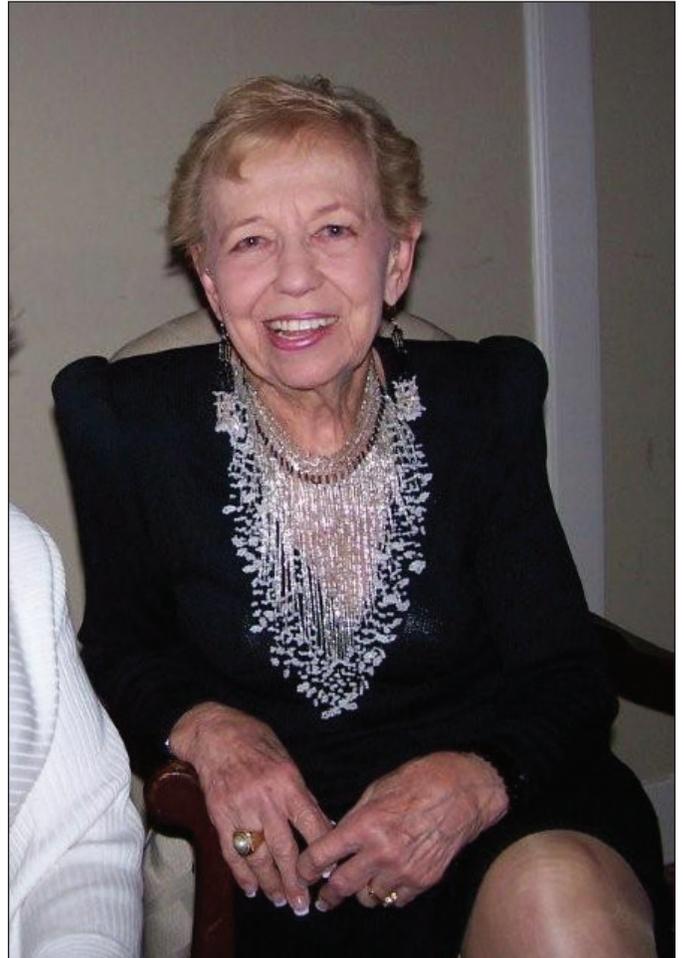
Learning to Love Your Body—Stoma and All

(Continued from page 1)

encouragement in embracing your body and its changes? This video is full of helpful information as well as inspiring individuals just like you. As you begin to enter the world of other ostomates and hear their stories, not only will you be able to relate with them, you will also find that they are paving the way for others to be confident in their bodies and, in many cases, thankful for their ostomy and appliance. Maybe their stories will be the push you need to reclaim your life and find that confidence that you know you have in you. Don't just stop there, why not become one of the inspirational stories that someone else undergoing a surgery leading to an ostomy can read about? Embrace your new life and body.

In Memoriam - Dorothy Andrews

The Ostomy Association of the Houston Area is incredibly sad to announce that we have lost a beloved member. Dorothy Andrews, age 93, passed away on April 12. Dorothy had her colostomy due to cancer in 1973 when she was 43 years old. She made a personal vow to God that “if I came through this surgery, I would spend the rest of my life helping other people who had this type of surgery.” She did just that in every city she lived in thereafter—Chicago, Dallas, and Houston. Dorothy was the face of our Visitor Training Program for many, many years. She herself visited more people than we can count, and she also arranged for others to act as visitors, including personal visits to all the area hospitals and often phone visits (frequently on weekends and holidays). For many years, Dorothy spoke to the WOCN/ET training program at MD Anderson until it was discontinued. She was simply tireless, and she made a huge difference in the lives of many ostomates. Dorothy was an inspiration in demonstrating how active ostomates could be, playing tennis and golf and exercising frequently. When our group would participate in the CCFA Take Steps walk, the rest of us (much younger I’ll note) struggled to keep up with her! She and her late husband, Tom Andrews, hosted our annual holiday party at the Pine Forest Country Club until his death in 2015. We all loved Dorothy very much and her loss leaves a big hole in our hearts. *Dorothy’s son, Glenn Andrews, has graciously asked that remembrances in honor of Dorothy be made to the Ostomy Association of the Houston Area at P.O. Box 25164, Houston, Texas 77265-5164.*



Dorothy Andrews



Take Steps Walk, 2011, Dorothy Andrews (second from right)



Dorothy and Tom Andrews



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WOC Nurse Directory

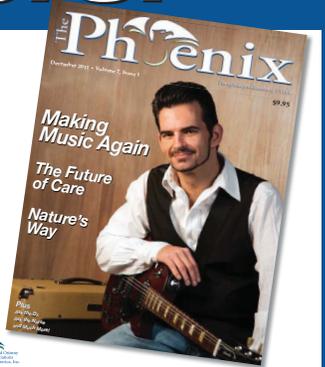
Cindy Barefield, RN, CWOCN (281) 428-3033
Houston Methodist San Jacinto Hospital
cbarefield@houstonmethodist.org

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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Ostomy Care
Healthy skin. Positive outcomes.

Central Group

Monthly: Third Monday of the month
Date: **May 20, 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: Ken Lambert**, owner of Funeral Negotiators

Baytown Group

Monthly: Second Monday of the month
Date: **May 13, 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: **Representative from Byram**

Northwest Group

Monthly: Third Wednesday of the month
Date: **May 15, 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: **Representative from Convatec**

J-Pouch Group

Monthly: Third Monday of the Month
Date: **May 20, 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 Cerreta 832-439-1311
 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.

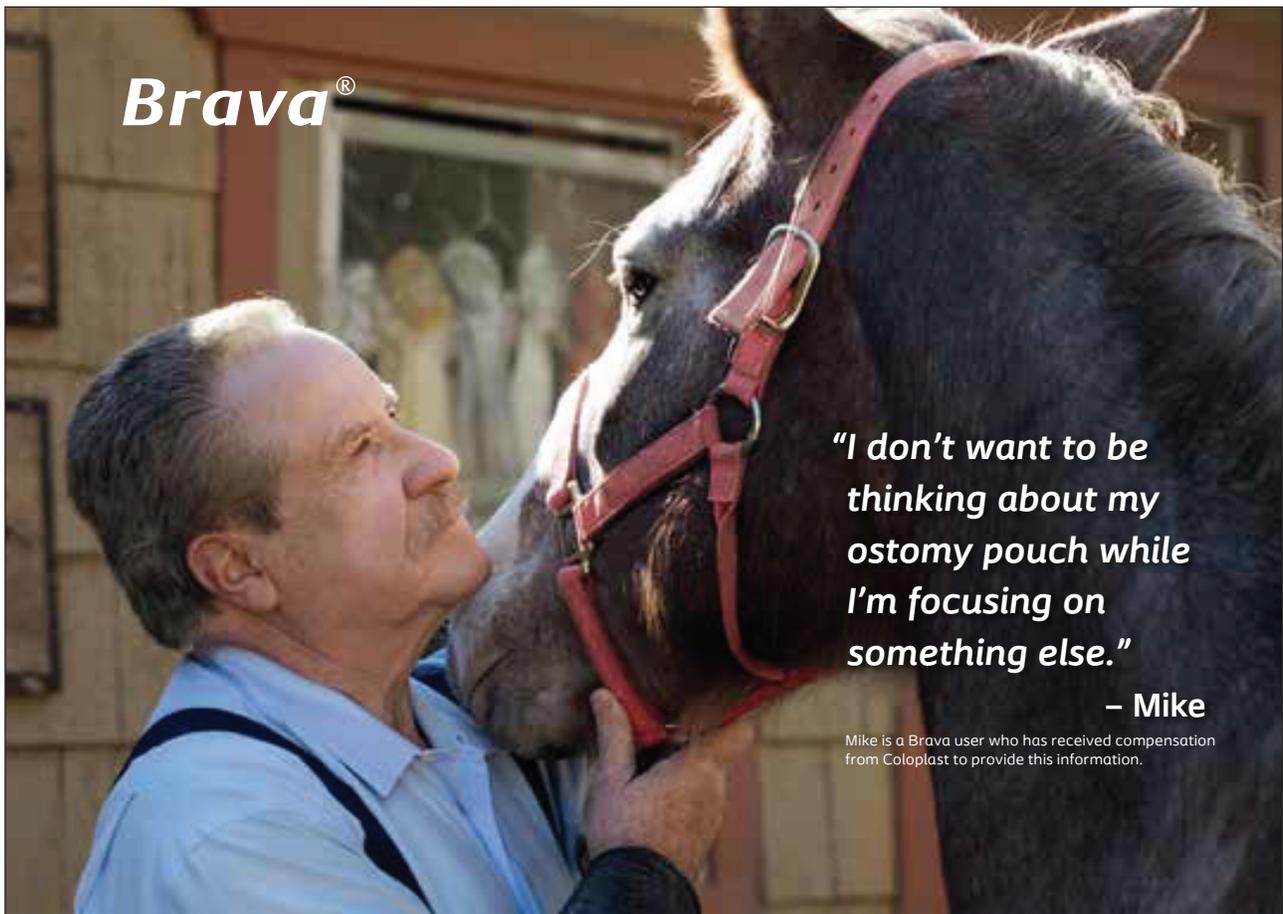
For Anniversary Gifts, Memorial Donations, Mailing Changes, or Sponsorships, please send all correspondence to:

Ostomy Association of the Houston Area
 Attn: Tony Romeo, 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.

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– Mike

Mike is a Brava user who has received compensation from Coloplast to provide this information.

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<https://www.facebook.com/OstomyHouston/>

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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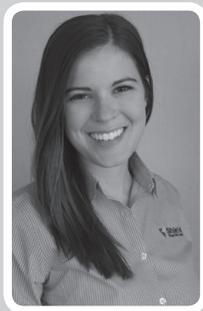
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