



September 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

Ostomate Adventures

Destination: Cayman Islands

by Laurie P., Northwest Group

Earlier this summer I traveled to the Cayman Islands with seven other friends. We enjoyed several outings including a sunset catamaran cruise and several local encounters including a visit to the legendary Stingray City where I actually kissed a stingray. Supposedly it will bring me several years of good luck according to local legend.



We also went on a snorkeling trip. I swore I'd NEVER try it again, after my previous bad experience in Cozumel. But I thought about some things I had heard during the Northwest support group meetings and gave it another try. I asked the boat/tour guides for help and I figured it out...at least enough to try it for a bit. I was the only one out of all eight of us women who actually snorkeled!

On the downside, I had all kinds of skin issues after that day in the saltwater though. I should have changed my pouch afterwards. A new note to self.



I am proud of myself for trying again even after an initial failure—even more important note to self!

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.

SitorSquat App

For some of us, it is good to know the location of the nearest restroom especially when traveling. The Charmin Company has come to the rescue with SitorSquat available at your app store. Small roles of Charmin denote a restroom with green meaning clean enough to sit and red meaning it might not be too clean. However, in a strange city, knowing there is a restroom at all can be a life saver. Information about the app can be found at <https://www.charmin.com/en-us/about-us/sitorsquat>.

HOPE—The Houston Area, Ostomy, Pediatric Education and Support Group

Jessica Shannon, the Chaplin at Texas Children's Hospital (Woodlands) presented at the August meeting.

Jessica had the parents' think of *fears* they might be feeling, having a child with an ostomy. As we listed them on the board, she showed us how there is always *hope* when faced with these situations. If we can't change the situation there is always hope for the best outcome.



Melissa and Jessica

We were also introduced to Melissa Balero who had attended the Youth Rally in Seattle, Washington. The Youth Rally is a camp for children ages 11-17 who are living with bowel and bladder conditions. We got to hear about the great fun she had and the friends she made.



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

We welcomed Lisa Osterhaus from Hollister at our August meeting and learned about Hollister's CeraPlus skin barrier and CeraRing barrier ring. These ostomy products are made with a special ceramide-infused formulation which protects the skin's natural moisture barrier and helps those ostomates experiencing peristomal itching. So, ditch the itch as they say over at Hollister with CeraPlus.

If you missed the meeting and would like Hollister samples you can enroll in the Hollister Secure Start services by visiting www.hollister.com/securestart or calling 1-888-808-7456. The Hollister Secure Start program is customized and designed to support people as they live their lives with ostomy or bladder management issues and best of all the services are free of charge, and there is no obligation to purchase anything.

Joining Lisa Osterhaus at our meeting was Heather Marchman, Account Manager for McKesson Patient Care Solutions. Heather has been with McKesson for about 6 months and serves as our Houston area representative. For those of you who use McKesson to order supplies or would like more information to find out if McKesson honors your health insurance company you can contact Heather at heather.marchman@mckesson.com or 346-225-0680.

We were also very excited to welcome and introduce Jarrod Vance at our meeting. Jarrod is the first recipient of the Ostomy Association of the Houston Area and Spring Branch Medical Supply Scholarship. Jarrod Vance, BSN, RN, WOCN works at MD Anderson and has completed the ostomy care course and is now certified. This scholarship was created in celebration of The Ostomy Association of the Houston Area's 60th Anniversary in partnership with R.J. Poonawals, owner of Spring Branch Medical Supply (8700 Long Point Road #106, Houston, 77055) who contributes matching funds to the scholarship which ensures the continuation of quality WOC nurses in the Houston area.

Many thanks to all who have helped with contributions for this scholarship. We have fulfilled the first of five scholarship commitments so if you are interested in making a contribution to this scholarship please let me or one of our board members know as we have a 5 year commitment. The scholarship is dispersed through the South Central Region of the WOCN and applications are taken each year between September 1st until May 31st.

Have you checked out our new website ostomyhouston.org which is now up and running? If not, please do and let us know what you think and don't forget to thank Denise Parsons and Lorette Bauarschi for all of their hard work. Did you know that our original website was managed free of charge by Scott Hiatt, Denise Parson's son-in-law. Thank you Scott for your many years of support—we greatly appreciate you!

We missed you at our August meeting Mary Harle and we wish you a speedy recovery!

All are welcome at our next meeting on Monday, September 16, 2019.

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

Northwest Group News

A baker's dozen welcomed Irma Argil, Infusion Care Specialist, and Chris Rigsby, Chronic Care Specialist, with B. Braun Medical. They presented their product line in an informal, comfortable style allowing questions and discussions throughout the presentation. A high volume collection system for night use was of particular interest to several in attendance.

Pat Thompson then shared lots of information and new products she had picked up from vendors during her recent attendance at the National WOCN conference in Nashville. We heard from and missed seeing Suzanne, Jay and others. The Tuckers' absence was especially missed and we hope all is going well with treatment.

Next month we have a special treat! Northwest group member Kenneth Gross will be teaching line dancing. No prior experience is required. This should be a fun, interactive program that will promote movement and adventure for ostomates, family and friends. Grab you up a partner and come join us.

Billy Locke, 337-515-6354

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

Date: Sunday, September 8, 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) or 281-948-1490

What an Ostomate Should Know About Medication

- Liquid is faster acting than pills.
- The degree of compression of a tablet determines the rate the medicine is dissolved in one's system.
- The amount of medication absorbed by the body depends on the amount of intestine available. Therefore, the type of drugs to be taken must be based on the "absorption power" you have.
- Time-release capsules are not for the ileostomate. They do not have enough time to dissolve in the short remaining intestine and are passed virtually intact.
- Time-release medicine will completely dissolve at once if alcohol is consumed with it or shortly thereafter. An overdose could result!
- Most medication is available in a variety of forms—be sure to tell your pharmacist that you have an ostomy so that he/she can provide the right form for the prescribed medication.

Baytown Group News

Baytown Ostomy Support Group met August 12th and discussed the topic of Resilience.

“That indescribable quality that allows some people to be knocked down by life and come back stronger than ever”—this is the dynamic process of positive adaptation of Resilience! High resilience levels equate to health-promoting behaviors.

Using handouts, the group divided into small groups and worked through an assessment of their own Resilience Factors. They were able to identify the factors they felt were present in their life versus those they felt would be of benefit to develop from the list below:

Resilience Factors

Optimism	Enjoys learning	Generosity
Support system	Gratitude	Sense of humor
Religious/spiritual	Enjoy planning	Flexibility
Self-directed	High self-esteem	Self-confidence
Emotional control	Purpose in life	Make a difference
Consider options	Strong role models	Adaptability
Willing to change	Life has meaning	

The small group discussion was unexpectedly beneficial as individuals with a large number of resilience factors happened to be grouped with individuals who seemed to need support identifying their resilience factors. Overall, we enjoyed the opportunity to discuss this important topic, “Has resilience played a role in your adaptation to life with an ostomy?”

Baytown Ostomy Support Group continues to meet the second Monday of each month. Listed here are the presentations planned for the remainder of the year: September–Physical Therapy; October–Nutrition; November–Convatec and December–Dr. Kronfol.

I hope you will plan to join us!

Best regards,

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



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.

Sugar Land Group News

The Houston Methodist Sugar Land Ostomy Support group met August 15th.

Araz Sarkassian, RD, LD, presented information on diet and nutrition with a stoma and included handouts from the Academy of Nutrition and Dietetics. Key points included:

- Start slow with your diet following your surgery—avoid high fiber and greasy foods.
- Remember that some foods are known for causing gas and bloating—such as onions, cabbage, cauliflower, and broccoli to name a few.
- Keep a food diary, write down what you eat so that if something changes or causes distress you can eliminate that item.
- Some foods may discolor your stool, look back at your food diary to see what the culprit may be.
- General vitamins supplements are usually fine, but check with your doctor prior to starting dietary supplements of vitamins, minerals, and formulas. Use chewable vitamins whenever possible to increase absorption.
- Remember, everyone is different, it really is a matter of trial and error to determine what works best with your stoma.
- Call for help when you need it, have contacts or refer to you doctor or ostomy nurse when you are having issues or concerns.
- If you have an ileostomy, be sure to measure your stool and replace with at least the same amount of oral fluid intake throughout the day.
- Alert your doctor if you notice undigested pills or whole foods in your ostomy bag.
- And, remember, a food diary can help you identify the cause for various issues, such as constipation, gas, bloating, odor, discolored stool, loose stool or diarrhea, and discomfort.

Many questions were asked and answered as well as personal tips from the attendees!

We welcomed new attendees: Terri, Gene, Carolina, Bert, Caranita, and Carey. Thank you to Gene for bringing excess supplies for ostomy care that he donated for persons in need.

Our next meeting will be September 19th from 6-7 p.m. at Houston Methodist Sugar Land Hospital Main Pavilion Conference room B, featuring Tracy Baranzky with Convatec on the me+ products.

To save a spot, call Joan Burnham at the number below.

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

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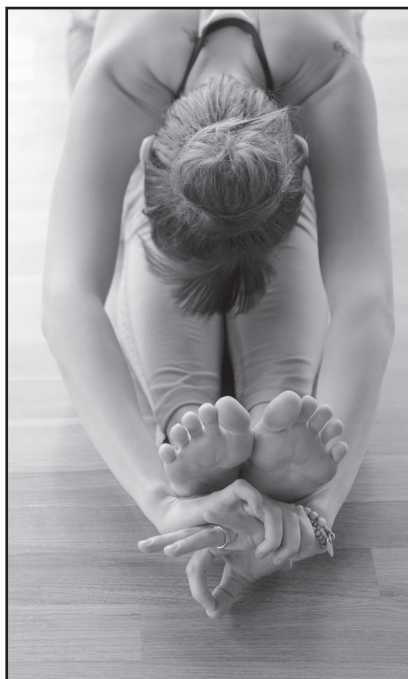
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"The Phoenix magazine is the most important tool that ostomates can get a hold of."
 M. Bauer, Nebraska

*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.[†]

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**.

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

The Hollister logo, CeraPlus, and "Healthy skin. Positive outcomes." are trademarks of Hollister Incorporated.
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Ostomy Care
 Healthy skin. Positive outcomes.

Central Group

Monthly: Third Monday of the month
Date: **September 16, 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: **Roundtable**

Baytown Group

Monthly: Second Monday of the month
Date: **September 9, 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: **Pelvic Health**

Northwest Group

Monthly: Third Wednesday of the month
Date: **September 18, 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: **NW Group Member Kenneth Gross will be teaching line dancing.**

Sugar Land Group

Monthly: Third Thursday of the month
Date: **September 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: **Tracy Baranzkyk with Convatec on the me+ products**

J-Pouch Group

Monthly: Third Monday of the Month
Date: **September 16, 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.)

Brava®

"I don't want to be thinking about my ostomy pouch while I'm focusing on something else."

– Mike

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

Security to live *everyday life*

The new Brava® Elastic Barrier Strip XL

The wider shape of Brava Elastic Barrier Strip XL increases the adhesive area and fits all available SenSura® Mio barriers to improve feelings of security.

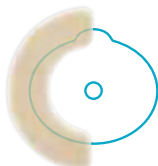
Improved coverage and larger adhesive area

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

Brava Elastic Barrier Strip

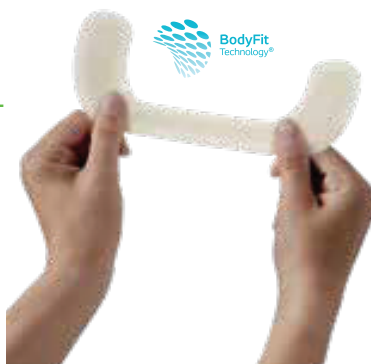


Brava Elastic Barrier Strip XL



Designed for extra security

Helps keep the edges of the barrier firmly in place



Supports an active lifestyle

Absorbs sweat and moisture, and keeps its elasticity during physical activities, which makes Brava Elastic Barrier Strip XL suitable for moving around in everyday life



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Ostomy Awareness Day

Oct. 5, 2019



Disclaimer: The information contained within this newsletter is presented expressly for informational purposes only and may not be applicable to everyone. It should not be substituted for professional medical care or attention by a qualified practitioner. Always check with your doctor if you have any questions or concerns about your condition.



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

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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.

Houston Area, Ostomy, Pediatric Education & Support Group

Presented by Texas Children's Hospital The Woodlands

Date: September 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: Emergency Room Use in Pediatric Ostomy Patients

Speaker: Lucinda Berent, MSN, RN, CPEN

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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