



April 2019

# Ostomy Association of the Houston Area

## AFFILIATED SUPPORT GROUP

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

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

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

## Enjoy a Trouble-Free Transit with These Travel Tips

If you're traveling by airplane, car, bus, train, or cruise ship, you might be stressed about your ostomy needs during the trip. Don't worry. With a little preparation, everything can go smoothly.

It's also a good idea to start with short trips away from home to build up your confidence. Once you're reassured that your pouching system stays secure during normal day-to-day activities, you can start to venture farther.

Here are a few tips to help you be fully prepared and comfortable, no matter how you travel.

**Luggage weight limits:** Are you traveling by air with a lot of supplies? Check with your airline and your country's federal travel agency (e.g., the Transportation Security Administration in the United States) for the luggage weight limit. Weigh the luggage before you go.

It may be helpful to use a portable luggage scale. If you're over the limit, check to see if your airline has a special allowance for medical supplies.

**Forbidden items:** The International Air Transport Association (IATA) forbids dangerous items on board airplanes. For example, ether, methylated spirits, or flammable aerosol adhesives and removers are considered fire hazards. Scissors also may not be allowed in carry-on luggage – check with your airline or pre-cut all of your skin barriers before traveling.



## Don't Miss This! Visitor Training—April 27, 2019

OAHA has a visitation program for new or proposed ostomates. Visitors are ostomates themselves and are carefully screened and trained. Visitors do not give medical advice. But talking with a person who has had an ostomy surgery and who demonstrates an ability to live a normal active life, frequently helps the patient to accept the surgery, and is very important in the rehabilitation process.

Our Visitor Training will be on Saturday, April 27<sup>th</sup>, 8:30 am–1:00 pm at the Tracy Gee Community Center. Please join us! RSVP to [lorette@bauarschilaw.com](mailto:lorette@bauarschilaw.com).

**Pre-boarding security checks:** At airports, your carry-on luggage will be inspected at the security baggage check before boarding. If you have medications, get a card from your healthcare professional that explains why you need them. Some countries do not allow certain medications, such as codeine, to cross their borders. A travel communications card from an ostomy association in your country may also be available. United Ostomy Associations of America (UOAA) offers a travel card to help you be ready for searches or checkpoint questions.

**Using airplane toilets:** During a long flight, there can be long lines for toilets, especially after meals. Be alert for a chance to use the toilet when most people are in their seats. It's also a good idea to request a seat near a toilet.

*(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](mailto:newmarian@gmail.com).

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## Central Group News

We welcomed Shannon Triplett from Coloplast at our March meeting. Shannon shared with us Coloplast's new products: (1) a convex flip wafer for patients with hernias or "outward body profiles", (2) a new hernia support belt, (3) a pediatric line of ostomy supplies, and (4) a baby line of ostomy supplies. Shannon also described Coloplast Care, a free resource for customized samples, wellness education and dedicated support. Coloplast Care can be reached at 1-877-858-2656 or [usclse@coloplast.com](mailto:usclse@coloplast.com).

As you know, our group has a visitation program for new or proposed ostomates. Visitors are ostomates themselves and are carefully screened and trained. Visitors do not give medical advice. But talking with a person who has had an ostomy surgery and who demonstrates an ability to live a normal active life, frequently helps the patient to accept the surgery, and is very important in the rehabilitation process. Our Visitor Training will be on Saturday, April 27th, 8:30 am–1:00 pm at the Tracy Gee Community Center. Please join us! RSVP to me at [lorette@bauarschilaw.com](mailto:lorette@bauarschilaw.com).

Our next meeting is Monday, April 15<sup>th</sup>. Our presenter will be Tracy Baranzyk from ConvaTec. I look forward to seeing you at the meeting.

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

## Northwest Group News

We enjoyed our biannual swap meet during this program. We had an opportunity to meet some new ostomates as well and visit and shop with regular attendees. Everyone got a chance to try new things, pick up some favorites and enjoy multiple discussions on the advantages and disadvantages of a multitude of accessories.

We had 8-10 boxes of ostomy products left over that will be sorted, matched up and distributed locally first and then later to outside programs. It was a success in that everyone got to take home and try stuff they either hadn't considered or were thrilled to have.

This month we are hosting our all time favorite dietician Laura Brimer! She has presented to our group several times and each program has been awesome. If you have any questions related to diet, good diets, food, problems, mechanics down to the cellular level inclusive of interactions—this is the program for you. Ms. Brimer always takes questions from any and all sources, not just limited to ostomates and our concerns. She provides understandable information in an easy to digest format.

Previously we have learned about lipids, probiotics, supplements, minerals, different types of calories and more. Do mark your calendars and join us for this very special program. Take Steps Team Captain Patti Suler will also share some highlights from our last walk. We continue to miss Jay, Suzanne, Allison, Gaynell, Craig, Silver, and a very special shout out to Jane!

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

## Baytown Group News

Baytown Ostomy Support Group had a turn out that rivaled the rodeo on Monday, March 11th with 14 ostomates, family and friends in attendance! Shannon Triplett, Territory Manager for Coloplast Ostomy presented "Coloplast Innovation—Making Life Easier for Ostomates". The new SenSura<sup>®</sup> Mio Convex Flip was the highlight of the evening. The group had a chance to interact with the new wafer and begin to understand how the star shape increases the area of contact between the adhesive and the outward area to minimize leakage (BodyFit Technology<sup>®</sup>). For ostomates with curves, bulges or hernias—this is a pouching system designed for you!

The group also heard about improvements in Brava<sup>®</sup> Elastic Barrier Strips. These strips are now in XL size with a 60% larger adhesive area. The Brava<sup>®</sup> Protective Seal is another option designed to help protect against leakage. The seal is easy to shape and fit around the stoma and is easily removed. Coloplast continues to offer the Brava<sup>®</sup> Moldable Ring to fill in uneven surfaces and for skin protection. It helps create a tight seal around the stoma and protects from moisture.

Shannon reminded the group that help is only a phone call or a few clicks away on the computer with Coloplast<sup>®</sup> Care available to provide support and inspiration when you need it! With the star shape of the new Mio Convex Flip wafer, Shannon was inspired to create a "Hollywood" themed game for review. The game was a lot of fun with "ringers" on both sides and a lovely Coloplast basket of goodies for the winners on each team. Shannon had Coloplast gift bags for all in attendance as well.

In April, we are scheduled to have B. Braun with us. Byram and Hollister are scheduled the following months. I hope you will plan to attend the 2<sup>nd</sup> Monday of each month. 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



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

**Please note that we will be voting for new Board members in May to begin serving three-year terms on July 1, 2019. Our nominees are Denise Parsons, Marian Newman and Kathleen Duplessis. If you would like any information about these nominees, please contact Lorette Bauarschi.**

## CCFA Takes Steps Walk—Team Ostomy Association of the Houston Area (OAHA)



This year's walk team was the largest and most diverse ever! We enjoyed being the image representatives for this year's event. Twenty-four people signed up to walk, stroll and roll. We had over 63 gifts donated and more promised. Our current total as of this writing is \$2,858.46. This year's Houston Walk raised \$190,4354.02.

Our team members ranged in ages from 15 months to 80 years old. We had cancer survivors, inflammatory bowel disease patients, family members and friends. Specialty nurses Cindy Barefield, Pat Thompson, Amy Pickering and MaryAnn Lewis walked with us. For the first time ever—we also hosted two pediatric ostomates both six years of age. One was my granddaughter!

The Batchelder family walked again with us honoring their father and supporting us as we fight for a cure against Crohn's and Colitis. Our journey was captured by two members of the Northwest Houston Photo Club, Gary Woodard and Alcy Neidlinger. Their photos will soon be available on our Facebook page and in a later newsletter.



Ed and Gladys Wood manned the Ostomy Association of the Houston Area information table during this event. Once again they made an awesome stigma fighting contribution by being present and providing real information. Special thanks to everyone for your continued support.

*Patti Suler, Team Captain*

## Enjoy a Trouble-Free Transit with These Travel Tips

*(Continued from page 1)*

**Car travel:** Your car seat belt should sit across your hip bone and pelvis, not your abdomen and stoma. If you want to give your stoma extra protection from the strap, you can buy a seat belt pad. You can also use an extension bracket to lower the angle of the belt across your body.

**Cruising with a stoma:** Are you worried about taking a river, lake, or ocean cruise? Don't be. If you'll be away from land for a few days or more, just pack double the supplies you need. Plus, follow these simple precautions and you'll have a trouble-free voyage.

View or print the full PDF booklet ***Living with an Ostomy: Travel*** from [Hollister.com](http://Hollister.com). For similar articles on traveling with an ostomy and other topics, visit the Hollister Ostomy Care Learning Center.

## Local Pediatric Support Group to Form

*by Patti Suler*

Adult ostomates have all kinds of issues dealing with having an ostomy. Learning new skills, physical changes, self-image issues, diet challenges and more. Take a moment to consider all these things again but from a child's perspective. Adult ostomates have an abundance of resources—group meetings, online social media groups, UOAA website and vendor support. Not so for the pediatric age groups—until now!

We have heard that local Texas speciality (WOC) nurses along with vendors supported by a leading children's healthcare network are forming the first dedicated pediatric support group under the UOAA. It will be launching this June with a Sunday afternoon meeting time at the Texas Children's Hospital Woodlands Campus. We will provide more details as we hear about them.

## From The Phoenix Magazine



### Dear Nurse Brown,

I irrigate my colostomy every other day. I use 750–1,000ml of water and it usually takes about 90 minutes for the water and contents to evacuate. Sometimes, after I put on a new pouch, my bowel flushes mostly liquid output. It's very frustrating. Also, I can have a really hard time instilling the water into my colon.

**T.D.**

### Dear T.D.,

Typically, it takes 30–45 minutes for the fluid to evacuate after irrigating. I would recommend leaving the sleeve part of the irrigation system on a bit longer and possibly walking around, drinking a cup of coffee or hot tea to promote the gastrocolic reflex that helps evacuate the colon.

You may wish to change the frequency of irrigation to see if that helps, possibly irrigating each morning instead of every other day. This may help produce a more predictable pattern of evacuation.

However, if you are having difficulty irrigating the colostomy or getting the irrigant to flow into the colon, you should see your colorectal surgeon to evaluate you for a parastomal hernia or other potential obstructions as this might be what is interfering with your irrigation process.





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Fax (713) 461-5806

## 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](http://www.ostomy.org), who provide information, support and advocacy to ostomates and their caregivers throughout the country.



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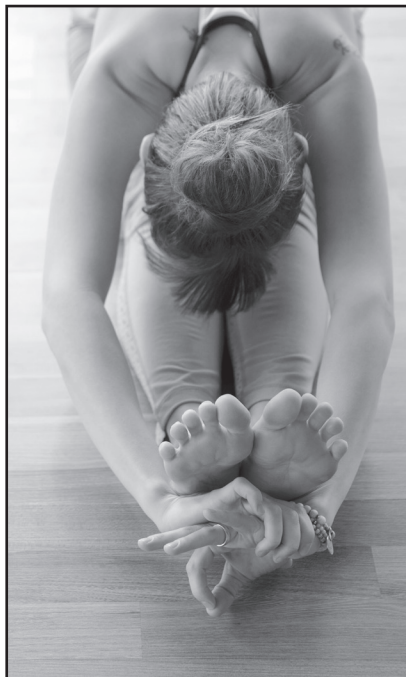
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"The Phoenix magazine is the most important tool that ostomates can get a hold of."  
M. Bauer, Nebraska

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



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

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

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

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## Central Group

**Monthly:** Third Monday of the month  
**Date:** **April 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:** **Guest Speaker: Tracy Baranzky** from ConvaTec

## Baytown Group

**Monthly:** Second Monday of the month  
**Date:** **April 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:** **Guest Speaker: Representative from B. Braun**

## Northwest Group

**Monthly:** Third Wednesday of the month  
**Date:** **April 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:** **Guest Speaker: Laura Brimer, MS, RD, LD,**  
 Dietician

## J-Pouch Group

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

### Memorial Fund

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

### Moving? Changing Your Email Address?

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

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

Ostomy Association of the Houston Area  
 Attn: 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.*

**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*

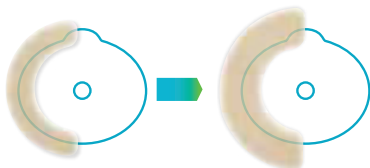
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The wider shape of Brava Elastic Barrier Strip XL increases the adhesive area and fits all available SenSura® Mio barriers to improve feelings of security.

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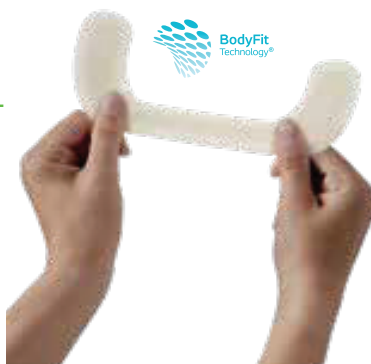
#### **Brava Elastic Barrier Strip**



#### **Brava Elastic Barrier Strip XL**

#### **Designed for extra security**

Helps keep the edges of the barrier firmly in place



#### **Supports an active lifestyle**

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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.**

- |  |  |   |
|--|--|---|
| <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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Membership benefits include:  
 Monthly Support/Information  
 Meetings, Social Events,  
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☐ I would like to attend meetings with the (please circle one):

Central Group      Baytown Group      Northwest Group      J-Pouch Group

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

I learned about the Ostomy Association from

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

I am interested in volunteering. ☐ Yes ☐ No

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



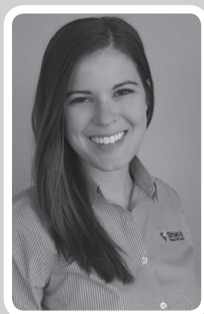
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## Ostomy Association of the Houston Area

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281-670-5976 or [jffoshee@comcast.net](mailto:jffoshee@comcast.net)

### Appointed Positions

Carol Johnson	Visitation Coordinator	281 610-2301 or <a href="mailto:carol.johnson2@sbcglobal.net">carol.johnson2@sbcglobal.net</a>
Cindy Barefield	Baytown Group Coordinator	281-428-3033 or <a href="mailto:cbarefield@houstonmethodist.org">cbarefield@houstonmethodist.org</a>
Billy Locke	Northwest Group Coordinator	337-515-6354 or <a href="mailto:brlocke1@yahoo.com">brlocke1@yahoo.com</a>
Ron Meisinger	J-Pouch Coordinator	281-491-8220
Edgar Wood	Outreach Coordinator	281-493-5015 or <a href="mailto:ewood6@comcast.net">ewood6@comcast.net</a>
Patti Suler	Media Coordinator	281-352-2566 or <a href="mailto:pattiksuler@yahoo.com">pattiksuler@yahoo.com</a>

### WOC Nurses

Cindy Barefield, RN, CWOCN      Rose Guzman, RN, CWOCN      Pat Thompson RN, BSN, CWON