



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

The Benefits of Giving Back in Spite of Your Health Challenges

By Lynn Wolfson, from UOAA website, *Ostomy.org*



Lynn Wolfson is assisted by her service dog Zev as she travels for advocacy and conferences around the country. Lynn has battled Hirshprung's disease since childhood.

We all want to feel like valuable members of our community. However, many times we are held back by personal issues, lack of time or just a complete lack of knowledge on how to contribute to help others. For those who have not had the experience, they do not know the emotional elation that one gets by helping others.

Let me tell you a little about myself. I was born with a genetic disease that prevents my digestive track from functioning as it should. Consequently, I am fed through my heart (Total Parental Nutrition), I defecate into a pouch attached to my abdomen and I catheterize to urinate four times a day. All of this medical equipment did take me years to accept and learn to take care

of on my own. However, once I learned, accepted and had my independence back, I wanted to give back to my community.

(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.

Annual Holiday Party Luncheon

(Central, Baytown, Northwest, J-Pouch Groups)

Date: Saturday, December 15, 2018
Time: 11:00 a.m.–1:00 p.m., Lunch
Place: Junior League of Houston, Garden Room B
1811 Briar Oaks Lane, Houston, TX 77027
Menu: Entrée Choices: Includes rolls, tea, coffee & dessert

1. Chicken Piccata with Lemon Caper Butter served with Rice Pilaf and Julienned Leeks, Carrots and Zucchini along with a small Caesar Salad.
2. Penne Pasta Alfredo with Grilled Chicken, Mushrooms, Sundried Tomatoes, Basil and Parmesan Cheese along with a small Caesar Salad.
3. Loaded Potato Soup with Bacon, Green Onions and Cheese, Caesar Salad, Turkey Sandwich with Cranberry-Pecan Chutney, Brie and Fresh Arugula.

Dessert Options: Pumpkin Brulee, Praline Bundt Cake, Chocolate Mousse Cake, Crepes Fitzgerald, Pecan Ball.

Cost: \$30 per person [PAY BY PAYPAL HERE](#)

*Reservations should be made by **Tuesday, December 11** by sending your check (payable to Ostomy Association of the Houston Area) to Anthony Romeo, Treasurer, 231 Forest Peak Way, Montgomery, TX 77316. Your check will serve as your receipt.*

The holiday luncheon is a wonderful way to start this joyous season. Please join us to enjoy the beautiful surroundings, great food, and good friends.

Door prizes and special recognitions. Free garage parking with handicap access. Questions?—contact Patti Suler. (Contact info on back of this newsletter)

In This Issue

The Benefits of Giving Back.	1 & 3
Holiday Party	1
Group News.	2
Peristomal Skin Assessment Guide	3
WOC Nurse Directory.	4
Meeting Dates/Times	5
Advertising, Support	4-7
Membership Information.	7
Contact Information	8

Central Group News

We were so happy to have Lisa Osterhaus with Hollister as our presenter at our November meeting. She told us about Hollister's new products and was kind enough to answer our many, many questions. She offered to get samples for anyone wanting to try out their products, particularly their CeraPlus skin barrier, which is designed for sensitive skin. If you want to reach Lisa, her cell phone is 832-246-2356.

We sent an email out on November 27th—Giving Tuesday—asking people to contribute to our fundraising drive which we started on World Ostomy Day. Because of many generous donations, we have collected over \$2,200 so far. Thank you so much to everyone who has given. Our goal is to collect \$5,000 to help us shore up our finances to continue our mission of providing support to ostomates in the greater Houston area. Please consider us when you are making your year-end charitable gifts. Any amount would be so appreciated. You can mail a check to our P.O. Box (on the first page of this email) or you can donate by Pay Pal by clicking here [DONATE TO OAHA](#). Thanks so much for helping us!

We hope that you will be able to join us for our annual Holiday Lunch. This year it will be lunch on December 15th at the Junior League. Check out the details in this newsletter. You can RSVP by mailing a check to our Treasurer, Tony Romeo at 231 Forest Peak Way, Montgomery, Texas 77316 or you can pay by Pay Pal by clicking here [HOLIDAY PARTY TICKET](#). If you are unsure if your payment will get to us in time, please just give me a call at 713-582-0718.

We will not have a regular support group meeting in December because of our Holiday Lunch. Our next meeting is Monday, January 14th. Please note that this is the **SECOND** Monday of the month (rather than our usual third Monday of the month). Our presenter will be Chris Rigsby, a chronic care specialist with B. Braun Medical.

I hope you enjoy the holidays, and we'll see you at the Holiday Lunch and again in January!

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

Northwest Group News

There was no November meeting in lieu of the Thanksgiving Holidays.

Everyone is encouraged to attend the upcoming Ostomy Holiday Luncheon. See the details in this newsletter!

Our next meeting will be Wednesday, January 16, 2019.

Billy Locke
337-515-6354

Baytown Group News

Baytown Ostomy Support Group was pleased to welcome Beth Peter, SE Regional Account Manager from Safe-n-Simple to their November Meeting.

Beth shared with the group that Safe-n-Simple offers products which are skin friendly and alcohol free. They work with most major suppliers and have a SimpleStart Ostomy Care Kit to allow an opportunity to trial their ostomy accessory product line. Toll free customer service line is 844-767-6334 or email at simplestart@sns-medical.com.

One of the samples that Beth brought was the new DermaPro Waterproof Silicone Tape.

Features of this interesting soft blue tape include:

- Hypoallergenic and latex free
- Perfect for patients with skin allergies or sensitive skin
- Can be used to waterproof the edges of an ostomy wafer
- Tape that can be used on pediatric to geriatric patients

Beth also passed around a sample of the Hernia/Ostomy Support Belt. Features of the belt include: easier to put on (unique glove design allows easy adjustment), 2 way stretch fabric is supportive yet comfortable, available without a pouch opening for hernia protection and Internal anti-slip pad to secure around the pouch. The group appreciated the silicone beading at the top and bottom which helps to prevent riding up and down.

Baytown Ostomy Support Group continues to meet the 2nd Monday of each month at 6 p.m. For December, we are scheduled to have Jay Walls from Ostomy Accessories visit our group again. Our meeting is on Monday the 10th.

Our newest meeting room is the Community Resource Community Room within the hospital. You will find ample parking and an easy entrance to our meeting location if you enter the parking lot behind the hospital off of Baker Road.

Hope to see you soon!

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

Gather With The Ostomy Community at UOAA's 7th National Conference! August 6–10, 2019

Join UOAA next August in Philadelphia, PA, for the ostomy communities' premier educational and social gathering. All are welcome!

For more information go to:

<https://www.ostomy.org/2019-uoa-national-conference/>



The Benefits of Giving Back in Spite of Your Health Challenges *(continued from page 1)*

I started by participating in my local UOAA affiliated ostomy support group. I attended national ostomy conferences and met many people who also had ostomies. I then joined the Digestive Disease National Coalition in Washington, DC and learned how to lobby for Bills which are needed for the digestive disease community on Capitol Hill. There I met many people active in the digestive disease community and joined The Oley Foundation.

After several years of attending national conferences with the United Ostomy Associations of America, The Oley Foundation, and The Digestive Disease National Coalition, I decided to create my own support group. I named it: The Weston Ostomy Tube Feeding Group. The group meets monthly from August to May and discusses many important issues regarding people with ostomies and enteral/parental patients.

Then I decided I wanted to help my local community. I started going to the Jewish Community Center and learning how to knit hats for cancer patients. I had not knitted since I was a little girl. I was not too optimistic since I have tremors. However, the ladies in the group taught me how to knit on a loom. I now make beautiful hats which I donate weekly to cancer patients. I was really feeling proud of myself.

One week there was a senior fair in the ballroom at the JCC while I was in my knitting group. I took a break from my knitting to go and check out the senior fair. While walking around the fair, I saw “Jet Express” and I stopped and asked about it. I was told that this was a service which the Goodman Jewish Family Services provided to seniors for \$100 a year. The service is to pick up seniors and to bring them to medical appointments, shopping or social engagements. They needed volunteers to pick up these seniors. This sounded like fun to me. I called up Pam at Jet Express and signed up.

Since signing up, I have enjoyed taking seniors to medical appointments, the beauty salon, shopping or just spending the afternoon with a senior going wherever they would like. I find the seniors so interesting. I have one senior that has lived in Florida since the 1950s and she tells me what South Florida was like when she first came. Some seniors are here alone. Their children live out of state and they are lonely. I have one senior who I take out to lunch weekly. I find I learn so much from these seniors and I bring them home so happy. As happy as they feel, I always feel happier that I could do this for them.

I then found out about The Cupboard—the kosher pantry which services individuals or families who cannot afford groceries, and Holocaust Survivors. The Cupboard is also part of the Goodman Jewish Family Services. I go to the Cupboard weekly to take grocery orders from the clients and help deliver the groceries. Since I cannot carry due to my medical equipment, I have a partner who can carry the groceries when I am delivering. I do

the driving. Again, I really enjoy meeting and talking with all the clients. They are so appreciative of everything we do for them!

Many of the clients who are having a difficult time, emotionally, physically or financially are so elated when they see us, as they know they are not alone. I know for myself, that each one of us was given a “deck of cards” on life and there is no one that has received a perfect deck. We all have “rotten” cards. Those people that can overcome these “rotten cards” will be the most successful and happiest. However, as humans, we all need a hand in helping us to overcome our individual challenges.

Once we can master our personal challenges, there is no greater joy than giving back to others. Helping others helps each of us to love life even more and appreciate our individual gifts. Life is a matter of attitude. Those with a positive attitude can not only overcome their own challenges but also help others do the same.



FOR CROHN'S & COLITIS

Ostomy Association of the Houston Area's 2018 Team was recognized for second place for fundraising in foundation/corporate division.

Congratulations to those who participated and thanks to those who donated.

Peristomal Skin Assessment Guide

from the WOCN® Society and Hollister Incorporated

Recognizing a need to help educate individuals living with an ostomy, the WOCN® Society and Hollister Incorporated collaborated with key leaders in the field of ostomy care and ostomy influencers to create the **Peristomal Skin Assessment Guide for Consumers** at <http://psag-consumer.wocn.org/#home>.

This Guide is designed to help identify some common skin problems, things you should do, and when you should visit a wound, ostomy and continence (WOC) nurse or nurse specialized in wound, ostomy and continence (NSWOC) for additional support. It is not meant to replace advice from a medical professional.

How to Use the Guide—Examine Your Skin

1. Remove your pouching system.
2. Look at your skin and stoma in both the sitting and lying positions.
3. Answer a series of questions, choosing the answer that best matches what you see.
4. Follow the instructions provided within this guide.



SPRING BRANCH MEDICAL SUPPLY

PULMONARY ASSISTANCE INCORPORATED

Ostomy & Urological Supplies ▪ Wound Care
Oxygen & Respiratory Equipment ▪ Hospital Beds
Wheelchairs ▪ Bedside Commodes ▪ Walkers
Bathroom Aides ▪ Mastectomy Products
Compression Hosiery ▪ Orthopedic Supplies

8700 Long Point Road
Houston, TX 77055

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

WOC Nurse Directory

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

Charlene Randall, RN, CWON (713) 465-8497
Specialty Wound & Ostomy Nursing, Inc.
charlene@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.



ORDER FORM

Money Back Guarantee!

☐ One-year subscription \$29.95* (25% Off) ☐ Two-years for \$49.95 (38% Off)

Make check payable to: The Phoenix magazine, P.O. Box 3605, Mission Viejo, CA 92690

Name _____

Address _____ Apt/Suite _____

City _____ State _____ Zip _____

Credit Card Orders:

Card Number: _____

Expiration Date: ____/____/____ Security Code: _____

Signature: _____

"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.
©2018 Hollister Incorporated.



Ostomy Care
Healthy skin. Positive outcomes.

Central Group

- Monthly:** Second Monday of the month for January ONLY (usually held on third Monday)
- Date:** Next meeting is January 14, 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:** **NO MEETING IN DECEMBER—Please join us for the Holiday Party December 15!**

Baytown Group

- Monthly:** Second Monday of the month
- Date:** December 10, 2018
- Time:** 6:00 p.m.
- Place:** Cancer Center Community Room
4021 Garth Road, Baytown
- Contact:** Cindy Barefield 281-428-3033
- Program:** **Guest Speaker: Jay Walls** from Ostomy Accessories

Northwest Group

- Monthly:** Third Wednesday of the month
- Date:** Next meeting is January 16, 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:** **NO MEETING IN DECEMBER—Please join us for the Holiday Party December 15!**

J-Pouch Group

- Monthly:** Third Monday of the Month
- Date:** Next meeting is January 14, 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
- Program:** **NO MEETING IN DECEMBER—Please join us for the Holiday Party December 15!**

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

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, US 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.)

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.

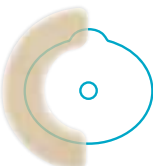
Improved coverage and larger adhesive area

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

Brava Elastic Barrier Strip

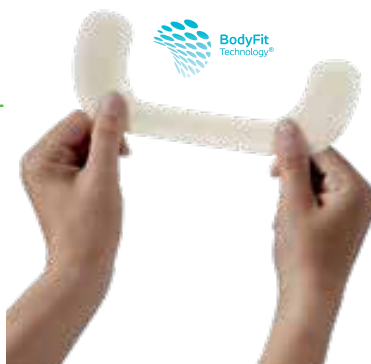


Brava Elastic Barrier Strip XL



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



Ostomy Care / Continence Care / Wound & Skin Care / Urology Care

Coloplast Corp. Minneapolis, MN 55411 / 1-800-533-0464

www.coloplast.us The Coloplast logo is a registered trademark of Coloplast A/S.

© 2018 Coloplast Corp. All rights reserved.



PM-04480 05.18



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.

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.

Osto-EZ-Vent®

#1 preferred venting device for any Ostomy pouch



Quick • Discreet • Relief™

- Pinchable Glides for easier opening.
- Convenient and Simple.
- Provides Comfort, Relief, & Confidence.
- Attaches to Any Pouch.



Call **888-562-8802**
www.kemOnline.com



Medicare Reimbursement Code A4366
 Also covered by Insurance

Contact KEM for more information on the Osto-EZ-Vent® including Where to Buy.
 Manufactured by KEM in the U.S.A.



Find us on
Facebook

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

Osto Group www.ostogroup.org
 Providing Ostomy Products to the Uninsured.



All you pay is shipping and handling. **877-678-6690**

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.



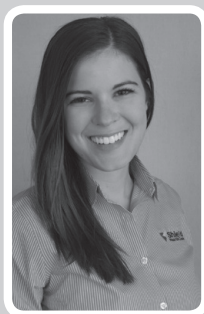
Medical Supplies For Care At Home Since 1957

Count on us for Ostomy Expertise & Resources

OstomyLife
A SHIELD HEALTHCARE
COMMUNITY

MEET LAURA... Ostomy Lifestyle Specialist

Laura offers you a fresh and candid approach on living with an ostomy through her videos, articles and "Ask Laura" feature on shieldhealthcare.com



Ostomate
Since 2011

The ostomy supply experts at Shield HealthCare are ready to support you with:

- 58 years of ostomy supply experience
- Direct billing to Medicare, Medicaid and most health plans
- Leading brand products for every unique size
- Easy supply ordering and reliable home delivery
- Online ostomy community with helpful articles & videos

We offer a full line of products from your favorite brands:



Hollister



Coloplast

ConvaTec



Connect With Us...



Learn something new today at
shieldhealthcare.com/ostomylife

To order supplies, please call 800-493-7863

Ostomy Association of the Houston Area

Board of Directors

Lorette Bauarschi	President
Denise Parsons	Vice President
Ron Cerreta	Secretary and J-Pouch Coordinator
Tony Romeo	Treasurer
Marian Newman	Visitation Coordinator
Terry Marriott	Director at Large
Mary Harle	Phone Coordinator
Mike McGinity	Director at Large
Jenrose Foshee	Program Coordinator—Central Group

713-582-0718 or lorette@bauarschilaw.com
 713-824-8841 or rockynme2@gmail.com
 832-439-1311 or texasronc@gmail.com
 713-397-6145 or saltmr@sbcglobal.net
 713-392-5768 or mnewman@uh.edu
 713-668-8433 or marriot@rice.edu
 713-782-7864
 281-798-9127 or mlmcginity@gmail.com
 281-670-5976 or jffoshee@comcast.net

Appointed Positions

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

WOC Nurses

Cindy Barefield, RN, CWOCN Charlene Randall, RN, CWON Pat Thompson RN, BSN, CWON