



January 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)

## Get Back in the Game

### Exercise your fitness options with these helpful tips

*by Wil Walker, MBA, BSN, RN, WOC Nurse Manager, Clinical Education, Hollister Incorporated*

**When is it safe to start exercising after ostomy surgery?** Stoma surgery is a major event that should not be underestimated. The first few weeks or even months following the operation may be difficult as you adjust gradually to having a stoma. The easiest and most effective form of exercise can be walking. It's best to check with your healthcare provider to determine the right time for you to begin exercising, as every person can be different.

**I'm nervous about doing sit-ups and crunches because I have heard that I could develop a hernia. Are there precautions I can take to avoid this?** There may be a risk you will develop a hernia around your stoma that can be associated with straining or heavy lifting during strenuous abdominal activity. You can help prevent the development of a peristomal hernia by taking certain precautions. Keep your weight in check and talk with your surgeon before resuming any abdominal exercises.

**How will I know that I am sufficiently hydrated?** One good sign of being well hydrated is passing clear or straw-colored urine throughout the day. Dehydration can be a concern for overachievers, whether they have stomas or not. Drink plenty of fluids at every opportunity to avoid problems with your stoma and with dehydration.

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.

**I am still very tired after my surgery. What kind of exercise can I do to start out?** Begin by walking in your house. Special videos and DVDs, or even just some invigorating music will help set the pace. You might practice going up and down stairs to increase stamina and endurance. But, if weather permits, walk outside in the fresh air to help boost your physical and mental spirits!

**I love swimming but I'm nervous that my pouch will become loose in the water. Is there anything I can do to make sure this doesn't happen?** This is a valid concern for a person with an ostomy. To determine how your pouch might perform while swimming, it is recommended to "test" your pouch. Sit in bath water for a while and assure yourself that the seal stays snug and leak-free.

**I ran my first marathon after ostomy surgery and little red marks appeared on my stoma. What are these and should I be concerned?** With a lot of running, little red marks similar to mouth ulcers might appear on the stoma because of rubbing or chafing. They should heal quickly and disappear with rest. If they don't resolve, contact your healthcare professional.

**When I exercise I perspire a lot. Is there anything I can use to avoid chafing around my pouch?** If your pouch fits properly and is not too long, it should not touch or rub against the skin. Empty your pouch before any strenuous activity as well to decrease the weight of your pouch. Consider using a pouch that has a comfort panel to avoid the pouch film from rubbing against your skin.

*Hollister Secure Start services provide ongoing support to people living with an ostomy. We are here to help! Call us today at 1-888-808-7456.*

## 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

Happy New Year! I hope you all enjoyed the holidays and are looking forward to a healthy and prosperous 2019!

We didn't have a December support group meeting. Instead, we had our annual Holiday Lunch on December 15th. The lunch was at the Junior League of Houston, where we were hosted by Mary Harle, a longtime member of the League (and the OAHA). We had record attendance for a Holiday Lunch, which was great because the food was delicious! Patti Suler, helped by her wonderful husband Billy, organized everything else, including summarizing all of our group's accomplishments in 2018, soliciting donations for the door prizes and distributing them, arranging for photographs, preparing the programs and many other details that contributed to making the afternoon very special. Thanks to Mary, Patti, Billy and all of you who attended. It was a wonderful afternoon.

I am thrilled to announce that we exceeded the goal for our fundraising drive, which we kicked off on Ostomy Awareness Day. We raised \$5,255 thanks to gifts from many members, families and friends, and especially from one very generous donor, who wishes to remain anonymous, without whom we never would have met our (admittedly) ambitious fundraising goal. Thank you so much to all our donors. These much-needed funds will allow us to continue our outreach and support to the ostomy community in Houston and surrounding areas. We'll keep you posted on our progress!

It's time for our Visitor Training this year. Please put April 27<sup>th</sup> on your calendar to save the date. More information will be coming soon.

Our next meeting is Monday, January 14<sup>th</sup>. 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.

We also will welcome some students from Rice University, who are working on a Global Health Technology Project, which involves ostomy care access for patients living in low-resource settings such as Nigeria, India, and Brazil. Many patients in these countries have to resort to using makeshift plastic bags attached to the skin with adhesive plaster or duct tape instead of proper ostomy bags because they don't have access or can't afford ostomy care. Their goal is to design an ostomy system to give these patients a safe and effective alternative to expensive ostomy bags. Kathleen Duplessis (who formerly worked in development at Rice) has already met with them, and they have requested our input. I look forward to seeing you at the meeting.

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

**Save the Date for Visitor Training!**  
**April 27, 2019**

## Baytown Group News

Baytown Ostomy Support Group gathered on the 2nd Monday of December in the Community Resource Credit Union (CRCU) Room at Houston Methodist Baytown Hospital. We were pleased to have Jay Walls from Katy, Texas join us. Jay is a local designer and creator of an innovative belt that "helps people live a better life with ostomies." Jay shared his personal motivation as an ostomate with the group as well as success stories from ostomates that he has helped.

Children love the bright colors and patterns that Jay is able to use when he customizes a belt for them. One of the newest creations Jay has done is a belt for nephrostomy tubes. Jay notes that wearing the belt can extend the wear time on the wafer up to seven days. The group was able to see and feel the various options that Jay could provide. One member had purchased several belts from Jay. He and his wife were very pleased with the custom-made option provided by this belt unlike any other on the market. Find out more about Ostomy Accessories by Jay Walls at: [www.etsy.com/shop/OstomyAccessories](http://www.etsy.com/shop/OstomyAccessories) or [Ostomyaccessories@yahoo.com](mailto:Ostomyaccessories@yahoo.com) or Ostomy Accessories Jay Walls on YouTube.

Baytown Ostomy Support Group will continue to meet the 2nd Monday of each month from 6–7 pm. We will meet in the Community Resource Community Room at 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

## Northwest Group News

There was no December meeting and many members attended the Ostomy Holiday Luncheon.

Our next meeting will be Wednesday, January 16, 2019. We will have a roundtable and plan for the new year.

**Billy Locke**  
337-515-6354

### 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/>



## Holiday Party Pics *(with special thanks to Patti Suler and Rose Poole)*



## Get Your Rear in Gear Walk

Ostomy Association of the Houston Area provided both an informational booth and walk team for the first time at the Get Your Rear In Gear annual fundraising event this past year.

Our table was manned by Outreach Coordinator Ed Wood and his wife Gladys. The walk team was organized by Laurie Pitzer. We raised over \$650 from individual contributions and one corporate match.

Team OAHA finished the 5K event in under one hour and ten minutes. Next year we plan to beat the team wearing black spandex with green tutus if only by starting in front of them!

*Many thanks to all of our supporters.*







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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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"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>

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](http://www.hollister.com/tryCeraPlus)**.

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

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Ostomy Care  
Healthy skin. Positive outcomes.

## Central Group

**Monthly:** Second Monday of the month for January ONLY  
(usually held on third Monday)

**Date:** 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:** **Guest Speaker: Chris Rigsby**, chronic care specialist with B. Braun Medical.

## Baytown Group

**Monthly:** Second Monday of the month

**Date:** January 14, 2019

**Time:** 6:00 p.m.

**Place:** Cancer Center Community Room  
4021 Garth Road, Baytown

**Contact:** Cindy Barefield 281-428-3033

**Program:** Roundtable and Program Planning

## Northwest Group

**Monthly:** Third Wednesday of the month

**Date:** 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:** Roundtable and Program Planning

## 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

*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](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, US 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.)

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***"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.

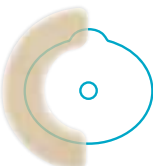
#### **Improved coverage and larger adhesive area**

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

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

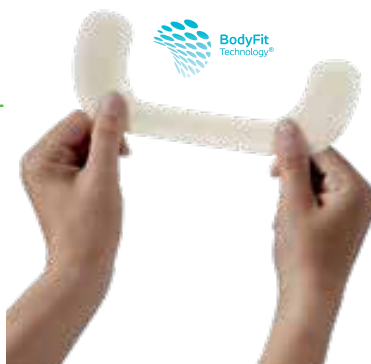


#### **Brava Elastic Barrier Strip XL**



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

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

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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.

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.

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

## Membership Application

Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown.

Dues of **\$25.00 per year** are payable to:

**Ostomy Association of the Houston Area, Attention: Treasurer**

**P. O. Box 25164, Houston, TX 77265-5164**

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ E-mail: **(required)** \_\_\_\_\_

Surgery Date: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Reason for surgery ☐ Crohn's ☐ Ulcerative Colitis ☐ Cancer ☐ Birth Defects ☐ Other \_\_\_\_\_

Do you speak a foreign language? ☐ Yes ☐ No Foreign language spoken: \_\_\_\_\_

### Procedure or Relationship:

To help us complete our records, please answer the following. **Check all that apply.**

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Colostomy         | <input type="checkbox"/> Continent Ileostomy | <input type="checkbox"/> Parent of Child with procedure |
| <input type="checkbox"/> Ileostomy         | <input type="checkbox"/> Continent Urostomy  | <input type="checkbox"/> Spouse/Family Member           |
| <input type="checkbox"/> Urinary Diversion | <input type="checkbox"/> Pull-Through        | <input type="checkbox"/> Physician                      |
| <input type="checkbox"/> Other: _____      |  | <input type="checkbox"/> Nurse                          |

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

☐ I would like to attend meetings with the **(please circle one)**:

Central Group      Baytown Group      Northwest Group      J-Pouch Group

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

I learned about the Ostomy Association from

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

I am interested in volunteering. ☐ Yes ☐ No

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





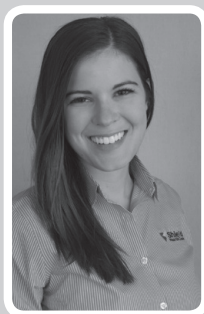
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## Ostomy Association of the Houston Area

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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