



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

Ostomy Support, Love and Giving Back

By Jeanine Gleba, UOAA Advocacy Manager

On November 11th the United States observes Veterans Day to honor all those who have served in the United States Armed Forces. This year at UOAA I'd like to shine a light on two Veterans with ostomies who now continue to serve as volunteer advocates with UOAA in the Advocacy Network. Most recently, they were able to raise ostomy awareness in the state of Texas by garnering not one, not two, but three proclamations from their town, County and the Governor!

Dan Shockley is an Operation Desert Storm; Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF) veteran. He served for 22 years in "the world's greatest Navy" onboard 7 different ships. His last tour before retiring was after 9-11 on the ground in Bahrain in direct support of OEF and OIF between September 2001–September 2003. In 2012 after his first and only colonoscopy revealed 100 polyps embedded in his colon, rectum and anus, he was diagnosed with a rare gene mutation known as attenuated familial adenomatous polyposis (AFAP). In July 2012 at 51 years of age, he had successful ileostomy surgery at Tripler Army Medical Center, Hawaii.

Donna Desoto, Dan's girlfriend, began her Military career in 1976. She was in the last basic training class of The Women's Army Corps (WACS). She also attended the Medical Lab Assistant school at the Academy of Health Sciences at Ft. Sam Houston, TX. She was then chosen to join the medical research team at Headquarter Co Troop Command at Brook Army Medical Center under the Clinical Investigation Services. She co-invented a vaccine for burn patients and received The Army Commendation Medal for meritorious service of her research between 1976 to 1979. While serving in the military she was diagnosed with Chronic Interstitial Cystitis. After over a year of trying to save her bladder with an experimental drug instilled in her bladder surgically, she had urostomy surgery. She also had a stroke prior to that due to an allergic reaction to an unknown medicine. It

took 25 plus surgeries before removing her bladder. She was in the hospital the whole time leading up to the final removal of her bladder and then was medically retired in 1981. I recently caught up with them and asked the following questions:

UOAA: *How did you two meet and become a couple?*

Dan: Donna and I met on the Singles with Stomas Facebook group in the summer of 2016. We commented on each other's posts. In the following months we developed a friendship based on our commonalities. We're both retired military, left-handed, interested in medical research, and of Scottish descent. In May 2018 she called me suggesting it was time for us to get together. At the end of July, I relocated to South Texas to be with her.

UOAA: *Such a great story!*

UOAA: *How did you get involved in UOAA?*

Dan: My involvement began as an inpatient at Tripler Army Medical Center, Hawaii, after my surgery. Tripler's WOC nurse shared with me information about United Ostomy Associations of America. At that point I was eager to share my diagnosis and story with others and UOAA and become an advocate.

UOAA: *It's so important for people to realize that they can make an impact when they do share their story whether it is*

(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.

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Central Group News

At our meeting in October, we welcomed Jay Walls with Ostomy Accessories. Jay, a local ostomate, shared with us the belts he has created and still sews himself. They come in a variety of sizes and patterns for both adults and children. The belts are made out of a spandex material and has either Velcro, button or snap closures. Jay also will even work with you to make custom designs. You can get more information at his website at www.etsy.com/shop/OstomyAccessories.

We are off to a good start with our fundraising drive which we started on World Ostomy Day. We have collected over \$1,100 so far, which is fantastic. Thank you so much to everyone who has given. But, 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 making a gift—any amount would be so appreciated. You can mail a check to our P.O. Box (on the first page of this newsletter) or you can donate through Paypal using the button provided within this month's email. Thanks in advance for your support.

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 and be sure to send us your check as soon as possible.

Also, please look for the information in this newsletter on the Get Your Rear in Gear walk/race on November 17th. Our group is sponsoring a team. Let's support Laurie and Patti and the other team members.

Our next meeting is Monday, November 19th, the Monday of Thanksgiving week. Our presenter will be Lisa Osterhaus with Hollister. See you soon!

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

Northwest Group News

Our annual picnic was delicious. We enjoyed brisket, dirty rice, chili with all the fixings, chicken & shells, beef stew & corn bread, pumpkin cake, pumpkin cookies, apple pie, fresh fruit salad and more. Truly a feast with friends! Once again we passed the pumpkin and answered Truth or Scare questions that brought even more laughter and surprises. Everyone enjoyed the holiday door prizes.

We hoped to have our biannual product swap meet at a special November meeting but this year has been abundant. We are skipping our regular November meeting in lieu of the Thanksgiving Holidays. Our December meeting will be replaced by the Holiday Party.

Our supply swap meet will be scheduled at the beginning of 2019. Thank you to everyone who came and enjoyed our programs this past year.

We missed seeing Suzanne, Christy, Celita, Jane, Jay and many others—perhaps they can join us at the upcoming Holiday Party on December 15th (details in this newsletter).

Billy Locke

337-515-6354

Baytown Group News

Baytown Support Group welcomed Kristin Kruizenga and Amber Hammonds, Clinical Dietitian to present: *Deciphering Food Label Claims*.

Do you know what nutrition claims such as Free, Low, High, Reduced, Good Source, Natural, Organic and Healthy indicate about the food you buy? Kristin shared a helpful presentation with our group to help us better understand these terms.

If foods claim to be sodium, sugar or fat free, they must have less than less than 5mg of sodium and 0.5 grams of sugar or fat. Reduced sugar, sodium or fat would require the food to be only 25% less than the regular product. Lightly salted will get you a product that is 50% less salt than normal.

FDA has no official definition for a "Natural" product but generally accepts no added color, artificial flavors or synthetic substances. Organic is considered to be produced without genetic engineering (GMO). "Made with Organic" ingredients requires at least 70% of the product must be certified organic ingredients. "100 percent Organic" requires all ingredients be certified organic. (such as USDA Organic)

Food labels are getting easier to read. Look on the back of the product, start at the top and make your way down. Serving size is very important and then look at calories.

Percent of Daily Value is a guide to healthy eating. 5% or less is low and 20% or more is high. Percent Daily Values are based on a 2000 calories diet. Your daily values may be higher or lower depending on your calorie needs.

Kristin took us through several side by side food comparisons. On one product, the fat free version was substituted for the regular product and the carbohydrate count was 4 times as high! On another cookie product, we found that the sugar free version was not much different than the regular product! Some chip companies got it right—go BAKED LAYS! The take away here—read the label carefully.

Baytown Ostomy Support Group continues to meet the 2nd Monday of each month at 6 p.m. November 12th we have a presentation from Safe-n-Simple planned and Jay Walls from Ostomy Accessories is scheduled for December 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, CWCN, 281-428-3033



Northwest Support Group's Annual Picnic

Ostomy Support, Love and Gliving Back

(continued from page 1)

inspiring someone else or making the journey a little easier for someone questioning life with an ostomy. There is also a big need in our advocacy efforts especially legislatively because elected officials want to help their constituents who the issues directly affect and hear their stories. We can raise so much more awareness when we grow in numbers.

UOAA: *Why do you advocate for ostomates?*

Dan: My life's focus as a colon cancer warrior, having a rare gene mutation and an ostomy is to be a source for the importance of early detection. It's also important to me to show that life can go on having an ostomy. I consider my diagnosis a challenge rather than obstacle. That said, there's an old cliché you can lead a horse to water, however you can't make it drink. I've heard there is a way to influence the horse to drink when it reaches the watering hole. Feed it salt along the way. Hopefully my story will serve as a source of salt for those who read it.

Donna: The main reason I feel the importance of advocating for ostomates is because I feel increasing awareness is very important and other more well known causes get lots of awareness whereas I see that many people have little or no knowledge of what an ostomy is. Also, I see a need legislatively for ostomates in areas that should be addressed especially one area I have experienced is the usage of restrooms and other public issues.

UOAA: *Why is it important for people to get involved?*

Dan: Projecting a positive outlook is important to me. Having an ostomy is a lifesaving surgery. By sending out positive vibes I receive them back tenfold. I may have been diagnosed with AFAP but my AFAP mantra is: Always Forge Ahead with a Purpose!

Donna: Being involved with UOAA and my other volunteer efforts (Donna founded Sav-Baby Inc.) has helped me to take my mind and focus away from my medical challenges and pain and allows me the opportunity to reach out to those struggling with their current or ongoing medical issues. Not only can I hopefully be an inspiration to others it is also an opportunity to make new friends and encourage them to get involved in some way such as a being a friend to someone else or becoming an advocate or volunteer.

To read the rest of the interview, please visit

<https://www.ostomy.org/service-to-country-and-the-ostomy-community/>.



Thank you to all Veterans who have or are actively serving America! Happy Veterans Day!

Get Your Rear in Gear Fundraiser Saturday, November 17, 2018

The Ostomy Association of the Houston Area has officially joined the **Get Your Rear in Gear** benefitting the Colon Cancer Coalition with its first team. There are four suggested ways to participate in this event. Please consider helping us to prevent future colon cancer ostomates.

This is a fun run/walk on Saturday, November 17, 2018, at the Baylor College of Medicine, The McNair Campus located at 7200 Cambridge Street, Houston, TX, 77030. Packet pickup begins at 7:00 am. Opening ceremony is at 7:35 am.

To donate to team: <http://gyrig.convio.net/goto/OstomyHouston>

To support Captain Laurie Pitzer: <http://gyrig.convio.net/goto/HelpLaurieFight>

Contact Team Captain Laurie Pitzer at 713-301-6351 or member Patti Suler (see back of newsletter for contact info) for questions.

Annual Holiday Party Luncheon

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

Date: Saturday, December 15, 2018

Time: 11:00 a.m.–1:30 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

Reservations can be made 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)



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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.



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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.



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Central Group

Monthly: Third Monday of the month
Date: **November 19, 2018**
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: Lisa Osterhaus** with Hollister

Baytown Group

Monthly: Second Monday of the month
Date: **November 12, 2018**
Time: 6:00 p.m.
Place: Cancer Center Community Room
 4021 Garth Road, Baytown
Contact: Cindy Barefield 281-428-3033
Program: **Presentation from Safe-n-Simple**

Northwest Group

Monthly: Third Wednesday of the month
Date: **November 21, 2018**
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 NOVEMBER DUE TO THANKSGIVING HOLIDAY**

J-Pouch Group

Monthly: Third Monday of the Month
Date: **November 19, 2018**
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), 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.)

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– Mike

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

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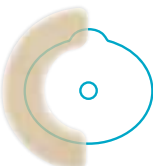
Improved coverage and larger adhesive area

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

Brava Elastic Barrier Strip

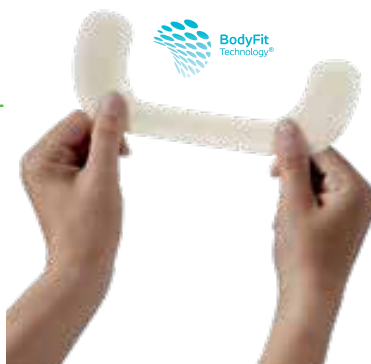


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The **United Ostomy Associations of America (UOAA)** can be contacted at:
www.ostomy.org or **800-826-0826**

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.



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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 |
| <input type="checkbox"/> Urinary Diversion | <input type="checkbox"/> Pull-Through | <input type="checkbox"/> Physician |
| <input type="checkbox"/> Other: _____ | | <input type="checkbox"/> Nurse |

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

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

Central Group Baytown Group Northwest Group J-Pouch Group

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

I learned about the Ostomy Association from

☐ WOC Nurse ☐ Physician ☐ Newsletter ☐ Surgical Shop ☐ Website ☐ Other: _____

I am interested in volunteering. ☐ Yes ☐ No

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



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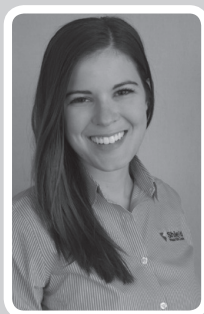
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