



AFFILIATED SUPPORT GROUP

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

Ostomy Association of the Houston Area

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

October 2018

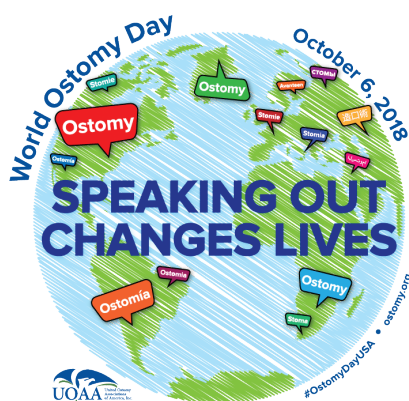
Help Us Help Others

World Ostomy Day comes once every three years yet the Ostomy Association of the Houston Area (OAHA) is here every day, every year and has been for over 62 years. We help ourselves by helping others to help themselves. This basic strategy provides the foundation for our non-profit organization's continuing success.

As we all know, learning how to live after ostomy surgery can be challenging as we overcome many unknowns. Critical support for families and new ostomates is just the beginning of changes from this life saving surgery. OAHA provides a sustaining foundation through peer support groups, education, and information to answer many questions.

Our members learn they can have healthy normal lifestyles after their ostomy surgery. President Lorette Bauarschi recalls, "In the difficult post-operative phase when I really needed help, the OAHA gave me the confidence and knowledge which I needed to move forward." Ostomates can return to work, travel internationally, swim, ride horses, compete in marathons and much more.

"Speaking out changes lives" is the theme of this year's World Ostomy Day celebration. The Ostomy Association of the Houston Area wants to continue in this celebration and rally all of our supporters in a fundraising drive which will directly benefit



Save the Date!—Holiday Lunch

Saturday, December 15, 2018, beginning at 11:00 a.m.
Junior League Tea Room • 1811 Briar Oaks Lane
Houston, TX 77027

We are working on plans, so look for more information on menu, price (under \$30 per person) in our November issue of this newsletter.

ostomates in the Houston region. Your gift will help support the following critical areas of need:

- Fund production of our monthly newsletter, our website (www.ostomyhouston.org), and fliers and educational materials for local outreach events.
- Provide annual membership dues for fellow ostomates who otherwise would not be able to afford membership.
- Sponsor an annual Houston scholarship for WOC (Wound, Ostomy and Continence) Nurse Certification.

Please consider making a tax-deductible donation to "Ostomy Association of the Houston Area." We are the only 501(c) (3) nonprofit organization in Houston dedicated to helping empower and educate our fellow ostomates, their family members, friends and even local healthcare professionals. Your donation stays in the Houston area and will ensure that we continue to directly impact the lives of our fellow ostomates and their families.

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.

In This Issue

World Ostomy Day	1
Group News	2
Get Your Rear in Gear Walk	3
How Awful! Don't Tell Anybody	3
WOC Nurse Directory	4
Meeting Dates/Times	5
Advertising, Support	4-7
Membership Information	7
Contact Information	8

Central Group News

At our meeting in September, we welcomed Brian Hakel, the creator of the stoma shield and the founder of StomaGear. The stoma shield is a protective covering for the stoma to prevent unintended trauma. The stoma shield comes in three sizes, with an adjustable belt and three sets of padding. You can find out more information on www.stomagear.com. Brian also was nice enough to stay for the question and answer portion of our meeting and helped answer questions from some new ostomates.

As is mentioned elsewhere in this newsletter, October 6th is World Ostomy Day. The aim of World Ostomy Day is to improve the rehabilitation of ostomates worldwide by bringing to the attention of the general public and the global community the needs and aspirations of ostomates. Our group's mission is completely aligned with this. In order to further our mission, we are kicking off a fundraiser for our group on World Ostomy Day. Please look for our letter in your inbox soon and please consider making a gift to us.

Our next meeting is October 15th. Our presenter will be Jay Walls, the designer of ostomy belts. I look forward to seeing you.

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

Northwest Group News

Our September meeting was everything we hoped for. Dr. Chip Winkel provided a stunning, educational program laced with down to earth explanations, chalkboard drawings and plenty of humor. He provided information on the history of ostomy procedures and then answered all of our questions ranging from prostate cancer, bladder cancer, kidney stones, and more. It was truly an interactive event that lasted well beyond our normal meeting time. We missed Carol, Celita, Beverly, Betty, Jay, Suzanne and others.

Next month is our annual Northwest Group Picnic. Our picnic is an informal inside gathering of fellowship and food. We might even host a surprise vendor or two. This event is perfect for starting off your holidays with an opportunity to test out or perfect your holiday management with an ostomy.

This year we are having an old-fashioned potluck. Bring your favorite dish that will serve 6-8 people. We will have door prizes, music and more! Concerned your dish might conflict with another? Contact Patti (contact info on the back of this newsletter) to register your dish ahead of time.

Billy Locke
337-515-6354

Baytown Group News

Unfortunately, the September meeting had to be cancelled due to bad weather.

Please join us on October 8th for a presentation: ***Deciphering Nutrition Labels*** by Amber Hammonds, RD, LD, Clinical Dietitian at Houston Methodist San Jacinto Hospital.

Baytown Ostomy Support Group continues to meet the 2nd Monday of each month at 6 p.m. in the Community Room at the Cancer Center.

Hope to see you soon!

Cindy Barefield, RN, CWOCN
281-428-3033

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.

SURVEY

Are you able to obtain your prescribed ostomy and/or urological medical supplies?

FROM UOAA:

UOAA is a member of United Spinal Association's Access and Care Coalition, which consists of patient, clinician, physician, consumer and disability advocates, as well as urological and ostomy medical technology suppliers and manufacturers.

Our mission is to advocate for policies and programs that ensure consumer access to medical supplies under Medicare, Medicaid and private insurance.

We would greatly appreciate your help by filling out this quick survey. UOAA is the patient organization representing people living with an ostomy or continent diversion, so your input is critical.

Information about Access and Care Coalition

<https://www.unitedspinal.org/access-care-coalition/>

The Survey:

<https://www.surveymonkey.com/r/RQVKLRP>

Thank you!

Get Your Rear in Gear Fundraiser Benefiting the Colon Cancer Coalition 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.

Athletic Level	Adult 5K timed run \$28* fee through November 14, 2018
Sporting Level	Adult 5K walk \$28* through November 14, 2018
Supportive Level	Donate to OAHA Team/Member \$20 minimum request
Above and Beyond Level	Donate to Team/Member and Cheer on Site

There are also several entry variations for kids and teens. You can review the full event and schedule details at www.Join.ColonCancerCoalition.org.

To donate to the team:

<http://gyrig.convio.net/goto/OstomyHouston>

To support Captain Laurie Pitzer:

<http://gyrig.convio.net/goto/HelpLaurieFight>

We raised over one thousand dollars the first time we joined the CCFA Take Steps walk on behalf of our Inflammatory Bowel Disease related ostomates. This run/walk is for those who joined our group due to colon cancer. Let's fight together to put an end to colon cancer.



The last mile section of the run/walk course or bike route will host signage honoring those diagnosed with any cancer, remembering loved ones, and/or celebrating the important people in their lives. After the event, these signs may be taken home. Blue mile signs are double-sided and must be ordered twelve days before the event. Signs are \$30 each and may be purchased via the donation links.

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

**includes processing fee.*

Fees go up the day of the run.

How Awful! Don't Tell Anybody!

By Mohna Bos, member of Metro Maryland Ostomy Association, Inc. (article from 2005 and shared by many)

When I had my colon operation and became an ostomy patient, I thought I was unique! I had never heard of an ostomy before. One visit to the Metro Maryland Ostomy Association meeting opened my eyes to the fact that I certainly was not the only person to have that kind of problem. Back home after surgery, one of my neighbors came to welcome me back from the hospital and wanted to know what had happened to me. I told her I had a colon operation and was now an ostomy patient. Promptly came the question, "What is that? Never heard of it." Halfway through my explanation, her face looked as though I was telling her a dirty joke. "Please stop!" she said. "This is awful! Don't tell anybody!"

"What is so bad about it?" I said. "So, I had an operation and am now wearing a pouch. So, what?" Her remark reminded me of the fact that, just about one year earlier, she had been in the same hospital for a cancer operation. When I visited her at that time, it never occurred to me to say, "How awful! Don't tell anybody?" It was just one of those things that happened to thousands of women, all over the world, every day of the year. Why was it then that her remark to me made me almost feel guilty? Was that just my impression or do other people also have that problem? Is it because of the area of the body that is involved? Is that why ostomy is so much less known than cancer, diabetes, Parkinson's disease or any other? I have never seen the health section of any newspaper or magazine mentioning ostomy.

Are we the "forgotten people"? What can we do about it? My first answer might be, "Nothing, just grin and bear it." But we can change people's perceptions by the way we accept our ostomy. Only then can we inform people. Someday the word "ostomy" may not be so unmentionable as "cancer" once was. Without realizing it I had just educated one more person whether she liked it or not.

Editor's note: Mohna Bos had her ostomy at 91 years of age when she wrote this article. Sadly, Mohna died in 2017 at about age 104.



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.



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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

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: **October 15, 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: Jay Walls**, the designer of ostomy belts

Baytown Group

Monthly: Second Monday of the month
Date: **October 8, 2018**
Time: 6:00 p.m.
Place: Cancer Center Community Room
 4021 Garth Road, Baytown
Contact: Cindy Barefield 281-428-3033
Program: **Guest Speaker: Amber Hammonds, RD, LD**, Clinical Dietitian at Houston Methodist San Jacinto Hospital will present: ***Deciphering Nutrition Labels***

Northwest Group

Monthly: Third Wednesday of the month
Date: **October 17, 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: **Annual Potluck Picnic**

J-Pouch Group

Monthly: Third Monday of the Month
Date: **October 15, 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 Cerrera 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.)

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.

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The new Brava® Elastic Barrier Strip XL

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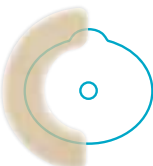
Improved coverage and larger adhesive area

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

Brava Elastic Barrier Strip

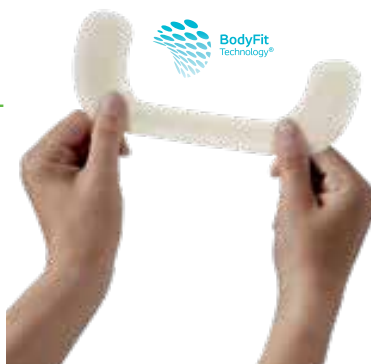


Brava Elastic Barrier Strip XL



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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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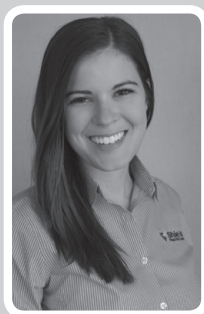
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