



Ostomy Association of the Houston Area

"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

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

Central Group

Monthly: Third Monday
Time: 7:00 p.m.
Place: American Cancer Society Building
6301 Richmond Avenue, Houston
Contact: Terry Marriott 713-668-8433
marriott@rice.edu
Meeting: **Monday, January 19, 2009**
Program: **Roundtable and Planning for 2009**

Baytown Group

Monthly: First Monday
Time: 6:00 p.m. (*please note new time!*)
Place: Community Room in Lobby of San Jacinto
Methodist Hospital
4401 Garth Road, Baytown
Contact: Cindy Barefield 281-420-8671
Meeting: **Monday, January 5, 2009**
Program: **Ostomy Skin Care: Road Map for Healthy
Skin & Prevention of Common Problems**

Patient Visiting and Support Services

Doctors and ET Nurses, please note:

Upon request from a doctor or nurse, a specially trained visitor will be sent to visit an ostomy patient before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. There is no charge for this service. The visitor does not give medical advice. Please contact our Visitor Coordinator, Dorothy Andrews at 713-789-4049.

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.

Northwest Group

Monthly: Tuesday following the third Monday
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: Tony Romeo 281-537-0681
sal1mr@sbcglobal.net
Meeting: **Tuesday, January 20, 2009**
Program: **Roundtable and Planning for 2009**

J-Pouch Group

Monthly: Third Monday
Time: 7:30 p.m.
Place: American Cancer Society Building
6301 Richmond Avenue, Houston
Contact: Ron Meisinger 281-491-8220
Meeting: **Monday, January 19, 2009**
Program: **General Discussion**

Editing Help Needed

Please consider volunteering to serve as editor for this monthly newsletter. The job involves collecting meeting information from the groups (by email), providing articles (original or from archived newsletters), and sending information on to the graphic designer. No design work is involved for the editor. If you would like to know more, please contact Ed Wood at 281-493-5015 or ewood6@comcast.net.

Central Group News

A good time was enjoyed by one and all at the Holiday Dinner at the Pine Forest Country Club in December. Thanks to Floyd and Judy for being our photographers this year. You will find some of their pictures on page four of our newsletter. A big thank you to Tom and Dorothy for hosting us at such beautifully decorated surroundings. Thanks to Judy for arranging for the door prizes and table favors.

We hope that Kathleen and Denise are fully recovered from their illness that prevented them from attending the Holiday Dinner, and we hope that Terry and Chuck are continuing to recover from their illness and procedure of recent weeks.

We are appreciating the good job Anne Swanson has been doing with the new newsletter format and the job that the printer, Minuteman Press-Metro, has been doing with the great copy of pictures that are going into the newsletter.

Please reserve Saturday, February 7, 2009 from 8:30 a.m.–2:00 p.m. for our Visitors Training which will be held at the American Cancer Society Building at 6301 Richmond Avenue, Houston. This training is open to ostomates who are interested in helping new ostomates by phone call or personal visit. To be eligible for the training you must be one-year post-op and well adjusted to your ostomy. Besides our organization wanting to provide a group of visitors for the Houston area, the United Ostomy Association of Associations specifies an ongoing visitors training program as a requirement to affiliate with them. This training is conducted every other February. This training is a requirement for certification of new visitors and provides renewal certification for visitors who have previously

been trained. Great effort goes into planning this event and we hope that you will consider supporting it with your attendance. Through an effort in communicating with home health care workers in the Houston area, we anticipate an increase in requests for visitors. For further questions, contact Dorothy Andrews at 713-789-4049 or Terry Marriott at 713-668-8433.

We will soon be creating a nominating committee for finding candidates for the board of directors.

The Board of Directors has scheduled a meeting January 5 for planning for the first few months of 2009. Topics would include the February Visitors Training and possible changes in the delivery of the bulk mail to the downtown post office, and filling the position of the newsletter editor.

The first part of the dues renewal notices will be sent out in January. Those included in the notices will be persons who joined from January to June of 2008 or in the first six months of any previous year. We send notices out twice a year in January and July. The July notices will cover persons who joined from July to December of 2008 or in the last six months of any previous year. Thanks for your ongoing support that allows our group to continue to provide services to ostomates in the greater Houston area.

Our first meeting of the Central group of 2009 will be on Monday, January 19. We will have a roundtable discussion and plan for the meetings and topics for 2009. Hope to see you there.

Ed Wood (for Terry Marriott)

Keep the Weight Off in 2009!

Source: *Prevention Magazine*

- Sit down to eat. Take the time for 3 or 4 meals.
- Snack only when you're hungry.
- Use shopping lists to avoid fattening impulse buys.
- Peruse the produce section, check labels, and generally eat a nutritious diet.
- Relieve stress by learning alternative ways of coping.
- Walk or talk with a friend instead of spooning up ice cream.
- Dance, bicycle, join a softball team—whatever it takes to make exercise pleasurable.
- Enjoy chocolate guilt-free, but limit intake to two candy bars a week.
- Don't be on and off a diet. Creating a healthy lifestyle is a week-, month-, and year-long practice that takes time.

Nutrition Tip

Via aarpnews@news.aarp.org

Try plain, nonfat yogurt as a healthy alternative to mayonnaise and sour cream in dips, salad dressings, and other recipes. You'll get healthy bacteria, less fat (0 grams per eight-ounce serving instead of 75 for mayo and 47 for sour cream), and fewer calories. A whole cup of plain, nonfat yogurt has the same number of calories—100—as only one tablespoon of mayo!



Baytown Group News

Another new year and another move...but this time just on the calendar! Last year, we made a move to our new meeting location of the Community Room. This year, the group has agreed to meet the **1st Monday of each month at an earlier time...6:00 p.m.**

In December, a small but interested group gathered for Roundtable. In addition to sharing thoughts for the year as it comes to an end, the group discussed the upcoming Visitor Training in February. Special thanks to Sharon Peebles, who has been the Certified Visitor for the Baytown area for the past 2 years.

Friends, family and ostomates—we hope you will join us each month: 1st Monday at 6:00 p.m.

Cindy Barefield, RN, WOCN
281-420-8671

Northwest Group News

We hope everyone is having a happy holidays and we are looking forward to seeing everyone in January.

Gay Nell Faltysek
281-446-0444

Tony Romeo
281-537-0681

The United Ostomy Associations of America (UOAA) can be contacted at
www.uoaa.org

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.

Visitor Training Is Coming Soon

On **February 7, 2009**, the Houston Chapter will have their biannual **Visitors Training** at the American Cancer Society building at 6301 Richmond Ave. This will train new visitors and will renew for another two years those visitors who previously have been trained. We will use the new training video that was produced by the Fort Worth Chapter of UOA. Training will take place from 8:30 a.m. to 2:00 p.m. Please bring a sack lunch. The Chapter will provide drinks. For more information call Terry Marriott 713-668-8433 or Dorothy Andrews 713-789-4049.

We encourage you to bring your spouse or significant other and members of your immediate family to our meetings.

It's All Here!

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.



Half of each subscription funds the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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0508 SG HLFAD

Special Event

Members Celebrate the Holidays in Style



Members gathered to celebrate the holidays at the Pine Forest Country Club, December 9, 2008



Winners of door prizes



Mary and Terry



Floyd and Judy



Gladys and Ed



Lorette and Mom



Amy and Tom



Dorothy and Tom



Clarice, Judy, and Jane



Marilyn and Paul



Michael and Debra

Opportunities and Announcements

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 and sent to:

Ostomy Association of the Houston Area
Attn: Lorette Bauarschi, Treasurer
P. O. Box 25164
Houston, TX 77265-5164

Memorial Fund

Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable and sent to: Ostomy Association of the Houston Area

Attn: Mary Harle
P. O. Box 25164
Houston, TX 77265-5164

(When sending a donation, be sure to include the name of the person being honored so that appropriate acknowledgement can be sent.)

Donation of Supplies

We are contacted on a regular basis by individuals who are in need of donated ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Laura Beth Jackson at 281-530-8912 with any questions.

Consultation with ET

Clarice E. Kennedy, Certified Enterostomal Therapist, is available for consultations. Clarice is an ostomate with over 30 years of knowledge and experience to share with anyone who has questions about, or needs assistance with, the care of an ostomy both prior to and following surgery. Contact cekennedy1@peoplepc.com or call 713-647-8029.

Sponsorship

You can sponsor a member of our ostomy support group with a tax-deductible donation to cover the cost of their membership. Send your check in the amount of \$25.00 to:

Ostomy Association of the Houston Area
Lorette Bauarschi, Treasurer
P. O. Box 25164
Houston, TX 77265-5164

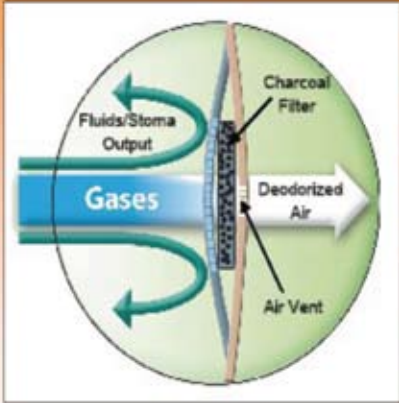
Use Those Shopping Cards

Kroger and Randalls return a percentage of your purchases to the Ostomy Association on a quarterly basis. For card applications, contact Ed Wood at 281-493-5015 or ewood6@comcast.net.

Moving?

Our newsletter is sent by bulk mail, which the Post Office will not forward even if you fill out a forwarding request. To continue receiving the newsletter after a move, contact Lorette Bauarschi, Treasurer, at 713-460-1955 or lbauarschi@sbcglobal.net or send your request to the Ostomy Association of the Houston Area, P. O. Box 25164, Houston, TX 77265-5164.

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Monday through Thursday, 8:30 a.m.—8:00 p.m. ET,
Friday, 8:00 a.m.—6:00 p.m. ET, and
Saturday, 10:00 a.m.—2:00 p.m. ET.

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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: _____

Surgery Date: _____ Birth Date: _____

Reason for surgery: ☐ Crohn's ☐ Ulcerative Colitis ☐ Cancer ☐ Birth Defects ☐ Other _____

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

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

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

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Fax (713) 461-5806

Ostomy Consultations with

Clarice E. Kennedy, CET

By appointment only

Call (713) 647-8029

Newsletter Advertising: Please contact the newsletter editor for sponsorship and advertising opportunities.

Lock 'n Roll

Closure System

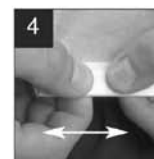
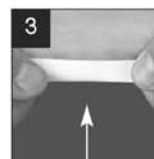
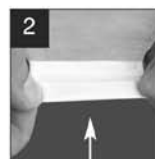
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