



January 2010

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: **January 18, 2010**
Program: **Guest Speaker: Patricia Carroll, Insurance Expert**, who will speak and answer questions about Medicare and any other insurance issues that you might have.

Baytown Group

Monthly: First Monday
Time: 7:00 p.m.
Place: Community Room in Lobby of San Jacinto Methodist Hospital
4401 Garth Road, Baytown
Contact: Cindy Barefield 281-420-8671
Meeting: **Monday, January 4, 2010**
Program: **Roundtable Discussion**

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
sal1tmr@sbcglobal.net
Meeting: **January 19, 2010**
Program: **Roundtable Discussion**

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 18, 2010**
Program: **General Discussion**

Holiday Party Photos! (see page 4)

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Central Group News

We had a new record number of 38 people attending and having fun at our annual Ostomy Association of the Houston Area Holiday Party including members and guests from our Satellite Groups as well as the Central Group. We wish to thank Dorothy and Tom Andrews for acting as our hosts at the Pine Forest Country Club which was decorated beautifully. The food and camaraderie were great. We also would like to thank Ron Cerreta for donating exercise equipment for door prizes and Ed Wood for providing the poinsettias which were also used for door prizes.

Looking back on the past year, here is a brief synopsis of some of the things we did:

We had a Visitor's Training Session on Saturday, February 7th, during which we had 17 members learn or renew the proper techniques for visiting patients and those who are considering ostomy surgery. Visitation can occur in the hospital, by telephone, at home, or else where. We learned the way it should be done and also what to avoid doing by demonstration and role play.

We celebrated our 53rd Anniversary of being an Ostomy Association with a reception at the ACS Building in March.

This spring we had a very enthusiastic Patti Suler volunteer to be the new editor of our Newsletter and she is doing a great job thus far.

In April, we had Robert F. Gagel, MD, explain Glucocorticoid-Induced Osteoporosis and the various causes and treatments for it.

In May several of us from the Central & Satellite Groups participated in the Take Steps for Crohn's and Colitis Walk sponsored by the CCFA.



In June, we officially elected two new directors to the OAHA Board and re-elected two current Directors; each result line below starts with the year their term expires:

- 2011 Margie Tucker, new Director replacing Laura Beth Jackson
- 2012 Clarice Kennedy, new term, continuing Director
- 2012 Mary Harle, new term, continuing Director
- 2012 Ron Cerreta, new Director replacing Kathleen Duplessis

In July, the Central Group had a library contents tour with our librarian Barbara Bouse including mini reviews by various volunteers. These books are available to the Satellite Group members as well and the directors are considering a reasonable method of distribution to those Satellite Group members who would like to borrow one or more of these books.

In August, one of our members, Monica H., won an International Hollister Photo Contest with a photo of her surfing in Hawaii.

In September the Central Group hosted Lynn Simpson, a Pharm.D. University of Houston College of Pharmacy Professor, who explained the effects of various medications that we commonly use and answered many of our questions.

The Northwest Satellite Group had their Annual Picnic featuring a "Show and Tell" Informational Exchange in October at the Cali Building.

The Central Group had Polly Burleson with Convatec as our speaker in October showing their newest equipment and telling us that Convatec is now a separate company and no longer a subsidiary of Bristol-Myers Squibb.

Ed, Marian and I attended the Crohn's and Colitis Foundation of America Convention on Saturday October 31, 2009, at the Westin Galleria. We passed out brochures, newsletters and *Phoenix's* to anybody who showed an interest in knowing about our group, and we gave extra brochures and material to those who were interested in handing them out to their patients. Ed also had a notepad there so that we could get their email addresses for easy Newsletter distribution if desired.

This fall we participated in the national affiliate UOAA election and the votes at the Central and each of the Satellite Groups were adjusted to reflect our official total membership of 112 in the contested Board of Directors election.

One vote each for the unopposed positions are:

- Dave Rudzin—President Elect (2 year term)
- LeeAnn Barcus—Vice President (2 year term)
- Scott Bowling—Treasurer (3 year term)
- Carol Haack—Secretary (3 year term)

Two votes for any two of the following three candidates for Board of Directors (2-year term):

- Susan Burns
- Harvey Shatz
- Steve Strizic

In November, the Central Group showed a couple of DVD videos about "Living with an Ostomy"; one was from the National UOAA office and the other was from Convatec about regular people who have had great comebacks to a normal life with an ostomy.

The Central Group will be having its next meeting on January 18, 2010, Patricia Carroll, Insurance Expert, will be speaking and answering questions about Medicare and any other insurance issues that you might have.

I hope that you had a Merry Christmas (or holidays) and that you all are having a very Happy New Year so far.

Terry Marriott

Baytown Group News

Baytown Support Group finished out 2009 with a small gathering in December. The small but hearty group discussed the year's presentations, the new friends they had made and the dear friends they had lost. Cindy shared that the overall attendance has decreased for the year, but the group felt like the support group was definitely meeting a need for the new ostomate. Countless times we have heard those who attended say "I learned so much. I am so glad that I came tonight." The group would like to continue the roundtable format alternating with speakers every other month for the coming year.

Ostomy Support Group will continue to meet the 1st Monday of the month. We hope you will make every effort to join us!

Cindy Barefield, RN, WOCN

281-420-8671

Northwest Group News

No meeting was held in December. Northwest members attended the annual Holiday Party with their families and friends.

Northwest January Meeting is roundtable and planning.

Gay Nell Faltysek

281-446-0444

Tony Romeo

281-537-0681

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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Positive Trends

*By Demi Cotrupe, Editor of Ostomy News,
North San Diego County*

*Reprinted with permission from Demi Cotrupe and edited by
Patti Suler*

We have developed a rather extensive networking system, designed to let people know who we are, what we're all about, and how to contact us. This system comprises the following entities:

- A monthly newsletter.
- A web page with contact information.
- Meeting announcements in all of our county newspapers.
- Posters and brochures distributed to doctors' offices, clinics, hospitals.
- Information packs placed in nurses' stations throughout our local hospital.

Having established this broad network, we are sometimes disappointed to learn that there are people in our local area or associated with our local hospital, who are still unaware of our existence and our activities. Despite this, we are pleased to report that we are in fact, reaching an increasing number of ostomates and pre-ostomates. We are hearing from ostomates who have been informed about us in any number of ways, including having been told about us or given a copy of our newsletter by a friend or another ostomate.



The new ostomates we are seeing appear more self-assured, are very open to discussion about their ostomy, and are eager to learn all they can about it. In general they are more committed and better prepared to enter the ostomy world. There is little question in our minds that the new ostomates are receiving greater exposure to life as an ostomate both before and after surgery. The source of this exposure begins with our "Angels" (WOCNs) and includes newsletters, distributed literature, the internet, and the old reliable "word-of-mouth".

While it would be naïve of us to assume that these ostomates did not experience the fears, anxieties, uncertainties and depression suffered by most new ostomates over the past six or seven decades, it is our distinct impression that the increased exposure to and better understanding of the entire ostomy process keeps those experiences to a more manageable level for our "newbies".

We are excited to be witnessing this very positive trend in getting new ostomates acclimated to life as an ostomate and back to normal living. It seems like it has taken a long time to see such progress; but, it has been worth every bit of time and effort we have expended. Having said that, it should be understood that we have no intention of stopping here; we'll just keep trying to make things even better!

HOLIDAY PARTY 2009



Photography provided by Gay Nell Faltysek, Terry Marriott, Judy and Floyd Swinger.

WOCN and ET Directory

Clarice E. Kennedy, CET (713) 647-8029
cekennedy1@peoplepc.com

Pat Thompson BSN, RN, CWOCN (281) 397-2799
Pat.thompson@tenethhealth.com

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

Catherine Walsh RN, BSN, CWOCN (409) 747-3070
cmwalsh@utmb.edu Fax: (409) 747-3038
UTMB @ Galveston

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

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 Mary Harle at 713-782-7864 with any questions.

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

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 713-582-0718 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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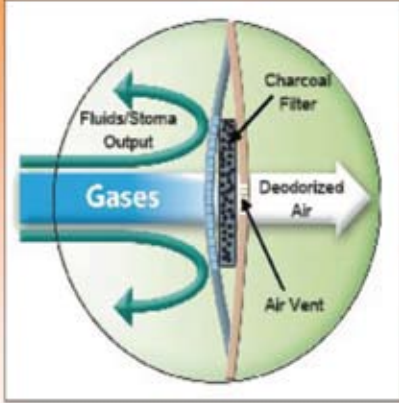
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We encourage you to bring your spouse or significant other and members of your immediate family to our meetings.

It's All Here!

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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.

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

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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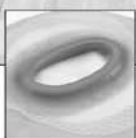


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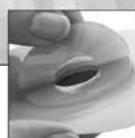
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