



January 2011

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

Live Well!

by Lynne Rich, Ph.D. via UOAA 8/2010

If anyone walked a mile in the shoes of an ostomate, how would they feel? Maybe a little tired, but their ostomy would work just fine.

What does having an ostomy mean to you? Survey says: good health, no pain, belonging to a group of strong, caring and compassionate people—ostomates, savvy individuals who've learned how and where to get and share knowledge, help, humor and hope.

Okay, there hasn't yet been a comprehensive survey. Are you living as actively as you'd like to? If not, why? An ostomy is merely tissue that's been surgically relocated and designed to function smoothly. Even if a temporary ostomy doesn't work correctly and trouble-free—it may only need a little extra attention and care. You and your ostomy deserve the time necessary to be taken care of really well. After that, let your heart and brain take charge.

Living through health problems that led to ostomy surgery, you no doubt gained strength and fortitude. Your ostomy won't break and neither will you. You might develop feistiness and greater determination. You may also discover more bad hair days are likely than bad ostomy days especially in a tropical, humid climate, during blistery winters or in the windiest rainstorms.

If you're not sure whether activity is medically or physically all right for you to do, before you stop yourself from trying, ask your physician and WOC Nurse if actual medical or physical restrictions prevent you from participating in or learning to water ski; play the guitar; swim; play canasta or poker; scuba dive; speak Spanish, French or Italian; dance (ballet, tap, waltz, samba); eat

Cajun, sushi or Greek foods; hike, canoe, kayak; take a trip by car, bus, ship, plane or train; ride a horse; run a marathon; walk 30 minutes; do yoga; golf; garden; sing or laugh.

Ostomies don't prevent working, traveling, living anywhere, swimming, scuba diving, hiking, or water skiing. Don't allow inaccurate information or a negative attitude to prevent you from doing what you want. Adjust your attitude with realistic information. Just as you adapted to the ways your body changed as you were growing up and as an adult too, you can adapt again and resume living as millions of other ostomates have done.

Learning how to take care of an ostomy is not as difficult as originally learning—earlier than you may remember—to walk, or later perhaps learning to drive a car, to wear contact lenses

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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 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.

Central Group News/Year-End Summary

We had 33 people attend the Holiday Dinner at Pine Forest Country Club on December 7th including two members from our Northwest Satellite Group. We were happy to see Floyd and Judy Swinger at the dinner and felt very privileged to have Floyd say grace at the beginning of the dinner for us. Ron Cerreta acted as our master of ceremonies in charge of conducting the drawings for the door prizes in which everybody enjoyed the process if not actually winning themselves. The door prizes were quite a number of elastic stretch exercisers donated by Ron Cerreta, several Starbucks gift cards donated by Anne Swanson, and some poinsettias donated by Lorette Bauarschi and by Terry Marriott. 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. I hope that everybody is having a happy 2011 so far, and will continue to have a happy and prosperous year to come.

In the coming year we plan to have a roundtable discussion in January, a Professional Acupuncturist is scheduled to give a February presentation, we will have a 55th Anniversary reception as part of our March meeting, and a Funeral Negotiator is going to give a talk in April. Sometime in February or March we are also going to have a Visitor Training Session to train new visitors and hone the skills of those of us who have had the training in years past. The following is a brief overview of things we did in 2010:

January 2010: The scheduled speaker was ill, so we had a roundtable on how each of us ended up as an ostomate.

February 2010: One of our newer members, Emilie, gave a great overview of her experiences at the National UOAA Conference in New Orleans this past August, 2009, and recommended we attend the next National UOAA Conference that will be in August 7–11, 2011 in Reno, NV.

March 2010: March is the anniversary month for our organization. We celebrated our 54th year of providing support for Houston area ostomates. We were honored to have our newsletter editor, Patti Suler, give a presentation about the National UOAA organization.

April 2010: Pat Carroll Insurance Specialist gave a presentation on how to negotiate insurance claims. We have a copy of Ms. Carroll's PowerPoint slides and a copy of the Microsoft Word Sample Appeal Letters (like she handed out at her presentation) on our website <http://www.ostomyhouston.org>

May 2010: Presentation by our own Clarice Kennedy, CET and ileostomate, on questions she gets about ostomies, and stoma related problems and treatments. Also, we had an election of Board of Directors. The new directors are: Marian Newman 3 years (repeat term); Denise Parsons 3 years (repeat term); Ann Mueller 3 years (replacing Ed Wood); Dale Whittington 1 year remaining of a 3-year term. Mr. Whittington will be finishing the term of Marjorie Tucker who recently resigned.

June 2010: First Vice President Denise Parsons directed the meeting while Terry Marriott was in Italy and they did a Beach party themed round table. Also, reminded everybody to get their Kroger scan cards and get them scanned next time they shop so that we will get the benefit for our groups. We got \$680 from Kroger for 2009-2010 that went toward supporting our Newsletter publication.

July 2010: Denise Parsons and her husband Rocky manufactured smoothies with a blender at this meeting and led a roundtable on foods, and what to know about avoiding blockages.

August 2010: Mr. Nicholas Gritzai gave a good program on Cymed products. Unlike other products, Cymed products were developed and patented by an ostomate, Dianne Eastman, CEO and President of Cymed.

September 2010: Second Vice President Ron Cerreta directed the meeting while Terry Marriott was in Austria and Germany. The Presentation was by Dr. Joseph R. Cali about new information on ostomy related hernias and how to treat and prevent them.

October 2010: Roundtable discussion relating travel experiences with ostomies and especially experiences with the new airport body scanners. Our Northwest Satellite Group had their Annual Fall Picnic.

November 2010: James Gordon Scott, The Creator of Ostomy Armor™ gave a presentation on his invention and its usefulness for ostomates who wish to engage in relatively heavy labor or exercise or have an interest in sports that might endanger your stoma or the possibility of an hernia without extra Armor support.

Terry Marriott,
President, Ostomy Association of the Houston Area

2011 Visitor Training—February 26, 2011

**8:30 a.m.–1:30 p.m., American Cancer Society,
6301 Richmond Avenue**

Visitor training is offered every two years to people with ostomies at least one year of age. This training is important to meet our obligation to maintain a no-cost support system for people considering ostomy surgery, having just had the surgery or post surgical circumstance. Support for new ostomates during the first six months is critical to their successful recovery and affects their future quality of life. Visitor training offers multiple benefits. It builds personal confidence to deal with an array of ostomy-related issues. It can teach you how to tell new friends, family members or co-workers about your ostomy, train you how to share basic ostomy information with new people at meetings and provide an opportunity to answer those small questions you may have. The training is interactive and fun.



Members enjoyed the Holiday Party at Pine Forest Country Club



Baytown Group News

Baytown Support Group had a well-timed presentation for December. Chaplain Linda Tolon joined the group to share "Relax, Rejoice, Renew...Stress Management for the Holiday Season". Chaplain Linda reminded the group that stress is both a physical and a mental hazard. The more stressed we are, the more vulnerable we are to chronic problems like heart disease, skin conditions such as psoriasis; digestive disorders; immune disorders, anxiety, depression and insomnia and worsening pain. Easing up on yourself over the holidays is important because the connection between stress and illness is real.

Some tips for managing stress during the holidays include:

#1 Acknowledge your feelings • Set aside differences • Stick to a budget • Plan ahead • Do what you can with what you have with where you are! • Count your blessings! • Beat the shopping rush • Do not abandon healthy habits • Make lists and refer to them rather than juggling everything in your head • Make time for yourself • Practice altruism • Breathe easily • Visualize calm • Mini massage • Smile • Don't clench your teeth • Compose a mantra "I feel calm" "I can handle this" Straighten up • Be engaged, not a victim • Count to 10 • Lower caffeine consumption • Just say "NO" • Schedule worry time • Shake it up • Tense up • Munch—foods high in carbohydrates such as pretzels or crackers stimulate release of serotonin, a feel good brain chemical that helps induce calm • Space out • Take a walk • Soak it up with a hot bath or shower • Music therapy • Puppy love—petting an animal for just a few minutes helps relieve stress • Contact a friend • Stretch • Say a prayer • Make plans • Goof off • Play

Merry, Merry Christmas and Best Wishes for a Blessed New Year!

Baytown Ostomy Support Group will continue to meet the 1st Monday of each month at 6:00 p.m. in the coming year. We hope you will join us.

Cindy Barefield, RN, WOCN
281-420-8671

Live Well! *(Continued from page 1)*

or bifocals. Ask questions. Terrific at sharing information, ostomates are resilient, inventive, practical and creative. At ostomy association meetings, notice how well people look. That's due to deliberate effort and an optimistic attitude. Give yourself the same quality of care you expect from your doctors. Don't ask less of yourself.

Having an ostomy might mean better health now and living longer. Decide each day what you'd like to do. Socialize with other people, or spend time alone. Count on the people most important to you to remain loving and supportive. Call people you'd like to see. Let your family and others know when you want them to join you in various activities. Don't think or expect the worst from anyone, including yourself.

An ostomy gives you health and options. Consider the Spanish proverb: Living well is the best revenge. Live well!

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

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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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
marriot@rice.edu
Meeting: **January 17, 2011**
Program: **Roundtable**

Baytown Group

Monthly: First Monday
Time: 6:00 p.m.
Place: Community Room in Lobby of San Jacinto
Methodist Hospital
4401 Garth Road, Baytown
Contact: Cindy Barefield 281-420-8671
Meeting: **January 3, 2011**
Program: **Roundtable**

Northwest Group

Monthly: Third Tuesday of the month
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: Anthony Romeo 281-537-0681
sa1tmr@sbcglobal.net
Meeting: **January 18, 2011**
Program: **Roundtable**

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: **January 17, 2011**

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

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

CCFA Take Steps Walk 2011

Team Ostomy Association of the Houston Area will be walking for the third year in the **Crohn's and Colitis Take Steps** event. This year, the walk will be held on **May 14, 2011**, and we expect much cooler and nicer weather. The walk is less than two miles, basically a comfortable stroll around the Discovery Green area downtown. Music, food and lots of family based entertainment will be there. Come join us. **Contact Team Captain Patti Suler for more information.**



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 to the **Ostomy Association of the Houston Area** and sent to the address shown at the right (in the box).

Use Those Shopping Cards

Kroger and Randalls 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/>

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 at the top right (in the box). When sending a donation, be sure to include the name of the person being honored so that acknowledgement can be sent.

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 Patti Suler, Newsletter Editor, at PattiKSuler@aol.com or send your request to the provided address at the top right of this page.

For Anniversary Gifts, Memorial Donations, Mailing Changes, or Sponsorships, please send all correspondence to:

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

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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 _____

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 |

☐ 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 am interested in volunteering. ☐ Yes ☐ No

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

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



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