



January 2013

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

2013 OAHA Visitor Training

Visitor Training will be held on **Saturday, February 2, 2013**, at the American Cancer Society Building on 6301 Richmond Avenue, 77057. Training will begin at 8:30 a.m. start time with coffee, juice, and snacks and last approximately six hours with generous breaks and lunch. Attendees are encouraged to bring a sack lunch. Please contact Denise Parsons at rockynme2@aol.com or 713-824-8841 to RSVP and ensure we have sufficient packets available.

Visitor training is offered once every two years to members. It includes video segments, WOC nurse lectures, role-playing, and discussions. This training is important to meet our obligation of maintaining 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. Join us.



Hints for Being a Good Visitor

December 2007 UOAA Update via the 2010 New Life Newsletter

Be well groomed and dress attractively, you are being observed. Be sensitive to the patient's needs. Be cordial and friendly-speak softly. Assure privacy if the patient is not in a single room. Ask if he (or she) would like to have the curtain drawn. Sit where the patient can see you easily without head turning (when facing each other, communication may come more easily). Look at the patient, listen to what is being said and attempt to 'sense' what is not being said. Respond simply and to the point. Encourage the patient to ask questions. Answer tactfully and honestly. If you don't know the answer to a question, say so and offer to find the answer. Briefly discuss the normal life you lead with your ostomy.

Do not dwell on your surgery and medical history. Remember that this visit belongs to the patient. Respond factually to questions, accept emotional responses, do not press any issues that the patient does not wish to discuss. If the patient is angry or feels like crying, don't attempt to stop it, accepting feelings usually will make you both feel closer. Remember that nonverbal communication is meaningful. A warm smile (or just being there) may show you care more than does the spoken word.

Questions on care should be directed to the ET Nurse. When asked about ostomy management techniques, stress the fact that every ostomy is an individual as the person. Be helpful without pushing your own techniques. Say nothing that will detract from the doctor-patient or nurse-patient relationship. Do not practice

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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

We had a good gathering of members at Pine Forest Country Club for our annual Holiday dinner. As always, we had a good meal and a chance to meet members from other groups. Thanks to Ron Cerreta, Anne Swanson, Patti Suler, and Denise Parsons on behalf of Clarice Kennedy for door prizes. Tom and Dorothy Andrews graciously hosted the dinner at Pine Forest. Thank you.

As this is a time for reflection on the past year, here is a summary of the Central Group Programs for 2012.

- January—Christy Bizzel, PT, CFMT
Exercises for the Ostomate
- February—Daniel Cadaret, RN
Emergency Response Team for the American Red Cross
- March—56th Anniversary Celebration—Patti Suler,
“No Fear”
- April—Jennifer Meeks, Audiologist at University of Houston
- May—Frank Essig with Hollister
- June—Dr. Gagel, M.D. Anderson Osteoporosis specialist
- July—Roundtable discussion
- August—Dotti Visosky—Stress Busting
- September—Anita Prinz, RN, MSN, CWOCN
- October—Emily Cerreta, Nurse Practitioner
- November—Medline Industries, Sandy Sanderson and
Latecia King
- December—Holiday Party

Further, the organization participated in a health fair at LBJ hospital and the MD Anderson Survivor's Conference. Several members walked in support of the Crohn's and Colitis Foundation.

We get a couple of contacts each month through the web site. Some are joining the organization, some have simple questions, and others are seeking help for difficult problems. Phone calls come to us from persons needing answers to immediate problems and from those needing supplies. This year, we have talked with families of ostomates over age 90 and with the mother of a 3-month-old ileostomate and many ages in between. All of these queries are handled by the Certified Visitors. We try to match the questioner with the Visitor as to gender, age, and surgery type whenever possible. That means that we need many Visitors trained so that we have the best possible matches. Having an ostomy, for most of us, was an unexpected bump in our road. However, having made it over that bump, you are now in a very unique position to help others facing or on the bump. Please consider attending our biannual Certified Visitor Training on February 2, 2013. **Please email or call one of the officers on the back of the newsletter so that we will know how many to expect.**

For those who subscribe to *The Phoenix* magazine, Anita Prinz, RN, MSN, CWOCN, has an article this month about leaks. If you don't subscribe, please consider doing so as each issue is a wealth of information.

Our speaker for January will be Polly Johnson with Convatec. Hope to see you there.

Best regards,

Denise Parsons, President, OAHA
713-824-8841

Northwest Group News

No December meeting was held, but many from the Northwest Group enjoyed the Annual Holiday Party. Please join us on January 15 for the Roundtable—2013 Program Planning

Craig Cooper
281-948-6883

Tony Romeo
281-537-0681

Baytown Group News

In December, Baytown Ostomy Support Group met to review the year and look to 2013. In review, the group enjoyed presentations they felt were important to their quality of life as ostomates. These presentations included:

- Overview on Ostomy Complications & Management
- Optimizing Nutrient Absorption
- Clothing Options to Enhance your Lifestyle—Living a Full Life after Ostomy Surgery
- All About Hollister: Updates, New Products & Secure Start
- Stomocur: New, Flexible, Comfortable & Skin Friendly Ostomy Appliances
- Walgreens Home Medical Equipment—Another Option for Ostomy Supplies Close to Home
- ConvaTec Update: New Product Technology
- Coloplast Update: How can Brava Accessories Help You?
- Travel Tips for Ostomates
- Roundtable was scheduled three times throughout the year.

Group members present in December rated the presentations as opportunities to learn and helpful information. Requests for presentations in the coming year were gathered with updates from our ostomy vendors at high priority.

On January 7, Kathy Peterson, Social Worker from Quality Care Management at SJMH will provide a much requested topic, “Preparing for the Unexpected—Exploring Community Resources.” We hope you will join us!

Cindy Barefield, RN, CWOCN, 281-428-3033

Holiday Party 2012



Affirmation of Community

Daily, we live side by side, sharing our community, we take each other for granted, living our lives, going through our days, seldom thinking of community, seldom stopping to think of the needs of our neighbors, caught up, in living and providing for ourselves and family.

Community is just there, and we take it for granted, until disaster strikes, hardship comes, or weather rages, then, we suddenly, and desperately, need our community, we need it to help us survive, keep hope alive, to live.

It is community that provides the essential safety net, protecting each of us in the face of loss and tragedy, it, is our community that brings out the neighbor in us all.

The Ostomy Association of the Houston Area is the community for those who must face this surgery. As members of this special community, we share our experiences. We demonstrate that life goes on after surgery, and most of all, that life can be good after surgery. Each and every one of us provides hope, compassion, and optimism to those who join this community. Bless each who shares their journey with another.

I want to add a special prayer for those who are in treatment or facing grave illness. Please give them comfort and peace.

We are thankful for the food on this table.

We are thankful for this time together.

Amen

Read at the Holiday Party by President Denise Parsons.

Original poem obtained from http://www.spiralgoddess.com/InterFaith_Public_Meeting_Prayers.html

Hints for Being a Good Visitor *(continued from page 1)*

medicine or give medical advice. The patient may wish to show you their stoma or ask your opinion of his or her surgery, so be prepared.

Do not pass judgment on the surgery or criticize a physician, even by implication. Never show your stoma or pouch. Bring and show a sample, instead. Be considerate of the patient and if there are signs of fatigue, try to conclude the visit and suggest that you could return another day. Assume the responsibility for continuing contact with a follow-up telephone call, a note, another visit or an invitation to an ostomy chapter meeting. When bringing the patient (and possibly the family) to a chapter meeting, make arrangements to assure that the patient receives a warm reception. Above all, be yourself, use your own good judgment and use **common sense!**



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

WOC Nurse Directory

Cindy Barefield, RN, CWOCN (281) 428-3033
San Jacinto Methodist Hospital
cbarefield@tmhs.org

Clarice E. Kennedy, CET (713) 647-8029
claricekennedy1@comcast.net

Anita Prinz, RN, MSN, CWOCN (281) 824-2382
aprinzn@yahoo.com

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

Pat Thompson RN, BSN, CWON (281) 397-2799
Pat.thompson@tenethealth.com

Get Ostomy Answers!

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.



Subscriptions directly fund 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: Denise Parsons 713-824-8841
rockynme2@aol.com
Meeting: **January 21, 2013**
Program: **Guest Speaker: Polly Johnson, Convatec**

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 281-428-3033
Meeting: **January 7, 2013**
Program: **Guest Speaker: Kathy Peterson**, Social Worker from Quality Care Management at SJMH will speak about, "Preparing for the Unexpected—Exploring Community Resources."

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: Tony Romeo 281-537-0681
sa1tmr@sbcglobal.net
Meeting: **January 15, 2013**
Program: **Roundtable**

J-Pouch Group

Monthly: Third Monday
Time: 7:00 p.m. or by Appointment
Place: American Cancer Society Building
6301 Richmond Avenue, Houston
Contact: Ron Cerreta 832-439-1311
Ron Meisinger 281-491-8220
Meeting: **January 21, 2013**

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.

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 Treasurer at the address shown at the right.

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?

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 Ron Cerreta, Treasurer, at 832-439-1311 or texasronc@aol.com or send your request to the provided address below.

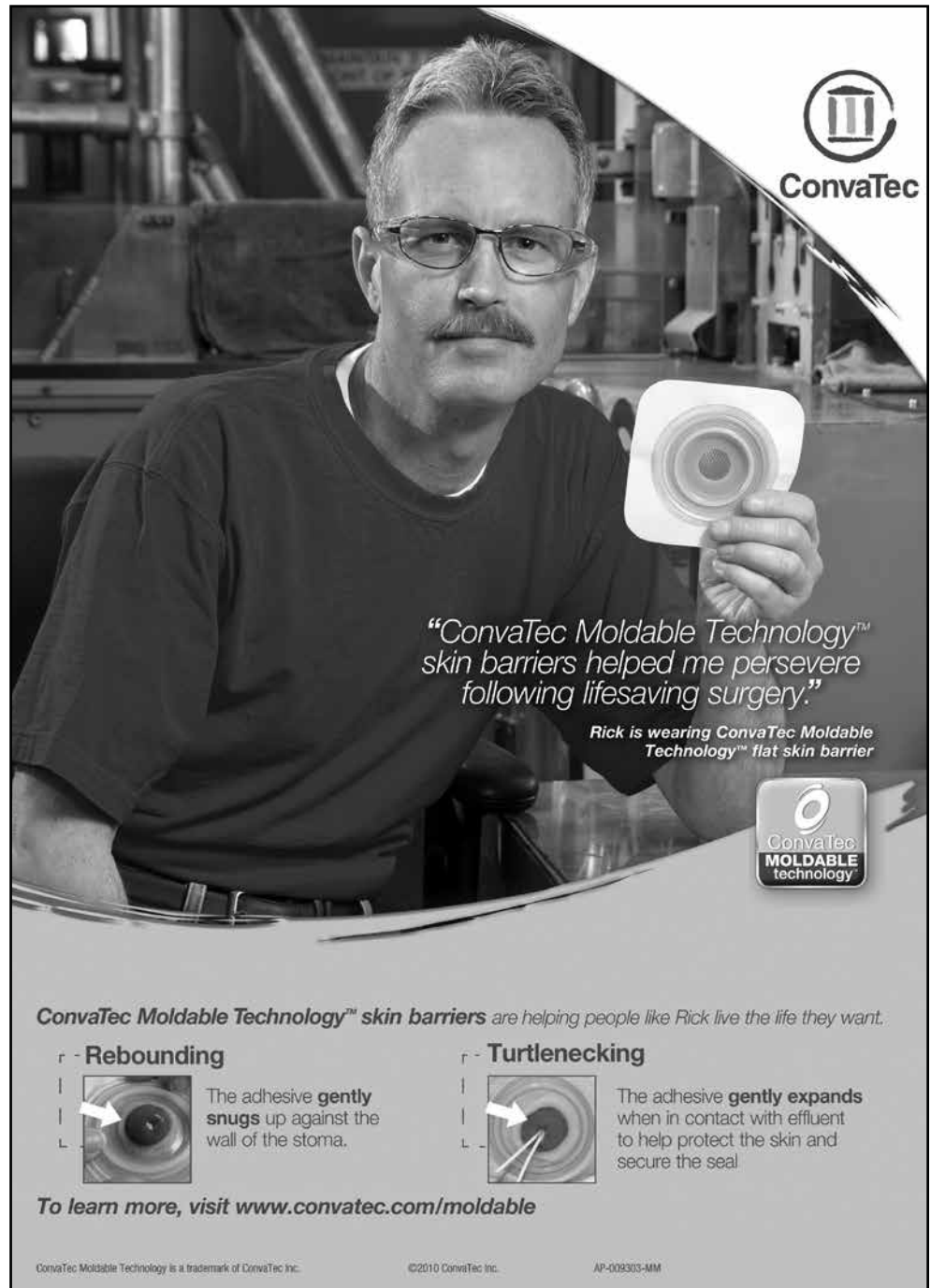
Donation of Supplies

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.

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

Ostomy Association of the Houston Area
Attn: Ron Cerreta, Treasurer
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.)



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<http://www.ostomyhouston.org/>

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Tel: +49 30 / 65 07 36-0 • Fax: +49 30 / 65 72 26 4 • email: FOR_LIFE_GmbH@t-online.de

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

☐ 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.

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



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