



January 2015

# 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](http://www.ostomyhouston.org)

## Outreach—CCFA Event

*By Ed Wood*

OAHA was invited once again to participate in the Crohn's and Colitis Foundation of America's (CCFA) Patient Information and Family Education Conference recently held at the United Way Building on Waugh Drive on November 1, 2014. This was the third time we have been invited to participate.

Regional Education and Support Manager Amber Martin with CCFA coordinated an informative event for patients and caregivers. The conference had an Opening Session that was followed by a Breakout Session. After lunch there was another Breakout Session and a Closing Session. Ed Wood and Patti Suler manned the OAHA booth.

We also attended two sessions. One was Surgery and IBD by Dr. Theodoros Voloyiannis. The other one concerned how Crohn's Disease and Ulcerative can effect other parts of our bodies outside of the digestive system given by Dr. A. Carl Schmulen.

In addition to regular patient inquiries, we responded to a variety of questions from caregivers, nurses and home health support personnel. All of the back newsletters and Phoenix magazines were given out. Thanks to all who brought your copies of each to give us at our last group meetings.

Several new ostomates and surgical candidates stopped by to visit and were provided with positive feedback, meeting invitations and support offers. Several groups took advantage of our complimentary offer to receive a monthly newsletter by email.

*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 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, Marian Newman at 713-392-5768.

## Ostomy Tips from Ostomates

**(Reviewed by WOC Nurses)**

Tulsa Ostomy Association Newsletter  
UOAA Update, October 2014

1. Tea is an anti-spasmodic and soothing to an upset stomach. It also provides fluids containing electrolytes and potassium frequently lost from diarrhea.
2. Avoid drinking while eating to allow the effluent to become thicker. Ingest liquids before and after a meal.
3. Eating bran muffins is a tasty way for Colostomates to solve constipation problems.
4. If stool sticks to the pouch and is hard to rinse out, use a surfactant/deodorizer or oil to let the pouch empty out easier.
5. Ziploc® sandwich bags are useful for disposing of used pouches and help control odor in the trash.
6. If it is safe to put in your mouth, it is safe to put in your pouch. Try green mint mouthwash as a pouch rinse.

*(continued on page 1)*

*Party guests enjoyed participating in the Silent Auction at our Annual Holiday Party. A special thank you goes to Patti Suler and Paul Batchelder for donating their amazing photographs for the auction. (More photos on page 4.)*



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## Central Group News

The Holiday Party at Pine Forest Country Club was attended by 31 members and friends. The food was great and the company very special. Thank you to Dorothy and Tom Andrews for graciously hosting the event. Mary Harle provided the poinsettias for door prizes. A special thank you goes to Patti Suler and Paul Batchelder for donating their amazing photographs for a Silent Auction.

Looking back at this year, here are the programs we enjoyed and learned from.

**January**—Celebrated 20 year anniversary of the J-Pouch group with Ron Meissinger and also heard from Sarah Martin with the YMCA Livestrong Program

**February**—Jenny Jansson-Smith with For Life—Stomacur

**March**—58th Anniversary of Ostomy Association of the Houston Area celebrated with Patti Suler and highlights of the UOAA National Conference

**April**—Kerry Pelzl with Convatec

**May**—Roundtable discussion

**June**—Dr. Robert Jacobson—Colorectal Surgeon discussing Short Bowel Syndrome

**July**—Tabetha Schroder with Coloplast

**August**—Annette Bisanz, RN—Food and Drugs and your System

**September**—Magen Ellis Cherry, Miss Texas USA 2007 and J-pouch experience

**October**—Robert Martinez with McKesson Patient Care Solutions

**November**—Roundtable discussion

In addition, members of the group participated in the Crohns & Colitis Foundation's Take Steps Walk. We will be participating in this walk again this spring. We had a booth at the WOC Conference this year and provided information to them about the group.

For many of us, ostomy surgery is a life changing event and one that most of our friends and family are at a loss to help us with. For almost 60 years, the Ostomy Association of the Houston Area has been available to help each other move through the emotions, the physical changes, and to pass on the practical aspects of living with an ostomy. We do that by having monthly support group meetings, providing a newsletter with special interest articles, and through our Certified Visitor Program. When a patient is ready to talk with someone about either upcoming or recent surgery, most would like to speak with someone with the same surgery type, of the same gender, age, race, etc. We need ostomates of all ages, races, and gender to participate in the Visitor Training Day on

February 21, 2015. Please be the match that someone needs. Give me a call or send an email to let me know you can attend.

I want to personally thank the members of the Board of Directors who have worked this year to maintain and grow the organization along with Cindy Barefield RN, CWOCN, who facilitates the Baytown group, Pat Thompson RN, BSN, CWON, Tony Romero and others at the NW group, and Charlene Randall RN, CWOCN. Our newsletter is the key means of keeping in contact with those who can't attend our support group meetings. Patti Suler has been our Editor for six years and has asked to retire. Thank you, Patti, for providing an assortment of interesting articles and interviews for us. If you are interested in the Editor's job, please contact Patti for more information.

The Central group is meeting in January at the ACS Building as far as we know now. If there is a change, we will call, email, and post a notice on the web site. I will be sharing some of my travel experiences in Australia with the group. Have you used a toilet that has an electronic wall controller? I hope to see you there.

Best regards to all for a Great New Year!

**Denise Parsons**

President, OAHA, 713-824-8841

## Northwest Group News

The northwest group did not meet in December. Many members attended the Holiday Party.

Next month's meeting will be the program planning session and round-up review on last year's meetings. If you are interested in the program options for 2015, this is the meeting to attend.

**Tony Romeo**

936-588-4031

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



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

**Osto Group** [www.ostogroup.org](http://www.ostogroup.org)

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## Baytown Group News

The group met for the final time in 2014 and recalled the presentations from the past year. The presentations included:

- Roundtable Discussions
- Vendor Updates from: Stomocur, ConvaTec and Coloplast
- New Product: Ostomy Resolutions® Stoma Guard
- Product/Service information: Saf-n-Simple Ostomy Accessories, McKesson Patient Care Solutions, Ostomy Nutrition: Making the Most of What You Eat with Dietitian Matt Potter & UOAA Convention Experience with Patti Suler

We talked about presentations for the coming year and ideas included “a live pouch and barrier change” as Northwest Support Group had done recently as well as continuing with vendor presentations that keep us informed on updates and improvements.

**Cindy Barefield, RN, CWOCN**

281-428-3033

## Ostomy Tips from Ostomates

*(continued from page 1)*

7. Diaper liners (e.g., Johnson and Johnson) are great as a barrier between the pouch and your skin or you may purchase a commercial pouch cover (or make one yourself).
8. Price Pfister makes a small sprayer that can be attached to the bathroom sink faucet to assist with rinsing the end of the pouch.
9. Cut the bottom 7 inches off a T-shirt and hem the unfinished edge. Attach Velcro to each end. You can wear this as a cummerbund with your pouch tucked inside for those intimate moments. Also, there are commercially made pouch covers. Back support belts work as well.
10. Place a couple of squares of toilet paper in the toilet before emptying your pouch. This will take care of the “splash back”; or let it out very, very slowly.
11. Laying a wafer on a heating pad or under your thigh for 10-15 minutes allows the material to soften, which helps with adhesion.
12. Check with your pharmacist to see if your pills or capsules should be changed to liquids—especially necessary for ileostomates. They tend to go through too fast and do not dissolve.

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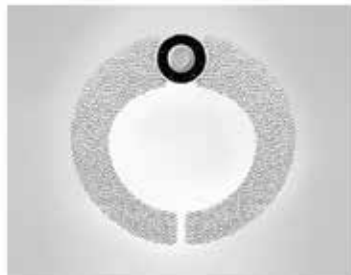
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ostomy types



# Holiday Party



## 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 Patti Suler at 281-352-2566 or [pattiksuler@aol.com](mailto:pattiksuler@aol.com).

## WOC Nurse Directory

Cindy Barefield, RN, CWOCN (281) 428-3033  
Houston Methodist San Jacinto Hospital  
[cbarefield@houstonmethodist.org](mailto:cbarefield@houstonmethodist.org)

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

Pat Thompson RN, BSN, CWON (281) 397-2799  
[Pat.thompson@tenethealth.com](mailto: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 19, 2015**  
**Program:** **Denise Parsons**, OAHA President, share stories of her travels "down under."

## Baytown Group

**Monthly:** First Monday  
**Time:** 6:00 p.m.  
**Place:** Community Room in Lobby of Houston Methodist  
 San Jacinto Hospital  
 4401 Garth Road, Baytown  
**Contact:** Cindy Barefield 281-428-3033  
**Meeting:** **January 5, 2015**  
**Program:** **To be determined**

## Northwest Group

**Monthly:** Third Tuesday of the month  
**Time:** 7:00 p.m.  
**Place:** **NW Medical Center Hospital** The Northwest meeting has moved across the street into the Northwest Medical Center Hospital from the professional annex to Mall II conference rooms 1 & 2.  
**Contact:** Tony Romeo 936-588-4031  
 saltmr@sbcglobal.net  
**Meeting:** **January 20, 2015**  
**Program:** **Program planning session and round-up review on last year's meetings.**

## 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 19, 2015**

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

## 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 below.

### 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.

### 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, please include the name of the person being honored so that appropriate acknowledgement can be sent.)

### 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/>

### Sponsorship

You can sponsor a member of our ostomy support group with a tax-deductible donation to cover the cost of their membership. Please make the check in the amount of \$25.00 payable to ***Ostomy Association of the Houston Area*** and send to the treasurer's address above.

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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## 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,  
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