

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

Ostomy Santa

Photos and story by Ed Pfueller, UOAA

The real Kris Kringle lives not at the North Pole, but in snowy Maine.

He gives gifts to all the children he sees, travels to help those in need, and spreads goodwill and joy to all. He also has an ostomy, is a patient visitor and can hook you up with some needed ostomy supplies or samples to try.

Kris Kringle (Yes, that's his name) of the UOAA Affiliated Support Group in Waterville, Maine lives a life where giving back is his mantra year-round. "He always has a valuable contribution to offer that others may benefit from," says group leader Paul Faria.

At a recent meeting this fall Kris is hard to miss. He has a jolly laugh, curly white hair, a full beard to match, and a Santa Claus figure. He greets fellow members with stories and a warm embrace. Sharing his story to the support group he remembers his own battle with colorectal cancer in 1992. "It was totally unexpected, I had the scope and the next day I was in for surgery," Kris recalls.

Kris is a familiar face in his community through his volunteer work and employment at a local hardware store. Like the many toys he collects to give away to kids, he also collects and gives away ostomy supplies. Word has spread in the Waterville area that he has a colostomy and can help other ostomates in need. He has visited patients recently out of surgery. And he often helps people in desperate need of supplies, or who'd simply like to try a new product.



Kris Kringle is a warm presence all year long at the Waterville, Maine ASG.

During the Christmas season, Kris Kringle is tireless. His visits include homeless shelters, special needs facilities, daycare centers, and nursing homes.

Last year he made 104 visits with 1,500 presents and traveled 1,600 miles. His sleigh—a red compact car with "Kringle" adorning the personalized plates.

About 5-6 years ago his two worlds came together. "I was asked to visit a little girl, about 7, with a permanent ostomy," he says. "I found a rag doll with an ostomy attached to give to her." When Kris met with her and her family she sat on Kris's lap and he let her touch his colostomy pouch. "Momma, Santa has a hole in his belly just like me," the little girl said. "Well with that me, the mother, the relatives—we all started crying," Kris remembers.

The Christmas season has not always been a happy time for Kris. Two days before Christmas one year he lost his 15-year-old son to

(Continued on page 3)

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.

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Patient Visiting and Support Services

Doctors and WOC Nurses, please note:

Upon request from a doctor, nurse, or social worker, a specially trained visitor will be asked to contact an ostomy patient by phone or visit them in person before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. The visitor does not give medical advice, and there is no charge for this service. Please contact our Visitation Coordinator, Marian Newman at 713-392-5768.

Central Group News

Happy new year everyone! I hope you enjoyed the holiday season.

Our next meeting is on January 23rd. Due to room availability at the Tracy Gee Community Center, for one time only, we're meeting on the fourth Monday of the month. Our speaker will be Tabatha Schroeder with Coloplast. We hope you'll be able to join us.

If you have any requests for speakers for the coming year, please let one of the Board members know. We want to make sure that we're covering the topics you want to hear about.

In the next month or so, we'll provide you with information about our Visitor Training session. As you know, we hold training for ostomy visitors every other year. In addition to our support group meetings, visiting (whether in person or by phone) with new or potential ostomates is a central function of our group. We urge you to make time in your busy schedule to attend the training.

I look forward to seeing you soon.

Regards,

Lorette Bauarschi, President, OAHA, 713-582-0718

Northwest Group News

The Northwest Group will host our January 2017 meeting on Wednesday, January 18, 2017 at 7pm in our usual location. We will be selecting programs for the upcoming year in addition to fabulous door prizes—must be present to win.

See you there!

Billy Locke

337-515-6354

Baytown Group News

Jay Walls with Ostomy Accessories will be providing the presentation on Monday, January 9, 2017. We will continue to meet on the 2nd Monday of each month at 6pm.

We look forward to seeing you!

Cindy Barefield, RN, CWOCN

281-428-3033

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

The Ostomy Association of the Houston Area was pleased to make a donation to Youth Rally that helped sponsor a Houston attendee.



Youth Rally—Wow, What a Year!

From The Leak, Youth Rally Newsletter, December 2016

This year's Rally hosted 128 campers (pictured above) between the ages of 11 and 17 from 38 US states, Canada, Ecuador, Venezuela and Belgium! Notably, 42 campers were experiencing the Youth Rally for their very first time! The Youth Rally staff is a 100% volunteer team of 80 individuals: 62 counselors (many of whom were former campers) and 18 specialty-trained registered nurses, some of whom also live with the same conditions as the counselors and campers.

All the 2016 pictures and videos from camp are available for you to view here:

<https://youthrallyphotos.smugmug.com/YouthRallyPhotos/Youth-Rally-2016-in-Seattle>

2017 Applications are on the Way

Be sure to check out our website www.youthrally.org in early January for our 2017 applications

The Youth Rally is a summer camp that provides a non-threatening environment for kids between the ages of 11 and 17 with any sort of bowel or bladder dysfunction. The Youth Rally is designed to help campers understand that everyone has the same opportunities to achieve their goals regardless of medical or physical differences. In short, that they are not alone.



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

Advocacy News

Jeanine Gleba and Jay Pacitti, UOAA

This (2016) has been a busy year! We have engaged in initiatives and have begun building a foundation for an advocacy program that will allow you to have your voices heard on the issues that matter most.

Competitive Bidding Update

Earlier this year we opposed the Presidential FY 2017 budget proposal to expand Medicare Competitive Bidding to include ostomy and urological supplies. We are working with a coalition to ensure these supplies are not included in competitive bidding. Go to <http://tinyurl.com/jpp2byk> to read our position statement as well as a letter sent from the coalition to the Senate Finance Committee and House Energy and Commerce Committee in the Spring.

We are pleased to report that as a result of these efforts and conversations at the committee level, the expansion of competitive bidding did not move forward. We continue to closely monitor this issue, and are diligently preparing with the coalition should this arise again, including creating a website that addresses access issues. We will let you know when this website is launched.

A New Year Message from UOAA

from UOAA December Newsletter

Following the presidential election, we are carefully monitoring the transition team's plans and statements as they relate to health care coverage and costs. There is a good deal of uncertainty, and we will remain vigilant so that we can respond to issues that may arise.

This holiday season, UOAA is grateful for all of your support with our advocacy efforts whether you have joined our Advocacy Network, shared your story online for our #MyAccessMatters initiative, helped raise awareness on Ostomy Awareness Day, or made a donation to strengthen our advocacy program.

We look forward to working together with you to continue to address the issues facing people with an ostomy or a continent diversion, and to continue making a positive impact in 2017.

Ostomy Santa

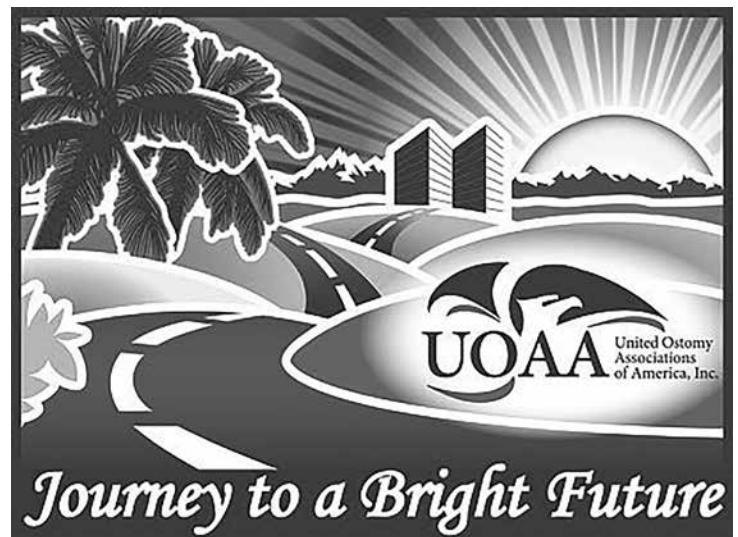
(continued from page 1)

a car accident. "My other son gave me focus that he would have wanted me to continue my Christmas visits," Kris says.

Throughout the year you can find Kris Kringle spreading cheer wherever he goes. At his favorite restaurants he folds dollar bills into fun shapes like diamond rings and gives them away to the children he meets. The giving can be contagious with grateful parents sometimes picking up his tab months later.

As the support group meeting ends Kris laughs with members and fetches a barrier strip from a supply box in his car for a man recently out of surgery to try. Since October, he has been making visits as Santa Claus. It's hard to imagine another Kris Kringle can match this level of caring this holiday season.

Plan Now to Attend the 6th UOAA National Conference!



Tuesday–Saturday

August 22-26, 2017 Hotel Irvine, Irvine, California

Conference-Related Information

Please go to www.ostomy.org, the UOAA website, to register and view the educational programming that is planned for you. Information regarding conference registration will be posted here when available and will be published in the March 2017 issue of *The Phoenix* magazine.

http://www.ostomy.org/2017_National_Conference_Page.html

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 Fax (713) 461-5806

WOC Nurse Directory

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

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

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Central Group

Monthly: Fourth Monday, this month only!
Date: January 23, 2017
Time: 7:00 p.m.
Place: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193
Contact: Denise Parsons 713-824-8841
 rockynme2@aol.com
Program: **Guest Speaker: Tabatha Schroder**, Coloplast

Baytown Group

Monthly: Second Monday of the month
Date: January 9, 2017
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
Program: **Guest Speaker: Jay Walls**, Ostomy Accessories

Northwest Group

Monthly: Third Wednesday of the month
Date: January 18, 2017
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: Billy Locke 337-515-6354
Program: **Planning Meeting for Programs**

J-Pouch Group

Monthly: Fourth Monday, this month only!
Date: January 23, 2017
Time: 7:00 p.m. or by Appointment
Place: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193
Contact: Ron Cerreta 832-439-1311
 Ron Meisinger 281-491-8220

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

Opportunities and Announcements

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/>

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 Tony Romeo, Treasurer, at 936-588-4031 or sa1tmr@sbcglobal.net 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: Tony Romeo, 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.)

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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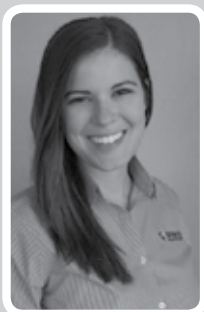
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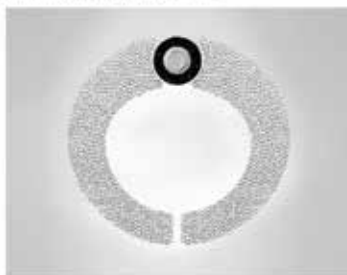
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<p>Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown. Dues of \$25.00 per year are payable to:</p> <p align="center">Ostomy Association of the Houston Area, Attention: Treasurer P. O. Box 25164, Houston, TX 77265-5164</p> <p align="right">Date: _____</p> <p>Name: _____ Phone: _____</p> <p>Street Address: _____</p> <p>City: _____ State: _____ ZIP: _____ E-mail: _____</p> <p>Surgery Date: _____ Birth Date: _____</p> <p>Reason for surgery: <input type="checkbox"/> Crohn's <input type="checkbox"/> Ulcerative Colitis <input type="checkbox"/> Cancer <input type="checkbox"/> Birth Defects <input type="checkbox"/> Other _____</p> <p>Do you speak a foreign language? <input type="checkbox"/> Yes <input type="checkbox"/> No Foreign language spoken: _____</p> <p>Procedure or Relationship:</p> <p>To help us complete our records, please answer the following. <i>Check all that apply.</i></p> <table style="width: 100%;"> <tr> <td><input type="checkbox"/> Colostomy</td> <td><input type="checkbox"/> Continent Ileostomy</td> <td><input type="checkbox"/> Parent of Child with procedure</td> </tr> <tr> <td><input type="checkbox"/> Ileostomy</td> <td><input type="checkbox"/> Continent Urostomy</td> <td><input type="checkbox"/> Spouse/Family Member</td> </tr> <tr> <td><input type="checkbox"/> Urinary Diversion</td> <td><input type="checkbox"/> Pull-Through</td> <td><input type="checkbox"/> Physician</td> </tr> <tr> <td><input type="checkbox"/> Other: _____</td> <td></td> <td><input type="checkbox"/> Nurse</td> </tr> </table> <p><input type="checkbox"/> I would like to attend meetings with the <i>(please circle one):</i></p> <p align="center">Central Group Baytown Group Northwest Group J-Pouch Group</p> <p><input type="checkbox"/> I would like to become a member but cannot pay dues at this time. <i>(This will be kept confidential.)</i></p> <p>I learned about the Ostomy Association from</p> <p><input type="checkbox"/> WOC Nurse <input type="checkbox"/> Physician <input type="checkbox"/> Newsletter <input type="checkbox"/> Surgical Shop <input type="checkbox"/> Website <input type="checkbox"/> Other: _____</p> <p>I am interested in volunteering. <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>I have enclosed an additional \$_____ as a donation to support the association's mission of helping ostomates.</p>		<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
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<input type="checkbox"/> Other: _____		<input type="checkbox"/> Nurse											

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