

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

Ollie

The Teddy Bear with an Ostomy is One Year Old A story of how a bear inspires hope & healing

by Dawnette Meredith

Last October, I approached our support group members and board members about starting a Big Bear Project. I passed around a Teddy bear designed with his own little stoma and removable ostomy pouch. I named him Awesome Ollie the Teddy Bear with an Ostomy. The idea was to give these bears to children who've undergone ostomy surgery at Radys Children's Hospital. I asked our group to sponsor bears in our area. The answer was an enthusiastic, yes!

As I tell you what's happened over the last 365 days, keep in mind, this project all started with YOU!

Our members along with Shield Healthcare have sponsored over 100 bears for children with ostomies in San Diego. Word quickly spread and people from all across the United States contacted me to send bears to children in their home state.

Bears have been sponsored in California, Washington, Arizona, Colorado, Texas, Nebraska, Kansas, Arkansas, Missouri, Wisconsin, Indiana, Tennessee, Mississippi, Louisiana, Alabama,

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.

South Carolina, Florida, North Carolina, Ohio, Virginia, Maryland and Massachusetts. Whew!

A map of the United States hangs in my office with Teddy Bear stickers indicating the states with bear sponsors. What fun it is to watch joy being spread across our nation.

The technology company, 11 Health purchased 200 bears to give away to the attendees at the UOAA National Conference this past August. The 11 Health booth was, without question, the most popular at the conference! I quietly watched behind the scenes as grown adults went crazy for the little Teddy Bear with an ostomy. Apparently, there's no age limit to the joy of receiving a bear with the same surgery as you.

The National WOCN Society featured an article about the bears on their website. Not long after, the WOCN Society St. Louis Affiliate presented the bears at their Wound Fest Conference. This St. Louis Affiliate group now sponsors bears for children with ostomies in St. Louis.

Next, a few sponsorships trickled in from Canada. At the UOAA Conference, I met the Senior Editor for *Ostomy Canada Magazine*.

(Continued on page 3)



Dawnette with some of her bears

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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, or newmarian@gmail.com.

Central Group News

Happy New Year! We hope you will join us for our next meeting on January 22. **For one month only, our meeting will be on the fourth Monday of the month because of the Tracy Gee Community Center's schedule.** We have not yet scheduled a speaker. But, come anyway and we will have a round table discussion about how we survived December.

I hope you all had a wonderful holiday season, and I look forward to seeing you soon.

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

Baytown Group News

Baytown Ostomy Support Group met December 11. We welcomed Kim Thorn and Robert (Bobby) Martinez from McKesson Patient Care Solutions. Kim and Bobby shared with us how McKesson has become a company from “doctor to doorstep” with online support, customer service, and convenient shipping. A handout titled “Medicare Utilization Guidelines for ostomy products” was distributed. Bobby notes “If Medicare covers it, other insurance plans usually cover it” as the rule of thumb on ostomy products.

Kim and Bobby explained to the group how McKesson works as “feet on the street” to meet the ostomates’ needs. The company will ship first time without a script but must have a signed script for second shipment. In addition, every 12 months a physician signature is needed for ostomy supplies. They are working with some organizations on “e-signature” which is an electronic platform to facilitate this process.

For those ostomates who have Humana benefits, there are changes expected in 2018. McKesson will be working diligently to support their customers through these changes.

Website for this dynamic company is www.mpcs.mckesson.com

Contact info for these Regional Account Managers at McKesson are:

Bobby Martinez: Robert.martinez@mckesson.com

Kim Thorn: Kimberly.thorn@mckesson.com

Baytown has re-scheduled the January meeting for the 15th instead of our usual 2nd Monday because of a scheduling conflict. The topic is “Blueprint for Success—Ostomy Resource Assessment” and will be facilitated by Cindy Barefield, RN, CWOCN.

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

Northwest Group News

Our January meeting will be presented by Stomaspan and will be held on January 17, 2018, at 7:00 p.m.

Happy New Year and we look forward to seeing everyone there!

Billy Locke
 337-515-6354

Plan Ahead for an Unexpected Change in Your Ostomy Routine

By Janet McNiven, Editor of The Ostomist, Seattle, WA

Recently I had an accident that put my right hand out of commission for 12 days. While sitting in the emergency room, I thought not about my injury, but how am I going to change my ostomy wafer and bag left handed? My right hand was not only unable to be used, but unable to get wet. The way it was bandaged and with a splint, all sorts of images flashed through my brain.

It was very interesting and difficult when I started my new left-handed routine for my colostomy. I wish that I had pre-cut a box of wafers as I cut them myself as my stoma is oval. Wow, would that have helped! My husband said he would help me and cut the wafer but I could not even mark it with my right hand and anyway, I just “cut the wafer” by doing it for over 13 years. Struggling and frustrated I did manage to cut the wafer with the last three digits of my right hand...not the best, however, it was functional.

Taking the wafer off with one hand and not pulling the skin was a challenge, but finally I just dripped the remover on the edge of the wafer and worked the wafer off. Carefully I placed the new wafer on. I started celebrating—oops, too soon.

I use a two-piece system and trying to attach the bag to the wafer was interesting. I must have checked all around the seal numerous times and usually found an area that had not been attached properly.



Finally on, and my change complete, I was thrilled to get that over with. I now keep my wafers cut in advance and still try completing my routine left-handed once a week—just in case. Things were going great until the strong antibiotics kicked in and then came diarrhea—an ostomate knows about that cleanup!!

Ollie

The Teddy Bear with an Ostomy is One Year Old

(Continued from page 1)

As a result, an article about Awesome Ollie the Teddy Bear with an Ostomy will appear in their Dec/Jan issue. I expect many more Canadian sponsors after the article is published. The British Columbia Children's Hospital is currently receiving the Canadian sponsored bears.

On October 31st, I received a second order from 11 Health. The order was for 1,000 bears. It's their intention to give the bears to children and adults with ostomies in the United States and the United Kingdom. I'm gonna need a bigger map! This project started with you! This is a true story of how the action and compassion of a handful of people made a global impact.

From the depths of my soul, thank you.

—Dawnette Meredith

Keep up with Awesome Ollie the Ostomy Bear by following the **Awesome Ostomy** Facebook page.

Sponsor, buy or learn more about the bears at **AwesomeOstomy.com**

Child with an ostomy receives a bear at the Hospital.



There's no age limit to the joy of receiving a bear with the same surgery as you!



The WOCN Society St. Louis Affiliate (members shown at left) presented the bears at their Wound Fest Conference. Now, the St. Louis Affiliate group sponsors bears for children with ostomies in St. Louis.

Some Inspiring and Empowering Quotes from Ostomates

From Ostomy Connection Website

- "You have to love yourself before anyone else can. Be confident and embrace what has saved your life."
— Danielle McCormack
- "When people are ignorant and inconsiderate, I have to flip the negative to a positive. Changing my perspective is one of the most powerful lessons I've learned in life. And the faster I flip the negative to a positive, the better off I will be."
— Cate Luth
- "I remind myself to focus on all the ways that an ostomy is providing a better life. And life is so much more worth living when you're not ashamed of, or trying to hide the equipment that's keeping you alive."
— Stephen Holman

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

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.



The **United Ostomy Associations of America (UOAA)** can be contacted at:
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WOC Nurse Directory

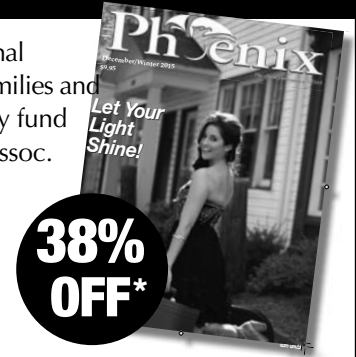
Cindy Barefield, RN, CWOCN (281) 428-3033
 Houston Methodist San Jacinto Hospital
 cbarefield@houstonmethodist.org

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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The Phoenix is the leading national magazine for ostomates, their families and caregivers. Subscriptions directly fund the nonprofit United Ostomy Assoc. of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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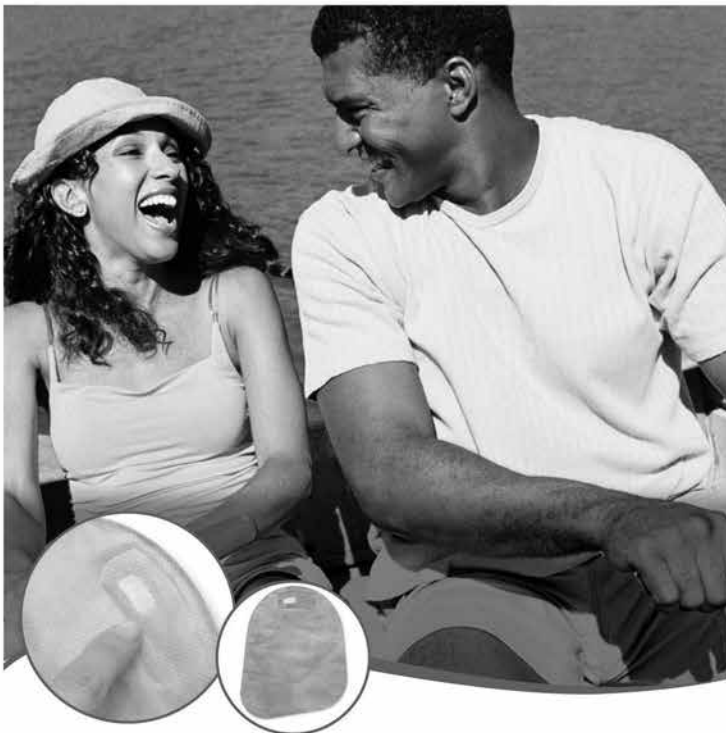
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Central Group

Monthly: Third Monday of the month
Date: **January 22, 2018**
(4th Monday for this month only!)
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: **Roundtable**

Baytown Group

Monthly: Usually held on Second Monday of the month, but **JANUARY MEETING will be THIRD MONDAY** due to a scheduling conflict.
Date: **January 15, 2018**
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: **"Blueprint for Success—Ostomy Resource Assessment"** facilitated by Cindy Barefield, RN, CWOCN.

Northwest Group

Monthly: Third Wednesday of the month
Date: **January 17, 2018**
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: **Program will be presented by Stomaspan.**

J-Pouch Group

Monthly: Third Monday of the Month
Date: **January 22, 2018**
(4th Monday for this month only!)
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.

AmazonSmile

On your first visit to AmazonSmile (smile.amazon.com), you are prompted to select a charitable organization from the list of organizations. You can change your selection at any time. To change your charitable organization: Sign in to smile.amazon.com on your desktop or mobile phone browser. From your desktop, go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity. Or, from your mobile browser, select Change your Charity from the options at the bottom of the page. Select Ostomy Association of the Houston Area as your charity.

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 saltmr@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.)



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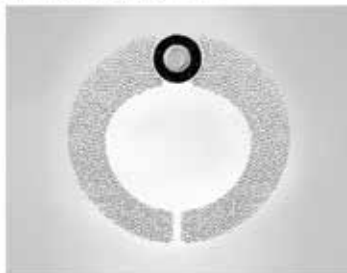
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