



Ostomy Association of the Houston Area

February 2007

PO Box 25164
Houston, TX 77265-5164
www.ostomyhouston.org

"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."

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

Central Group

Monthly: Third Monday
Time: 7:00 p.m.
Place: American Cancer Society Building
6301 Richmond Avenue, Houston
Contact: Ed Wood 281-493-5015
(ewood6@houston.rr.com)

Meeting: February 19th, Monday evening

Program: Insurance Claim Denials

Patricia Carroll will present this interesting program.

Northwest Group

Monthly: Tuesday following the third Monday
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: February 20th, Tuesday evening

Program: Round Table Discussion

Join us for a lively discussion. See you there!!



*Happy
Valentine's
Day!!*



Baytown Group

Monthly: Fourth Monday
Time: 7:00 p.m.
Place: Cancer Center Community Room
4021 Garth Road, Baytown
Contact: Cindy Barefield 281-420-8671

Meeting: February 26th, Monday evening

Program: Round Table Discussion

Special guest, Elaine Dollar, Program Manager for the American Cancer Society will join us for our discussion. Come join us!!

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: February 19th, Monday evening . . .
Reservation required. No obligation. Please call 281-491-8220 for reservation.

Program: Round Table Discussion

Join us for a discussion about ulcerative colitis and the J-Pouch connection.

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.

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.

Nine people ventured out on a cold and rainy night for the January meeting. We welcomed Robert Huston as a new attendee.

Due to illness, our speaker for January, Patricia Carroll, has rescheduled for February to talk about insurance claim denial. At our January meeting, we had a roundtable discussion with each person sharing their experience of living with an ostomy. Prior issues of the "The Phoenix" magazine were distributed to those who had not seen the publication and might consider subscribing. We shared ideas for meeting topics for the rest of the year. Follow-ups are to be made for a dietitian and a program on exercising. There was a discussion about support for the Youth Rally to be held in Colorado this year. We hope to send counselors or support a youth to go to the rally.

Hollister has made available to our members copies of the book "If the Battle is Over, Why am I Still in Uniform?" by Brenda Elsagher. She writes of confronting cancer and living with an ostomy using humor as a survival tactic. We hope to distribute copies to those representatives of the other groups who may attend the visitors training session in February.

Last month we recognized Spring Branch Medical Supply for supporting the printing of the January newsletter. This month we recognize Kem Enterprises the maker of Osto-EZ-Vent for supporting the February printing. With the support of some of our advertisers, and with money we receive from Kroger's and Randall's, we are able to cover six months of printing the newsletter.

At the February meeting, following any questions from new attendees we will start the mailing process to local home healthcare contacts. Please plan to spend some time in the assembly line to get envelopes ready for mailing.

We will celebrate the 51st Anniversary of an ostomy support group in the Houston area on March 6 at Pine Forest Country Club. This event will take the place of the March meeting of our Central group. Please call Ed Wood at 281-493-5015 by March 1 for selection of your entrée. Your check mailed to Chuck Bouse will be your reservation receipt. More information can be found of page 4.

I am hoping for better weather and to see you at the February meeting.

Ed Wood
President

The United Ostomy Associations of America (UOAA)
can be contacted at www.uoaa.org.

SOME OF THE BEST BASIC OSTOMY HINTS

via Austin TX Austi-Mate Newsletter

- Don't behave as if having an ostomy makes you less of a person or some freak of nature. There are lots of us and most of us are glad to be alive!
- Build a support system of people to answer questions when you have a problem. Consider our WOCN's and your officers who are listed on the back page of this newsletter.
- Don't play the dangerous game of making your appliance last by over taping or putting off a change. There aren't any prizes given for the longest wear time except accidents!
- Don't wait until you see the bottom of your supply box before ordering more. Always count on delays in shipping, holidays, etc. when calculating what is needed.
- Zip-lock sandwich bags are useful and odor proof for disposal of used pouches.
- Don't get hung up on odors. There are some great sprays and some internal deodorants for your pouch...Remember: everybody creates some odors in the bathroom. Don't feel you are an exception.
- Hydration and electrolyte balance is of vital importance. Be sure to drink enough fluids to maintain good hydration (ileostomates, especially).
- Read and learn all you can about ostomies. You never know when you may find an opportunity to educate someone about the life-saving surgery that has extended so many lives. Learn to be matter of fact about this and never embarrassed. Few folks get out of this life without some medical problems and unpleasant situations with which to cope. You may be amazed at how people will admire your adaptability and courage.
- In the beginning after surgery, almost everyone experiences some depression. If you fit into this category, you are certainly not alone. But it need not be a lasting condition. Try something as simple as walking...long walks. If the depression seems to linger, don't be afraid or ashamed to seek help. There is help out there!
- The bottom line is: We are alive!! In other times, in other countries, we might not be. Medicine and techniques today have given us an opportunity to experience this second chance. It is certainly an opportunity worth accepting and exploring. The most important part of you as a human being has not changed. You are still the SAME you. Never forget to actively celebrate LIFE and all it has to offer. ♦

*"Success is more permanent when
you achieve it without destroying
your principles."*

- Walter Cronkite

OPPORTUNITIES & 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 and sent to: **Ostomy Association of the Houston Area**
Attn: **Chuck Bouse, Treasurer**
P.O. Box 25164
Houston, TX 77265-5164

Memorial Fund: Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable and sent to: **Ostomy Association of the Houston Area**
Attn: **Mary Harle**
9643 Winsome Lane
Houston, TX 77063-3725

(When sending a donation, be sure to include the name of the person being honored so that appropriate acknowledgement can be sent.)

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 Terry Marriott at 713-668-8433 with any questions.

Consultation with ET: Clarice E. Kennedy, Certified Enterostomal Therapist, is available for consultations. Clarice is an ostomate with over 30 years of knowledge and experience to share with anyone who has questions about, or needs assistance with, the care of an ostomy both prior to and following surgery. Contact cekenney@ev1.net or call 713-647-8029 for an appointment.

Sponsorship: You can sponsor a member of our ostomy support group with a tax-deductible donation to cover the cost of their membership. Send your check in the amount of \$25.00 to: **Ostomy Association of the Houston Area**
Chuck Bouse, Treasurer
P.O. Box 25164
Houston, TX 77265-5164

Use Those Shopping Cards: Krogers and Randalls return a percentage of your purchases to the Ostomy Association on a quarterly basis. For card applications, contact Ed Wood at 281-493-5015.

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 Chuck Bouse, Treasurer, at 281-495-1840 (dewitt@houston.rr.com) or send your request to the Ostomy Association of the Houston Area, P.O. Box 25164, Houston, TX 77265-5164.

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.

To subscribe to the quarterly magazine of the United Ostomy Associations of America (UOAA) complete the following.

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ILEOSTOMY DON'TS

via Ostomy Support Group, Dayton OH

Don't fast Fasting can lead to serious electrolyte imbalance.

Don't limit fluid intake Ileostomates are always slightly dehydrated due to the constant outflow of fluids, so maintaining fluid intake at all times is a must.

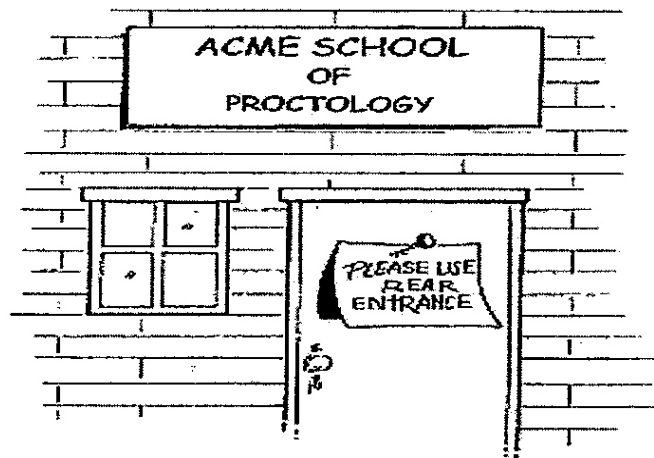
Don't eliminate salt from your diet Since salt is also lost with the fluid outflow, even those with high blood pressure should not eliminate salt altogether.

Don't put things into your stoma Question any procedure that intrudes upon the stoma.

Don't take any medication unless you know it will dissolve quickly and be fully absorbed.

Don't take a vitamin B-12 product for granted Have your B-12 level checked. You may not be absorbing enough.

Don't give blood Giving blood may lead to dehydration. ♦



51st Anniversary Dinner

Tuesday, March 6th

Deadline for
Reservation is
March 1st

Time: 6:30 p.m. - Hors d'oeuvres and Cash Bar
7:30 p.m. - Dinner

Place: Pine Forest Country Club (18003 Clay Road, Houston, TX 77084)

Menu: *Entrée Choices: (Includes salad, dessert, coffee or tea)*

1. *Chicken Picata* Served with rice blended with cranberries and pecans and seasoned asparagus.
2. *6 Oz. Filet Mignon with Bernaise (Chargrilled)* Served with garlic mashed potatoes and seasoned asparagus.
3. *Shrimp Scampi* Served with rice blended with cranberries and pecans and seasoned asparagus.

Cost: \$27.00 per person (includes gratuity)

- **Reservations** can be made by sending your check (payable to Ostomy Association of the Houston Area) to:
Chuck Bouse, Treasurer, 12427 Millbanks, Houston, TX 77031.
- Your check will serve as your reservation.

Also, please call Ed Wood, 281-493-5015, to make your Entrée selection.

AN OSTOMATE LOOKS AT SPORTS

Excerpt from Ostomy Support Group—Tucson AZ

Sporting activities are some of the most exciting things for any ostomate to participate in. Good muscle tone and increased strength are important for anyone who has suffered a prolonged illness, but for ostomates, there is the added pleasure of doing something which, because it is a challenge, adds to our emotional strength. When I was ill, I had no desire to do any kind of vigorous physical activity. After my operation, while I felt better, I was still worried about taking part in any activities, especially athletic ones. I was afraid that my pouch would fall off, that I would strain my abdomen and that I would feel inhibited from really throwing myself into a sport. But, by starting to do various exercises, and by taking certain precautions, I have found myself doing sports I had never done even before my illness. This has increased my courage and brightened my outlook. Swimming is a gentle form of exercise which uses all your muscles and should get your body into good enough shape to start any other sport. I would suggest wearing waterproof tape around the edges of the pouch and wearing some sort of reinforcer (a stretch panty, the panty part of pantyhose, or a gentle support belt) under your bathing suit. This will keep your pouch from moving around, loosening, or causing discomfort. ♦

THE GIFT OF TIME

What does your ostomy mean to you? Does it create a persistent nuisance, need constant care, present difficult problems, embarrasses you, leaks at irregular intervals, and makes you resentful?

On the other hand, do you relegate it to a significant but minor part of your daily routine, and now enjoy a new lease on life? What would have happened to you if the surgery had not been performed? You probably had to choose between a pine box six feet under or a bag on your tummy. That does not leave much room for negotiation.

A surgical diversion to create an ostomy or internal pouch is usually done as a life-saving procedure. Some are temporary solutions to an acute problem, and some are permanent diversions. Some are done as cures for whatever ailed you in the first place, and some alleviate worry, pain, misery and medical expenses.

All of them buy you the special gift of extra time. What are you going to do with that precious gift? Are you going to waste it or are you going to do something productive or memorable with it? Are you going to crawl into a psychological hole and remain there, feeling sorry for yourself until your time runs out? Alternatively, are you going to appreciate and live life to the fullest, making good use of the gift of time that you have remaining? The choice is yours. Choose wisely. ♦

BAYTOWN SUPPORT GROUP

Members of the Baytown Support Group had a remarkable presentation with Chaplain Linda Tolon in December. We had a good turnout with 12 in attendance despite the busy holiday season.

The group was pleased to welcome several guests and greet our old friends as well. Reminds me of a Girl Scout song I used to sing with my daughter, "Make new friends, but keep the old, one is SILVER and the other GOLD!"

We were able to appreciate the experience Chaplain Tolon brought from counseling and ministry as she guided the group through several different relaxation activities. Other activities helped promote self awareness and stress relief and allow us to focus on the present, letting go of the past and not worrying about the future. Good advice for us all!

We will have a roundtable discussion in February with special guest, Elaine Dollar, Program Manager for our area American Cancer Society. Plan to join us on February 26th.

It looks as if 2007 is off to a great start, Happy New Year!

Cindy Barefield, RN, WOCN
281-420-8671

NORTHWEST GROUP HAPPENINGS

Due to the freezing weather and bad road conditions our January meeting was cancelled. Our February 19th meeting will be a roundtable discussion to share ideas and comments on programming for the remainder of this year. Join us and participate in this lively discussion!

See you on the 19th....

Tony Romeo
281-537-0681

OSTOMATES

by Ann M. Favreau

Ordinary people
Extraordinary lives
Coping with change.

Fearful at first
Hopeful at last
Helping others.

Building self-confidence
Concealing impairment
Sharing a voice.

"The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart." Helen Keller

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

General Data:

Name: _____ Date: _____
Phone: _____

Street Address: _____

City: _____ State: _____ Zip: _____ E-Mail: _____

Surgery Date: _____ Birth Date: _____

Reason for surgery: ☐ Crohn's ☐ Ulcerative Colitis ☐ Cancer ☐ Birth Defects ☐ Other _____

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

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SOCIAL EVENTS, MONTHLY NEWSLETTER**

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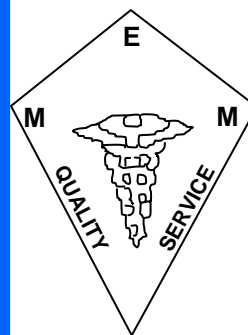
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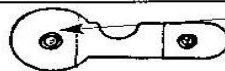


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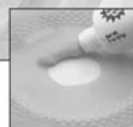
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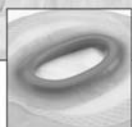
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- Adapt Barrier Strips



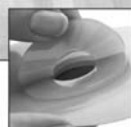
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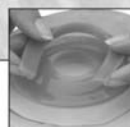
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Ostomy Association of the Houston Area

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Cindy Barefield	Baytown Group Coordinator	(281) 420-8671 or cbarefield@tmh.tmc.edu
Ron Meisinger	J-Pouch Coordinator	(281) 491-8220

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Ostomy Association of the Houston Area

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