



February 2012

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

Youth Rally

New ostomates have incredible adjustments to make after surgery. Learning new techniques, incorporating lifestyle changes and adjusting to the opportunity of a second chance are all formidable steps. Now, imagine all these things from the perspective of a teenager. Unfortunately GI and GU diseases don't wait for adulthood to strike. Teenagers from our Houston area as well as the nation are also affected.

The Youth Rally is a successful summer camp program that has combined positive support, education and fun for teens with GI and GU concerns. The Central Group hosted a program last year featuring a former camper turned counselor. Caleb Alford shared his experiences and insights into this wonderful program.

The first Youth Rally camp was held in Boulder, Colorado in 1978. This location has been selected again for the 2012 rally coming up this summer. Run completely by volunteers, the camp is administered by the Youth Rally Committee (YRC). This program has been offered for over 25 years thanks to generous assistance from support groups like OAHA, individual and corporate sponsors, the WOCN and individuals.



Boulder, Colorado

Parents and families are often strapped for funds after addressing medical and support needs. Scholarships and financial support are needed for this reason. Consider giving to this special cause. www.Rally4Youth.org is an information rich web site that provides enormous detail about the camp, opportunities for campers and counselors. This site also supports direct donations.

Facebook

The Youth Rally Committee has launched an official page on Facebook, "Youth Rally, Inc.", which you can see and "like" at <http://www.facebook.com/YouthRallyInc>. We hope you will join us, and hope you will tell all your friends too! The YRC hopes this new social networking tool will help others by spreading support and information.

New Ostomate Survey—Pays Cash Hurry, Deadline is February 17, 2011

The United Ostomy Associations of America recently announced that I.C. International is conducting another ostomy product survey and is looking to interview ostomates who have had their surgery within the past 12 months. To participate please call the toll free number 888-289-6605; you will be asked a few questions to see if you qualify and if you do you'll be emailed a link to complete the online survey at your convenience.

All ostomates who complete the survey will receive \$60 and a referral fee of \$30 will be paid to UOAA for everyone who says they were referred by UOAA when they call in to the toll free number. The survey should take approximately 25 minutes to complete. All information is kept confidential. The study is open now and will close on February 17, 2012.

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.

In This Issue

| | |
|--|----------|
| Youth Rally | 1 |
| New Ostomate Survey | 1 |
| Group News & Help Wanted/CCFA Walk | 2 |
| Meet Sharon Stanley/WOCN Invite | 3 |
| Youth Rally/Paul's Wish | 3 |
| Dress in Blue Day | 3 |
| WOCN Directory | 3 |
| Family and Spouse—Their Needs. | 4 |
| Meeting Dates/Times | 4 |
| Opportunities and Announcements | 5 |
| Membership Information | 6 |
| Advertising Support | 5-7 |
| Contact Information | 8 |

Central Group News

We had 21 attendees and two visitors for our first meeting of the year. Christy Bizzell, PT, CFMT, gave us an encouraging and informative presentation about Exercise for the Ostomate. Most of us need to make an effort to add more exercises into our daily routines. The benefits of exercise include improving bone, joint, and muscle health, combating chronic diseases such as high blood pressure, high cholesterol, Type 2 diabetes, osteoporosis, and certain types of cancer. Improving the cardiovascular system by exercising can improve symptoms of Alzheimer's and dementia. Exercising is a great stress reliever, helps to manage weight, and boosts your energy level. Most of all, you just feel better! Who among us does not need these benefits?

I challenge everyone to try to add one exercise to their daily routine. Most of these exercises can be done sitting in front of the TV so no excuses allowed about driving to the gym or even changing your clothes. I know that I have been careful about exercising and probably use my weakened abdominal wall after surgery as an excuse too often. Christy has found exercises that, if done correctly, will improve balance, flexibility, and strengthen my core, so I pledge to you that I will add some of these exercises to my routine. Check with me next month and see how I'm doing. For anyone who was not able to attend the meeting, I have copies of Christy's presentation.



As many of you know, our own E.T., Clarice Kennedy, has been recuperating at home with a spinal fracture and some other issues. She has been a life saver for many ostomates and has been an inspiration for all of us. Please keep her in your thoughts and prayers as she recovers.

We are trying to create a group of young ostomates in the Houston area. We haven't defined young exactly, but we do have a few young people that we know of who have some sort of urinary or bowel diversion. Their concerns are not quite the same as older people, and sometimes, the solutions may be different. If you or someone you know is a young person with urinary or bowel diversions, please contact me (information on the last page of the newsletter).

Our February speaker will be Sharon Stanley, PhD, RN, RS, from the American Red Cross, who will speak to us about emergency preparedness. I hope to see you at the meeting to welcome our visitors and help address their concerns. As we have all learned, it can make such a difference just to talk to another person who shares our experience.

Best regards,

Denise Parsons, President, OAHA
713-824-8841

Northwest Group News

We started the new year with thirteen members showing up for our monthly meeting. As we sat and discussed what our group wanted to talk about, we decided to bring some of our old favorites back, along with some new items of interest. We had a new ostomate member show up along with a family member as his support group. Some of our members were missed including Gay Nell, Gen and Jane. Janis Petronella, a pharmacist from Northwest Medical Center will be presenting information on how ostomates handle medication. Stay tuned for new and exciting information in the months ahead.

Craig Cooper
281-948-6883

Tony Romeo
281-537-0681

Baytown Group News

Baytown group rescheduled their usual 1st Monday to January 16th to begin the new year. We had a great turnout for "Living & Learning: An Overview on Ostomy Complications & Management presented by our resident WOCN, Cindy Barefield.

The overview included a brief look at the impact of complications for each type of ostomy as well as the impact on one's mental health. Several different conditions that can affect pouching were discussed including prevention, symptoms and treatment. Several participants could relate to mechanical injury and folliculitis while other conditions such as prolapse and stenosis do not seem to occur as often.

Monday, February 6th is our next scheduled meeting. Matt Potter, RD, LD (Dietitian) here at San Jacinto Methodist Hospital will present "Optimizing Nutrient Absorption". Matt is a wonderful presenter and this is a meeting you won't want to miss!

Cindy Barefield, RN, WOCN
281-428-3033

CCFA Take Steps Team Leader Needed

OAHA has participated in the last three CCFA fundraising walks and raised over \$4,000 to date. This year's walk is on May 19, 2012, at Discovery Green. Unfortunately, due to a scheduling conflict, past Team Leader Patti Suler is unable to facilitate the walk this year. We need a Hero! Don't let our organization's support disappear.

Casey Harbich, CCFA Take Steps Manager, recently shared, "We would love to have the Ostomy Association of the Houston Area back to join us again! You all were one of our most successful teams!"

If you are interested in stepping up for this one day commitment, please contact Patti Suler no later than March 1st. Internet and email capability are required for this position. Contact information is located on the back of the newsletter.

Help Wanted

Meet the National Nursing Leader

All WOCNs and health care professionals are invited to meet Sharon Stanley, PhD, RN, RS, on Thursday, February 23, 2012, at the American Red Cross located at 2700 Southwest Freeway. This is a unique opportunity to meet the national nursing leader and learn about the challenges of disaster relief operations and more. No attendance fee is required, but attendees are encouraged to register by February 16th. The registration form is located on our web site at www.ostomyhouston.org.

Paul's Wish

Paul Hastings, CEO of the Youth Rally Committee, is passionate about Youth Rally. Last year he used Causes.com to raise over \$12,000 for the program which supported camp attendance for more than 400 kids. Following this success, he has upped the stakes this year with a goal of \$25,000. To date, he is over half way to his reaching his new goal. Mr. Hastings has been volunteering with the rally for over 25 years and now acts as its Chair and CEO. Take a moment to read his support request.

"Imagine your child is born with a rare disease, like Hirshprung's, Extrophy, spina bifida, familial polyposis, imperforate anus, Vader's Syndrome.... Crohn's or colitis...sounds scary, strange, heart-breaking? When your child is born with these and other inherited diseases of the bladder, bowel, spinal cord...it can be devastating. You can feel all alone. You look for help. WE ARE HERE. Youth Rally Committee is a volunteer organization that conducts a summer camp for kids, every summer, and provides a family site on facebook all year round for "our kids" to have a chance to grow and be together and support each other during those teen years and beyond, college, jobs, and starting families.

We are all volunteers. We all have a GI or GU disorder. We all live productive lives and want to give back! We do give back. We give our time, our skills, our love and passion for life, our souls. There is NOTHING we would not do for our kids, but most importantly, there is NOTHING our kids won't do for our kids.

Teens may have never met another young person with their GI/GU situation, and can benefit from that experience as well as from role models to become independent and to broaden their sense of what they can accomplish despite the physical management needs with which they live. Youth Rally is amazing, and you can help us make this camp available to as many kids as possible. We have kids from all walks of life, all backgrounds, continents, upbringings, diversities.

My Birthday Wish is in honor of the kids and counselors (former kids) of Youth Rally "
—Paul Hastings

To help Paul realize his Birthday Wish, go to the link below:

http://wishes.causes.com/wishes/433714?bws=email_to_friends&m=1ac83f93

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

Dress in Blue Day—Save the Date!

Dress in Blue Day is Friday, March 2, 2012. You can make a difference. Help raise awareness about colon cancer, celebrate survivors and help patients in need during National Colorectal Month by participating in Dress in Blue program. Let your members know and for more information about other activities go to <http://www.ccalliance.org/dressinblueday/index.html>. *This is a Colon Cancer Alliance Program.*



WOCN and ET Directory

| | |
|---|----------------|
| Cindy Barefield, RN, CWOCN San Jacinto Methodist Hospital cbarefield@tmhs.org | (281) 428-3033 |
| Clarice E. Kennedy, CET claricekennedy1@comcast.net | (713) 647-8029 |
| Charlene Randall, RN, CWOCN Specialty Wound & Ostomy Nursing, Inc. charlene@swoni.com | (713) 465-8497 |
| Pat Thompson RN, BSN, CWON Pat.thompson@tenethealth.com | (281) 397-2799 |

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.

The **Phoenix**

ORDER FORM

Money Back Guarantee!

☐ One-year subscription \$29.95 ☐ Two-years for \$49.95

Payable to: The Phoenix magazine, P.O. Box 3605, Mission Viejo, CA 92690

Name _____

Address _____

Apt/Suite _____

City _____

State _____

Zip _____

11/11 SG HLFAD

Family and Spouse—Their Needs

By Donna Hoffman, LPN ET, Edited by B. Brewer, 12/2011
UOAA Update



Much has been said and written about the ostomate who has to undergo ostomy surgery, their recovery from the surgery and what is so important to recovery emotionally. But what about the spouse and children? They must

suffer in their own way. In the hospital, doctors and nurses hurry around seeing to the ostomate's physical needs, the ostomy visitor sees to the emotional needs. Who is there for the family? Spouses suffer just as much if not more. They are the ones who have to put up with the outbursts of anger, despair and depression. They work with us giving love and support and have to go home to an empty house and wonder—what next?

There is usually no one to help them through their anxious days of worry and uncertainty. "How will my loved one accept me? After all, I'm not the one that has an ostomy. Will he or she change or be the same?" After the ostomate comes home from the hospital, the family and spouse has to put up with inconveniences such as pieces of skin barrier stuck to the bathroom floor, powders spilled on a favorite brush or comb, irrigating tubing hanging in the bathroom, and having to learn to leave the bathroom free at a certain time of the day. And of course, the frequent pit stops when traveling.

Spouses frequently ask, "what about our sex life? Will it be the same? Will it be worse, better, or maybe none at all?" Spouses and families need the same support during the hospitalization phase and recovery at home as the ostomate. They need to be included in the teaching of ostomy care, to feel they are still wanted and needed. Children should have the surgery explained to them so Mom or Dad will seem the same and love them even more. They will not think anything of it if explained in a simple understanding way.

An ostomy is nothing to be ashamed of and should not be treated any different than someone who has to take insulin or wear prosthesis. Spouses should also have the option to talk to another spouse who has had ostomy surgery in the family.

Note: The invitation "We encourage you to bring your spouse or significant other and members of your immediate family to our meetings" is present in every issue. We provide support not only to the primary ostomate, but to their families as well.

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.

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

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: February 20, 2012
Program: Guest Speaker: Sharon Stanley, PhD, RN, RS, from the American Red Cross, will speak on emergency preparedness.

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: February 6, 2012
Program: Matt Potter, RD, LD, (Dietitian), will present "Optimizing Nutrient Absorption".

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: February 21, 2012
Program: Guest Speaker: Janis Petronella, Pharmacist

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 10, 2012

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 address shown at the right (in the box).

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/>

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 at the top right (in the box). 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 Lorette Bauarschi, Treasurer, at 713-582-0718 or lbauarschi@sbcglobal.net or send your request to the provided address at the top right of this page.

Donation of Supplies

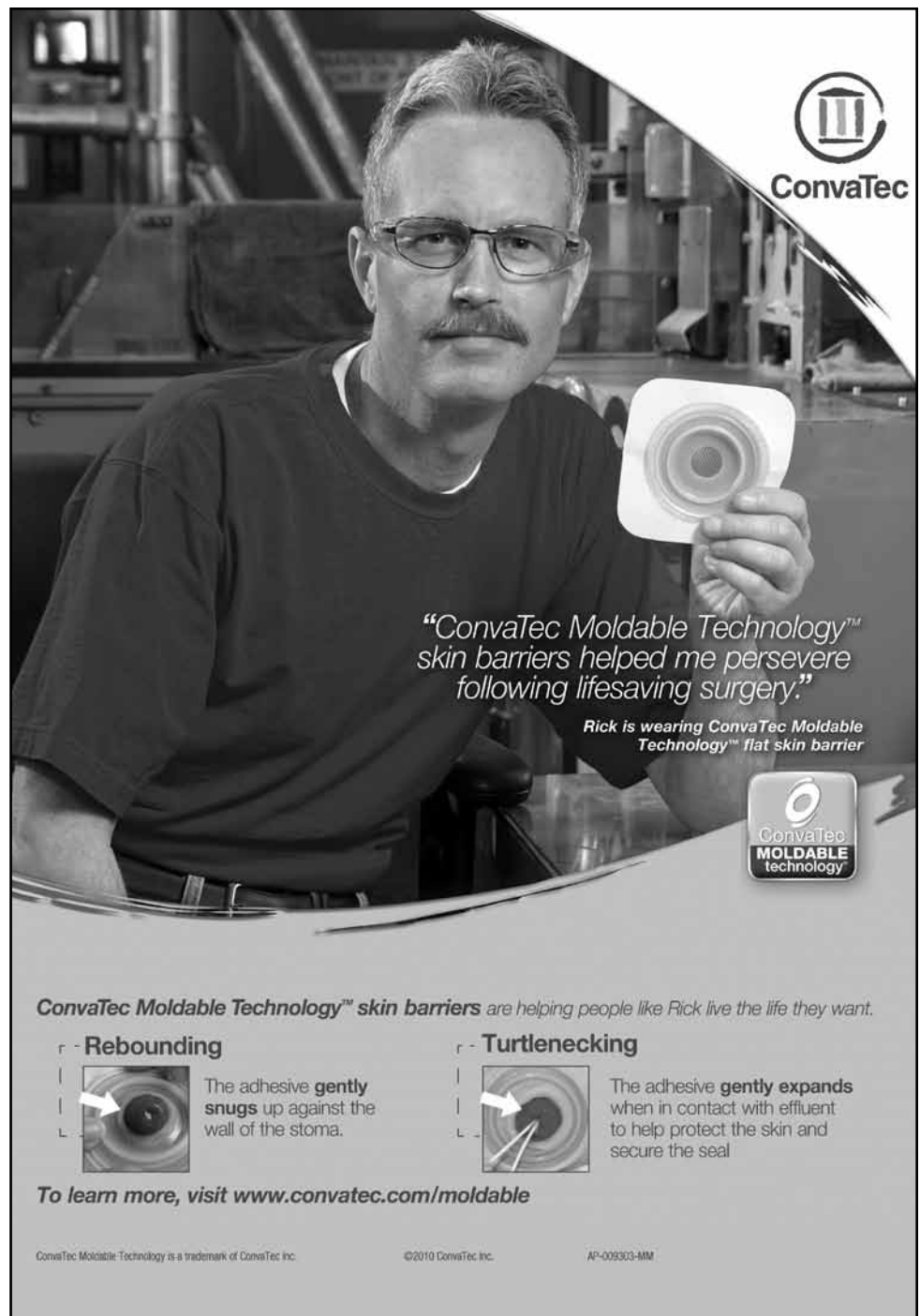
We are contacted on a regular basis by individuals who are in need of donated ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Mary Harle at 713-782-7864 with any questions.

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 address at the top right.

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

Ostomy Association of the Houston Area
Attn: Lorette Bauarschi, Treasurer
P. O. Box 25164
Houston, TX 77265-5164



ConvaTec

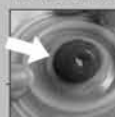
"ConvaTec Moldable Technology™ skin barriers helped me persevere following lifesaving surgery."

Rick is wearing ConvaTec Moldable Technology™ flat skin barrier

ConvaTec MOLDABLE technology

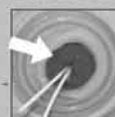
ConvaTec Moldable Technology™ skin barriers are helping people like Rick live the life they want.

Rebounding



The adhesive **gently snugs** up against the wall of the stoma.

Turtlenecking



The adhesive **gently expands** when in contact with effluent to help protect the skin and secure the seal.

To learn more, visit www.convatec.com/moldable

ConvaTec Moldable Technology is a trademark of ConvaTec Inc. ©2010 ConvaTec Inc. AP-009303-MM

Introducing **STOMOCUR™** OSTOMY PRODUCTS

- ▶ Comfortable feel & fit - feels like you are not wearing an appliance
- ▶ No tape required
- ▶ Longer wear time
- ▶ Highly absorbent durable rings & paste



FOR LIFE GmbH
Berlin, Germany

**For a Free Sample
or For More Information Contact**
Clarice Kennedy, CET (713) 647-8029 or claricekennedy1@comcast.net

For Life GmbH • Tabbertstr. 12 • 12459 Berlin, Germany • <http://www.stomocur.com>
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

☐ ET 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*



CYMED

life without limitations

**MICROSKIN® based
OSTOMY POUCHING SYSTEMS**

Cymed's MicroSkin® pouches promote healthy skin by allowing breathability. MicroSkin® pouches are so thin and flexible you'll forget you're wearing anything at all. Try MicroSkin® and experience the freedom of exercising, bathing, swimming, riding a bike or just taking a long walk. Live your life without limitations.

Order free samples at:
samples02@cymedostomy.com
 or call **800 582-0707 x105**
www.cymedostomy.com



Osto-EZ-Vent®

- GIVES YOU CONTROL
- EASY TO VENT,
OPEN



For more information and a free sample
 call 1-888-562-8802
 For more information visit our website
www.kemOnline.com
 Medical Reimbursement Code A4366



Where to Buy? Check out website for dealers, catalogs, online ordering, or call our toll free number to order direct by mail.



SPRING BRANCH MEDICAL SUPPLY

PULMONARY ASSISTANCE INCORPORATED

Ostomy & Urological Supplies ▪ Wound Care
 Oxygen & Respiratory Equipment ▪ Hospital Beds
 Wheelchairs ▪ Bedside Commodes ▪ Walkers
 Bathroom Aides ▪ Mastectomy Products
 Compression Hosiery ▪ Orthopedic Supplies

8700 Long Point Road
 Houston, TX 77055
(713) 465-2200
 Fax (713) 461-5806

Ostomy Consultations with
 Clarice E. Kennedy, CET
 By appointment only
 Call (713) 647-8029

Medic Pharmacy


Ostomy Products
 Medical Equipment and Supplies

4040 S. Braeswood, Houston, TX 77025
 (next door to "3 Brothers Bakery")
Centrally Located
With Free Front Door Parking

713-666-6353
 FAX: 713-666-2831
 9 AM to 5:30 PM M-F; Sat. 1 PM to 3 PM





Newsletter Advertising: Please contact the newsletter editor for sponsorship and advertising opportunities.



Choosing the right product.
That matters.


Premier Drainable Pouches – Now available with FlexWear Skin Barriers



Introducing **Premier** drainable pouches utilizing **FlexWear** skin barrier with tape border for strength and flexibility, and **FlexExtend** extended wear skin barrier with filter. With options from the easy-to-use **Lock 'n Roll** closure and the **AF300** filter for improved deodorization; security, comfort, and discretion are the objectives of the pouch design. This pouch is available in multiple variations including ultra-clear, beige, or transparent, and pre-sized or cut-to-fit.

For a sample, call **1.888.740.8999**.

Hollister Ostomy. **Details Matter.**



Hollister
 www.hollister.com

Hollister and logo, AF300, FlexExtend, FlexWear, Lock'n Roll, and Premier are trademarks of Hollister Incorporated.
 Hollister Ostomy. Details Matter,™ is a service mark of Hollister Incorporated.
 ©2010 Hollister Incorporated. PROMOCODE: 138PMFW0810