



February 2013

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

Minding the Maturing Mind

Part One of Two

(Excerpted from Mayo Foundation for Medical Education and Research®

"10 Tips to Keep Your Memory Sharp" by Dr. Paul Takahashi, a geriatrician at Mayo Clinic and an expert on cognitive decline.) Courtesy of the Ostomy News of North San Diego County

After 20 minutes of searching, you find your glasses resting on your forehead. You've gone to the basement three extra times, in hopes of remembering why you went the first time. You just poured orange juice in your cereal.

Are you losing your mind? Probably not.

Memory loss is one of the most common complaints of people age 50 and older, and it's typically blamed on aging. People fear that memory lapses are signals of what's in store.

But take note: Dementia (a mental decline to the point that affects daily activities, the most common form of which is Alzheimer's disease) is more than forgetfulness. Ten percent [only] of people older than 65 get dementia, so most people who occasionally forget things simply have too much on their mind.

Though it's impossible to predict memory loss, you can do your best to prevent it. We asked Dr. Paul Takahashi to help us compile a list of ways to keep that noggin nimble as you age.

Here's that list:

Exercise your mind

Just as physical activity keeps your body strong, mental activity keeps your mind sharp and agile.



"It is important to experience new frontiers," says Takahashi. "Excitement is an important part of learning."

If you continue to learn and challenge yourself, your brain continues to grow, literally. Regardless of age, an active brain produces new dendrites, which are connections between nerve cells that allow cells to communicate with one another. This helps the brain store and retrieve information more easily, no matter your age.

How can you challenge yourself? A few suggestions:

- Learn to play a musical instrument.
- Play Scrabble or do crossword puzzles.
- Interact with people.
- Switch careers or start a new one.
- Try out a new hobby (crafts, painting, biking, bird-watching).
- Learn a foreign language.
- Volunteer.
- Stay informed about what's going on in the world.
- Read.

Stay Active

Exercising daily for 30 minutes can help improve blood flow to the brain. Some people find it's easiest to get motivated when they exercise with a friend. Some choose a favorite pet to accompany

(Continued on page 3)

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.

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Central Group News

Ron Cerreta kindly provided notes of the meeting that I missed. Eighteen were in attendance to hear guest speaker, Polly Johnson of Convatec present many NEW, exciting products. As Polly mentioned, for years the word "NEW" was not in the Convatec vocabulary, however, after four years of research and testing they are now rolling out the results of their hard work. Convatec interviewed several hundred ostomates as well as 100 WOC Nurses to find out their wants, needs, and suggestions.

The new products she demonstrated were one- and two-piece products that are softer, easier on the skin as well as smoother, softer seams. The pouch's opening is wider and has an updated closure system. Pouches now have the product's name and number printed on it making it easier for the user to locate and to reorder the proper pouch. Filtered pouches have been updated with the filter relocated higher up greatly reducing possibility of the contents of the pouch getting to the filter. Convatec had a third-party filter company design the new filter to improve the odor elimination. Polly reminded us that outside moisture such as water from a shower, bath or swimming should not come in contact with the filter. All of the new products have the word "PLUS" in the product name, such as ESTEEM PLUS etc. Updated Urostomy products will be coming in 2014.

She also explained that Convatec uses a vibrating "wall" with pouches attached filled with liquid to simulate daily movement. In the past their former products would have one or two FAIL the vibrating wall test, however, the new product line had ZERO failures. Convatec has a new CEO who has been busy acquiring related companies such as TRIO, the maker of Diamonds, a sachet you can place in your pouch to help with any odors. They have also acquired other skin care product companies as well as entered into a partnership arrangement with Ostomy Secrets, the manufacturer of undergarments and swimsuits for ostomates.

On April 27, the Ostomy Association is participating in the CCFA Take Steps Walk in support of research on Crohn's and Colitis and related bowel diseases. Please contact Patti Suler, pattisuler@aol.com or go to <http://online.ccfa.org/goto/OAHA> if you would like to donate or join our team.

Also, remember that March is Colon Cancer Awareness Month and March 1 is National Dress in Blue Day. For more information about this go to the web site for the Colon Cancer Alliance, www.ccalliance.org.

We are looking for someone who can help with the donated supplies. Mary Harle has been our supply coordinator for several years and is ready to retire. Thank you, Mary, for all you have done. Some supplies can be given to people without or between insurance or medicare, medicaid, etc. Some supplies will need to be packaged and sent to Project Cure or the Osto Group Organization. Please give me a call if you would like to find out more.

The February meeting will be a roundtable discussion. One topic that has been suggested is pouch emptying strategies and concerns. Let's compare notes. Hope to see you there.

Best regards,

Denise Parsons, President, OAHA
713-824-8841

Baytown Group News

Baytown Ostomy Support Group started off the year with a presentation in January that brought information important to us all, "Preparing for the Unexpected—Exploring Community Resources" by Kathy Peterson, Social Worker at San Jacinto Methodist Hospital. Kathy began her presentation with the topic of Advance Directives. Kathy handed out booklets on Advance Directives. Some of the highlights included:

- Texas and federal law give us the right to make own our health care decisions. If you do not want to receive certain types of treatment or you wish to name someone to make health care decisions for you, you have the right to make these desires known to your doctor, hospital or other health care providers and in general, have these rights respected.
- These are called "advance" directives because they are signed in advance to let your doctor and other health care providers know your wishes concerning medical treatment.
- Advance Directives only take effect when you can no longer make your own health care decisions. As long as you are able to give "informed consent" your health care providers will rely on you and not on your advance directives.
- You can cancel or change any advance directive that you have written.

(Copies of the booklet Kathy shared are available at www.advdir.com)

Kathy also handed out a copy of the "Senior Guidance Directory" for each member in attendance. This 16th edition is "a comprehensive listing of resources to assist seniors and families living in Greater Houston area and other parts of Texas and the US." The directory is divided into sections such as Caregiving & Support Services, Disability Services, Disease & Chronic Illness as well as Senior Activities and such. It also has a great Index which makes locating topics quick and easy. (You can download this directory online. Go to www.srguidance.org and click on View the directory for a downloadable PDF. You can order 1 hard copy of the directory. Visit www.getreadyforlife.org and click on Free Resources. You can order multiple copies. Call 713-529-9991 Ext. 4 to get a directory order form. A donation is requested based on the number of directories requested.)

Baytown Group News *(continued)*

In February, we are looking forward to having Matt Potter, Dietitian at San Jacinto Methodist Hospital back with us. Matt's topic is: ***Revolutionize Your Digestion by Obtaining the Balance between Fiber & Fluid***. Don't miss it—Monday February 4.

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

Northwest Group News

Eight people braved the cold and windy night to attend the first meeting of the Northwest Group. This meeting was dedicated to brainstorming ideas for the coming year. Several new items were put on the table and we hope to add them to this year's program line-up in addition to bringing back our favorites. New considerations include a Cajun gathering combined with a dietary presentation, and a hosting a licensed therapist to present on loss issues associated with ostomies.

We were joined by two new ostomates, both under a year with their surgeries. Their presence underscored the need for a support group such as ours. GayNell, Craig, Gen, Suzanne, Jane and others were missed. We also learned of the passing of a Northwest member, Leonard Lovings.

Next month the guest speaker will be Patti Suler, OAHA Newsletter Editor, Topic: "No Fear! Overcoming Ostomy- Related Anxiety"

Craig Cooper
281-948-6883

Tony Romeo
281-537-0681

Semi-Annual Dues

As a completely volunteer ostomy support group, we are dependent on your dues and other gifts to continue our service to those in our community who need us. Membership dues are collected twice a year based on the initial enrollment month. Save money and time by responding to the first notice. Notices are being sent out now. Please consider renewing your membership. We all benefit from the Ostomy Association of the Houston Area in many forms: meetings, special events, visitor training and newsletters. Every one of us has received support from this organization and even if you can't make all the meetings, by continuing your support, others will have the same opportunities. If you have a little extra, consider making a donation to cover dues for someone else. If you would like to join and cannot find the funding, contact a board member to see if support is available. All membership grants are kept confidential.

Minding the Maturing Mind *(continued from page 1)*

them on walks. However you choose to get moving, your routine should include three components:

Aerobic activity five times a week (brisk walking, bicycling, swimming)—This slows the loss of aerobic capacity (the ability of your heart, lungs and blood vessels to deliver adequate oxygen to muscles during physical activity) associated with aging. The net result of aerobic activity is increased stamina and endurance. Also, it can decrease high blood pressure, which may reduce your risk for stroke, heart disease, kidney disease and other related conditions.

Strength training two to three times a week (weightlifting, using elastic resistance bands)—This can slow or even reverse the loss of muscle mass associated with aging. Strength training also can slow bone loss, cut your risk of injury and make you feel more energetic.

Stretching every day—This increases the range in which you can bend and stretch joints, muscles and ligaments, helping to decrease stiffness and to prevent injury. "Exercising also helps your mood," says Takahashi. "People who exercise briefly each day – maybe get some sunlight – certainly have better moods." Chances are if you're exercising regularly, you'll sleep better, too. You'll be more awake, more alert and a quicker on the mental draw.

(continued in next month's issue)

PARAPROSDOKIANS

A figure of speech in which the latter part of a sentence or phrase is surprising or unexpected.

- Behind every successful man is his woman.
Behind the fall of a successful man is usually another woman.
- Money can't buy happiness, but sure makes misery easier to live with.
- I used to be indecisive. Now I'm not so sure.
- You're never too old to learn something stupid.
- To be sure of hitting the target, shoot first and call whatever you hit—the target.
- Nostalgia isn't what it used to be.
- Change is inevitable except from a vending machine.



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

WOC Nurse Directory

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

Clarice E. Kennedy, CET (713) 647-8029
claricekennedy1@comcast.net

Anita Prinz, RN, MSN, CWOCN (281) 824-2382
aprinzn@yahoo.com

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: 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 18, 2013**
Program: **Roundtable**

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 4, 2013**
Program: **Guest Speaker: Matt Potter**, Dietitian at San Jacinto Methodist Hospital, will present "Revolutionize Your Digestion by Obtaining the Balance between Fiber & Fluid."

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 19, 2013**
Program: **Guest Speaker: Patti Suler**, OAHA Newsletter Editor, Topic: "No Fear! Overcoming Ostomy-Related Anxiety"

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: **February 18, 2013**

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.

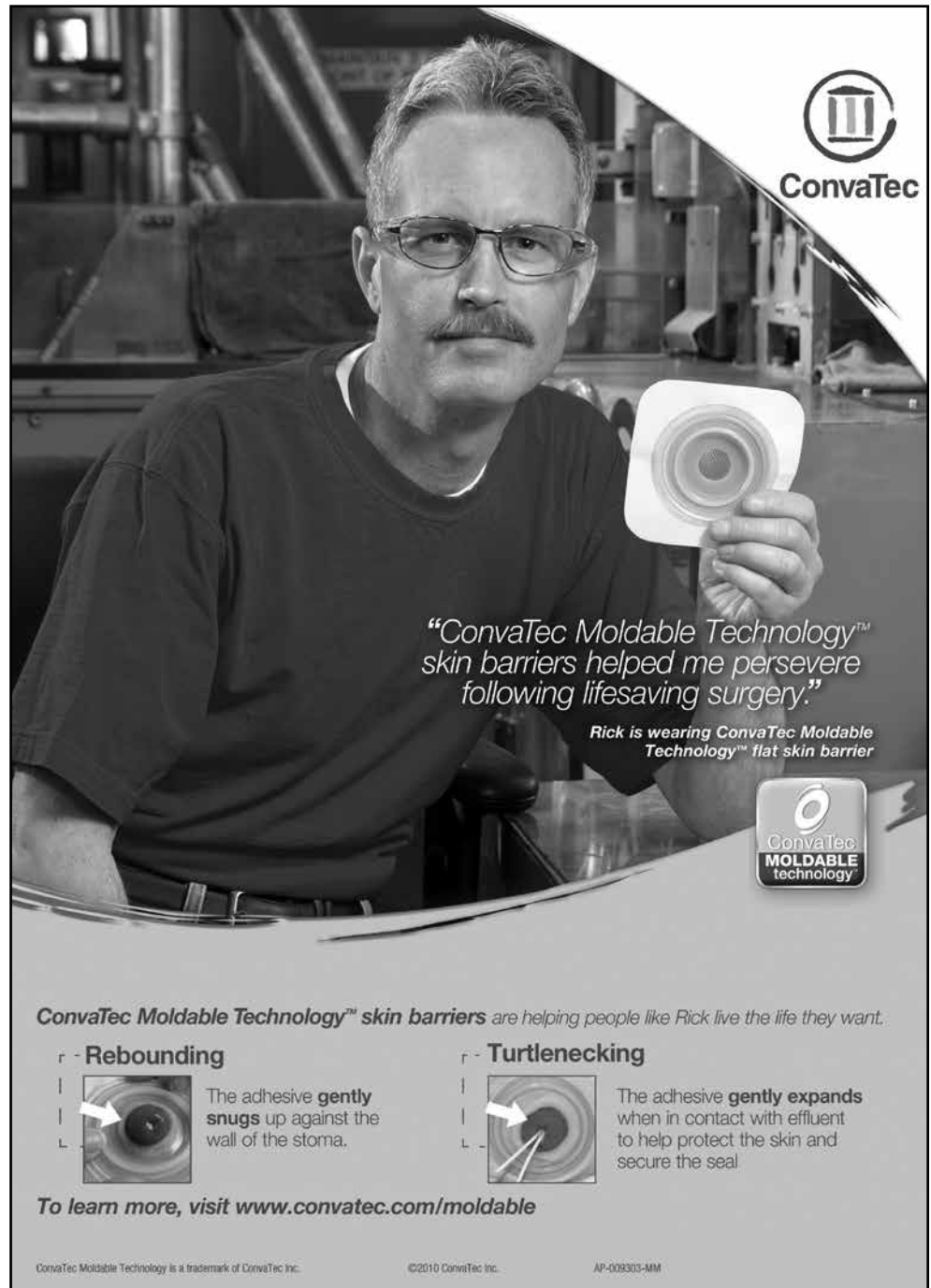
Donation of Supplies

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.

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



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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/>

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

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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,
Monthly Newsletter*



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