



February 2014

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

Affirmation of Community

Daily, we live side by side, sharing our community,
we take each other for granted, living our lives,
going through our days, seldom thinking of community,
seldom stopping to think of the needs of our neighbors,
caught up, in living and providing for ourselves and family.

Community is just there, and we take it for granted,
until disaster strikes, hardship comes, or weather rages,
then, we suddenly, and desperately, need our community,
we need it to help us survive, keep hope alive, to live.

It is community that provides the essential safety net,
protecting each of us in the face of loss and tragedy, it,
is our community that brings out the neighbor in us all.

The Ostomy Association of the Houston Area is the
community for those who must face this surgery. As
members of this special community, we share our
experiences. We demonstrate that life goes on after surgery,
and most of all, that life can be good after surgery. Each and
every one of us provides hope, compassion, and optimism to
those who join this community. Bless each who shares their
journey with another.

I want to add a special prayer for those who are in treatment
or facing grave illness. Please give them comfort and peace.

We are thankful for the food on this table.

We are thankful for this time together.

Amen

This poem was read at the Holiday Party by President,
Denise Parsons. Original poem obtained from
http://www.spiralgoddess.com/InterFaith_Public_Meeting_Prayers.html

*Due to limited space, this item did not appear with the Holiday
highlights. —OAHA Editor*

*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.*

CCFA Take Steps Walk 2014

<http://online.ccfa.org/goto/OAHA>

By Patti Suler, Team Captain

Come join your fellow ostomates in our sixth year walking in
the upcoming CCFA Take Steps fundraiser on May 3, 2014, at
Discovery Green. This is an optimum opportunity to make a big
difference with a little bit of time investment.

Unlike many 'charities' in the news, CCFA is recognized for
outstanding organization dedicated to the goal of eradicating
Inflammatory Bowel Disease. Even with an ostomy, Crohn's
sufferers continue to deal with this disease and it is not age
discriminate, both children and adults are affected. CCFA
has been behind several innovative research and treatment
breakthroughs. Imagine a world with less suffering—CCFA can
make it happen.

The walk itself can be accomplished in as little as 30 minutes.
The food, entertainment and fellowship are a bonus. Absolutely
cannot walk with us? Please consider a donation. Contact Patti
Suler at 281-352-2566 or pattiksuler@aol.com.

Patient Visiting and Support Services

Doctors and WOC 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, Marian Newman at 281-485-1961.

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Central Group News

We had a special occasion to note. The J-Pouch group is celebrating their 20th anniversary this year. The J-Pouch is an internal reservoir constructed from a portion of the intestine. Ron Meisinger is the founder of the Houston J-Pouch support group. Ron was one of the early J-Pouch recipients and there were not a lot of resources to help with adjusting to the surgery. The Ostomy Association helps with the transition period between surgeries while the patient has an ileostomy. Ron has talked with many, many J-Pouch patients over the years. He has been very generous with his time and experience. Thank you, Ron.

We had three visitors at our meeting this month including one ileostomate, one colostomate, and one J-pouch. I'm glad they found us. I hope we answered their questions and that we see them back next month. We were happy to see Dorothy out and about while recovering from her broken leg. Our speaker, Sarah Martin, is with the YMCA LIVESTRONG Program. LIVESTRONG at the YMCA is a researched-based physical activity and well-being program designed to help cancer survivors achieve their holistic health goals. Participants work with trained Y staff in supportive cancer care to safely achieve their goals such as building muscle mass and strength, increasing flexibility and endurance and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind, and body. Sarah did a lot of research on ostomates and the physical conditioning that they can do with their doctor's approval. Her advice is to do something. Any movement is better than sitting on the couch. Find something that you like to do as you will be more likely to keep it up. Sometimes, it is good to have a friend to exercise with as you can encourage each other. Start slow by walking and add other things as you can. Yard work and cleaning house count as aerobic activities, too. Sarah had numerous handouts. If you would like a copy of the information which includes exercises, let me know. I hope we can all come back next month and report our increased physical activity.

Next month, we will welcome Jenny Jansson-Smith RN, CWON, with Stomacur.

Our thoughts and prayers are with those in treatment and those recuperating.

Best regards,

Denise Parsons, President, OAHA
713-824-8841

Baytown Group News

January's meeting gave me a chance to review our programs of the past year and think about opportunities for 2014.

Ultimately, the goal is for those who attend our meetings to feel that they are worthwhile, that something is LEARNed. To learn is to "have a change in behavior." The survey tool included this question regarding each month's topic, "Did you learn from this presentation?" with a range from "thoroughly agree" to "completely disagree."

Our group had two months of Roundtable: March and November. We had 10 months with diverse programs which included:

- Preparing for the Unexpected—Exploring Community Resources
- Revolutionize Your Digestion
- Exercise That's Smarter not Harder
- Ostomy Accessories: Considerations for Application and Removal
- Exploring Options for Ostomy Supplies and Reimbursement
- Stomocur for Life
- Solutions that Make Life Easier
- ConvaTec Update
- QOL (Quality of Life) for People with an Ostomy: What's Your Score?
- Medication Savvy

Cindy will send this survey out with the February flier to those who did not attend in January due to the weather. Feedback on these presentations is welcomed as the goal is that programming reflects the wants and needs of the group!

Make plans to attend the February 3 meeting. Patti Suler, Newsletter Editor for the Ostomy Association of the Houston Area will be present to share highlights from the UOAA 2013 Convention.

Cindy Barefield, RN, CWOCN

281-428-3033

Semi-Annual Dues

Membership dues are collected twice a year based on the initial enrollment month. Notices for the first group were sent out last month. 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. 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.

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

Northwest Group News

A half dozen folks braved the dark night to attend the exciting January roundtable meeting to discuss and select programs for the rest of the year.

Aside from some old favorites like the picnic and ice cream social, vendor and medical-based presentations, the group came up with some new and innovative ideas.

Supply and Accessory Swap-Meet

Bring all your old, didn't likes or extra won't use products and accessories. Swap it for other stuff. Left over supplies will be donated to one of the programs. This is a win-win to clean out your cabinets! Debuting at the March 18 meeting. A dozen cookie entrance fee is also pending.

Meditative Photography at Mercer Arboretum

Still in development, this gathering will promote stress reduction combined with photography. Potential images could be submitted to a future Hollister contest. Camera is optional, models are more important!

Craig Cooper

281-948-6883

Tony Romeo

936-588-4031

Time to Restart your Exercise Routine?

via Dallas (TX) The Ostomatic News; and North Central OK Ostomy Outlook

Check with your doctor before starting any exercise program!

- Choose something fun. You won't stick with activities you don't enjoy. Tip...swimming, cycling and rowing may be easier on the joints.
- Easy does it. Keep your first sessions light and fun, not tiring. Your goal is to create a habit, so don't exercise to the point of exhaustion. You will avoid procrastination and injury.
- Stick to a schedule. Start with moderate activity, such as a brisk walk, for at least 30 minutes every other day. Choose the most convenient and enjoyable time of the day.
- Raise the bar. Gradually increase time, distance, weight or repetitions to build strength and endurance. Never work to the point of pain or swelling.
- Manage sore muscles. A little stiffness is normal, but don't exercise if you feel pain. The soreness should disappear as you exercise regularly. If it persists, consult your health care provider.
- Reward yourself. Celebrate milestones—total distance walked or run, weight lost, weight lifted. You will find yourself reaching higher, longer and harder. Best of all, the positive reinforcement will help you stick with the program.

Doctors Do the Prescribing, but You Need to Take Charge!

UOAA UPDATE 1/2014

Be curious—Know what your condition is and how the drug will help you.

Don't play doctor—Never tinker with the dosage on your own.

Share your life story—The doctor needs a complete picture of your health and habits.

Make friends with your pharmacist—You can never get too much information.

Plan a review session every 6 months—One in five Americans over 65 takes at least one inappropriate prescription drug.

One size doesn't fit all—The amount of medicine you may need may vary with age, weight, gender and ethnicity.

Send old drugs packing—Review your medicines at least once a year and get rid of oldies that are no longer goodies.

Timing is everything—Some side effects can be avoided by adjusting the timing—but ask your doctor before changing.

Be aware of interactions—Drug-Herb, Drug-Drug, Drug-Condition, or Drug-Food interactions are all potential problems.



Adhesions and Other Pain that Cramps Your Style

UOAA UPDATE 1/2014—Boise ID newsletter

Some people form adhesions, bands of tough, string-like fibrous tissue, more easily than others. Adhesions may form spontaneously but are more common after surgery.

If adhesions interfere with normal motion of the intestine, a blockage may occur, with food, liquid or even air unable to pass the blocked area. Severe bloating, abdominal pain, vomiting and constipation may occur. In such a serious situation, call your doctor immediately.

In many cases the possibility of adhesions wrongly gets the rap for abdominal pain. A frequent cause for such pain is a spasm of the muscles responsible for peristalsis, which propels the "bolus" through the intestines. A muscle spasm in the calf is referred to as a "Charlie horse." Spasms in your intestines are essentially the same thing but assume the name "irritable intestine."

Powder Your Stoma?

By Donna Hoffman, PLN, ET, Blue Water MN,
UOAA UPDATE 1/2014—North Central OK Ostomy Outlook,
Cedar Rapids Iowa City Newsletter

Powder is normally not required during the routine maintenance of a stoma. As a matter of fact, most modern disposable barriers are designed to adhere to the skin themselves. Powder is used to treat irritated skin or a fungal infection. Yeast (fungus, Candida) infections are very common, especially during the summer or when one perspires during regular exercise. Micro granulated anti-fungal powder is used only when there are signs of a yeast infection: *i.e.* an itchy rash and raised red bumps. Use the powder until the infection clears, then discontinue.

Pectin-based powders, such as Hollister's Stoma Powder, ConvaTec's Stomahesive or Karaya type powders, are used to treat irritated skin. To apply any kind of powder, clean the peristomal skin well with plain water and then dry. The skin should be completely dry before applying the powder. Dust the skin with the powder, gently rub it around and then brush off the excess. The barrier can be applied directly over the powder. You may also seal in the powder by applying a skin sealant over the powder and allowing it to dry.

Be careful. Skin sealants retard the adhesion of the new extended wear barriers and are not recommended. If you use a standard wear barrier, then the barrier is applied over the sealant covering the powder.

Do It Yourself Therapy

Via Tucson AZ "The Courier," OAR, Metro Maryland & Solano
Ostomy News

For most people, the mental affliction any handicap causes can be much harder to overcome than the physical disability itself. Some strong-willed persons adjust readily, but even they had to exercise self-control and positive thinking to achieve their good attitude. If you meet someone who is apparently carefree, you can be sure it is not because his problem is lesser. Chances are he has won, and will continue to win, his mental battles with depression and pessimism.

The world sees us as we see ourselves. If someone with a problem feels embarrassed, the problem may not show, but the embarrassment will, and others will feel embarrassed for him. If you are happy and cheerful and respect yourself, the people you meet will respond to your mood. Your stoma does not make you; it does not show. An attitude of withdrawal turns people off.

The solution...forget yourself and be completely interested in the other person. You may find a person that has greater problems than you do, and you will be so intent on helping, that you will forget your own problems.

WOC Nurse Directory

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

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

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11/11 SG HLFAD

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 17, 2014**
Program: **Guest Speaker: Jenny Jansson-Smith** RN, CWON,
 Stomacur

Baytown Group

Monthly: First Monday
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
Meeting: **February 3, 2014**
Program: **Guest Speaker: Patti Suler**, Newsletter Editor for the
 Ostomy Association of the Houston Area will share
 highlights from the UOAA 2013 Convention.

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 936-588-4031
 sal1mr@sbcglobal.net
Meeting: **February 18, 2014**
Program: **Guest Speaker: Brian Hakel** with StomaGear is
 coming to share the story behind his successful
 product designed to protect stomas from harm.

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 17, 2014**

*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.

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

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/>

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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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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