



February 2015

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

Why Visitors?

UOAA UPDATE 12/2007

Prior to ostomy surgery, patients often are stunned to think an internal part of their anatomy will soon be outside the body. To them, this is not normal. Bodily excretions were meant to go into the toilet—not into a pouch attached to their abdomen! So, when a doctor asks the patient if he or she would like a trained ostomy visitor, the first reaction is horror. It is bad enough to have to discuss this with the family—but never with a total stranger. It is at a time like this that doctors should make the decision to have a visitor come to the hospital. It is only when an ostomy patient, while lying in bed with an unfamiliar ostomy pouching system attached to his/her body, and while still adjusting to the odors accompanying ostomy surgery, can look at another ostomate in amazement and see that he or she is not "abnormal."



An ostomy visitor is like a strong sedative prescribed by the doctor. There is nothing more calming than to sit and talk to someone who had been through the same type of operation as you. Suddenly, the questions, begging to be answered, are available—not from ostomy literature, but from a real-life ostomate. Just knowing the patient is finally learning to cope with the traumatic effects of ostomy surgery will also help the doctor in follow-up care. Much has been written about holistic healing—*i.e.*, the mind controlling the healing of the body. A positive attitude is the best way to heal the mind and the body, so whenever a patient cannot accept ostomy surgery, the doctor should first prescribe an ostomy visitor. There can be no better medicine for a frightened patient than a short, pleasant visit by someone who has been there (and done that).

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 2015

By Patti Suler, Team Captain

<http://online.ccfa.org/goto/OAHA2>

Lonely, Nothing to do on the weekend? Not really fond of exercise? This event is perfect for you. Very little exercise, lots of food and plenty of fellowship for a short amount of time.

Come join your fellow ostomates in our sixth year walking in the upcoming CCFA Take Steps fundraiser on May 2, 2015, at 6:30 p.m., at Moody Park. This is an optimum opportunity to make a big difference with a little bit of time investment.

Over 20% of our members have ostomies due to Inflammatory Bowel Disease. You know who we are, we are the happy people.

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. Sign up via the web link above or contact Patti Suler at 281-352-2566 or pattiksuler@aol.com. The OAHA Team will be lead by Paul Batchelder on walk day.

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 713-392-5768.

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Central Group News

We had two new attendees and a good group of members at our January meeting. I told the group about my trip to Australia and the wonders we encountered along with some ostomy traveler thoughts on packing and bathroom observations.

For the Central group members, the American Cancer Society, where we meet, will be available to us for another 6 months. The Society is moving to another building within a mile or so of the current site and expects to have rooms for us to use. As we hear more, I will let you know. Meantime, please continue to join us at the Richmond location.

Saturday, February 21, will be Visitor Training. We hold the training every two years. As many of you know, it makes an amazing difference to new and potential ostomates to be able to talk with someone about their issues and concerns. Visitor Training will give you the tools to talk with the person in ways that are most helpful to them. The training includes basic ostomy information including the different types of surgeries, some of the common psychological and sociological challenges, and some fun role playing being both the patient and the visitor. The training includes lunch. We will have a location to meet to carpool to the NW site for those that are interested. Being a Certified Ostomy Visitor is a privilege and something that only those with this special surgery can do for the others who come along this path.

Volunteer Opportunities

- The Ostomy Association of the Houston Area will be celebrating the 60th Anniversary of the group in March of 2016. We are looking for interested members to help plan the celebration. Please contact me to volunteer.
- We need suggestions for the Holiday Party in December. We would like to have the party at a more central location and at lunch time on Saturday or Sunday. Please let me know if you know of a good place.
- October 3 is the International Ostomy Awareness Day. We would like to do something to make this a special day for our members. The UOAA has suggested holding a 5K run/walk, however, we are open to other ideas. If you or someone you know can help, please let me know.
- We need a newsletter editor to collect articles for the newsletter. Email and web access is necessary to find and send the material, but the compilation of the newsletter is done by Anne Swanson Graphic Design. This is a very important job for this organization. It is our primary communication with our members and tries to provide timely and helpful information for the ostomates in our area.

Please join us February 16 for our next meeting. Kerrienne Pelzl with Convetec will be our program for the monthly meeting. Save the date for our Anniversary celebration on March 16 as we celebrate 59 years of service.

Best regards to all,

Denise Parsons

President, OAHA, 713-824-8841

Baytown Group News

Eleven people gathered for the first meeting of 2015 for a presentation entitled, "Exploring Resources to Enhance the Ostomates' Quality of Life." Cindy Barefield, RN, CWOCN presented the group with several different problem areas and Ideas or Action Plans were discussed for each. The experience level of those in attendance varied from a few weeks to several years post-surgery and this enhanced the conversation within the group.

Whether the question was about peristomal skin irritation, leakage of the wafer or looking for the latest information on a new product, the resource list was very similar. WOC nurse, physician, support group, fellow ostomates and/or insurance providers were discussed as possible sources of information. Journals such as the *Phoenix* was also identified as a great source of information. Many in the group find the computer to be helpful. They go to websites sponsored by vendors and groups such as American Cancer Society, UOAA and independent organizations such as C3Life.com or LivingandLaughing.com that are not affiliated with a particular product. These sites provide "blogs" and helpful information if you are feeling sad and wondering if others are feeling like you do.

We hope you will make Ostomy Support Group a regular event in your life. We continue to meet the 1st Monday of each month.

Best wishes for the coming year,

Cindy Barefield, RN, CWOCN

281-428-3033

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



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

Osto Group www.ostogroup.org

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Northwest Group News

Hats off to senior member Carol J. for anchoring the meeting. It was attended by a half dozen members who participated in the annual planning. Unfortunately the casino trip and cruise have been removed from the suggestion list due to limited funding. Several old suggestions were tendered as well as some new ones. Those not in attendance are now responsible for the laborious task of assimilating, scheduling and making it happen for the rest of the year.

The next meeting is February 17 with Tabatha Schroeder of Coloplast. Don't forget, the Visitor Training will be held at the Northwest location this year on February 21.

Tony Romeo
936-588-4031

VISITOR TRAINING

Don't miss it! Everyone is welcome!

Saturday, February 21, 2015

check-in at 8:30, begin at 9:00 a.m., ending at 1:30 p.m.

Lunch will be provided

Northwest Medical Center Hospital
Mall II conference rooms 1 & 2

Do you have a way with words? Editing Help Needed

Please consider volunteering to serve as editor for this monthly newsletter. The job involves collecting meeting information from the groups (by email), providing articles (original or from archived newsletters), and sending information on to the graphic designer. No design work is involved for the editor. If you would like to know more, please contact Patti Suler at 281-352-2566 or pattiksuler@aol.

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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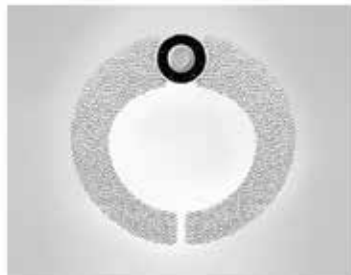
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How the Ileostomy Changes Digestive Function

UOAA Update November 2014

Some may wonder how it's possible to live without your colon (large intestine). The major functions of the colon and rectum are sorting intestinal contents, absorbing water and carrying waste to the outside. Although these functions are necessary for you to live, they can be taken over by the small bowel.

The major function of the small intestine is to absorb the body's nutrients and water. Enzymes released into the small intestine break food into small particles so that vitally needed proteins, carbohydrates, fats, vitamins and minerals can be absorbed. These enzymes will also be present in the ileostomy discharge and they will act on the skin the same way they work on foods. That is why the skin around an ileostomy must always be protected.

When the colon is present, the food you eat eventually reaches the large intestine, where it is stored and more water is absorbed. Many hours or perhaps days later, the mass is expelled through the anus in a formed stool. Peristalsis (muscle contractions of the colon) pushes the contents toward the rectum. When the stool reaches the rectum, the need to empty the large intestine occurs and nerve pathways from the brain initiate the process of defecation.

After removal of the colon and rectum, you no longer have control. Unlike the anus, the stoma has no shutoff muscle. Digestive contents pass out of the body through the stoma and are collected in an individually fitted pouch, which is worn at all times. Because the small intestine doesn't store and make intestinal contents solid, your stool will never get thicker than toothpaste. However, the soft stool in your ileostomy pouch should not be confused with loose stool and diarrhea.

More Puns for Educated Minds

- Time flies like an arrow. Fruit flies like a banana.
- Atheism is a non-prophet organization.
- Two hats were hanging on a hat rack in the hallway. One hat said to the other: "You stay here; I'll go on a head."
- I wondered why the baseball kept getting bigger. Then it hit me.
- The midget fortune-teller who escaped from prison was a small medium at large.
- In a democracy it's your vote that counts. In feudalism it's your count that votes.
- A vulture boards an airplane, carrying two dead raccoons. The flight attendant looks at him and says, "I'm sorry, sir, only one carrion allowed per passenger."
- Did you hear about the Buddhist who refused Novocaine during a root canal? His goal: transcend dental medication.

Things I have Learned after Years of Having an Ostomy

By Jeff Kamm

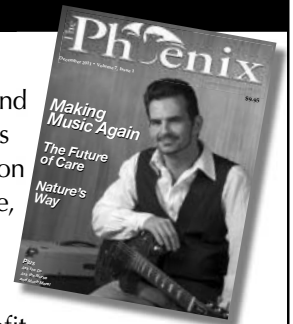
- No matter how long you go without drinking a urostomy will always go squirting like fountain just as you go to put on the appliance.
- The one time you go anywhere without a spare, no matter how short of a trip, you will have a leak.
- The best way for a kid who wasn't fond of school to go home early was to have a leak and "forget" to have a spare appliance or change of clothes.
- With a urostomy you can amaze your drunk friends by neatly writing in the snow, even leaving spaces between words.
- Driving in farm country, certain smells will always make you check for a leak.
- But no matter what, an ostomy doesn't limit you.

Reprinted with Jeff's permission from a recent Facebook group post.

— Editor

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.

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11/11 SG HLFAC

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 16, 2015**
Program: **Guest Speaker: Kerrienne Pelzl** with Convetec

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 2, 2015**
Program: **Roundtable**

Northwest Group

Monthly: Third Tuesday of the month
Time: 7:00 p.m.
Place: **NW Medical Center Hospital** The Northwest meeting has moved across the street into the Northwest Medical Center Hospital from the professional annex to Mall II conference rooms 1 & 2.
Contact: Tony Romeo 936-588-4031
 saltmr@sbcglobal.net
Meeting: **February 17, 2015**
Program: **Guest Speaker: Tabatha Schroeder** of Coloplast

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 16, 2015**

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.

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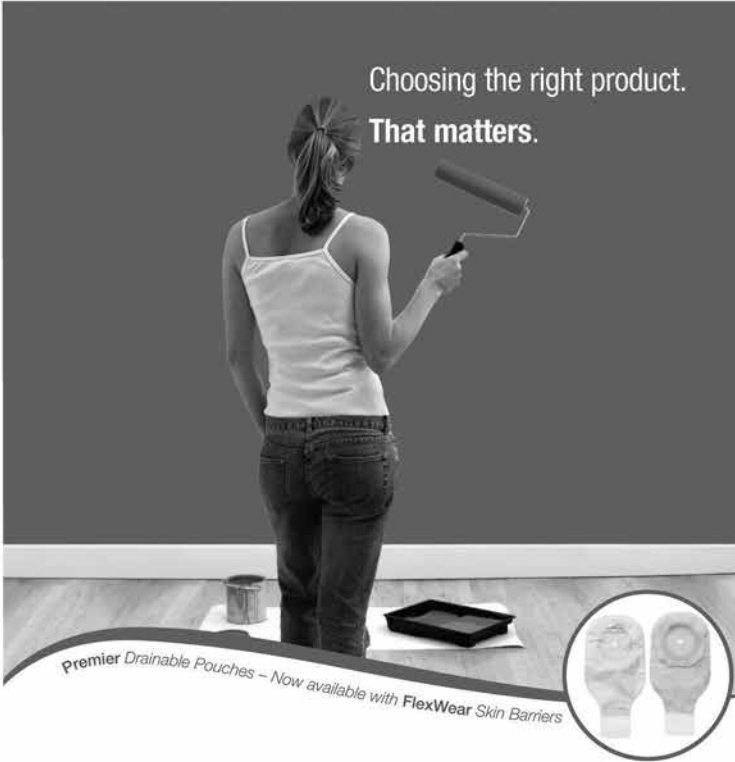
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