



March 2011

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

2011 Visitor Certification Training

Fifteen people participated in the Visitor Training held on Saturday, February 26, 2011. The training sessions were broken into four areas: Basic Visiting Policies and Procedures by Ms. Dorothy Andrews, Ostomy 101 (Anatomy and Physiology) by Ms. Cindy Barefield, RN, CWOCN, Psychological and Social Issues by Ms. Clarice Kennedy, CET, and Visiting Skills role playing facilitated by Second Vice President Ron Cerreta.

President Terry Marriott welcomed everyone to the training and later issued the certification cards. Many of the attendees were repeat customers, however there were a few new faces. Ms. Andrews provided a lot of foundation knowledge for the program. Ms. Barefield added insights from dealing with ostomates. Ms. Kennedy shared knowledge based on her personal experiences that held everyone's attention. After lunch as the training event was winding down, the role play exercises began. Mr. Cerreta shared fundamental focus and empathy techniques of 'Feel, Felt and Found' when dealing with visitor situations in addition to some well placed humor for the scenarios. Everyone benefited from the training and took something new with them.



Cindy Barefield (left), and participants in Visitor Training (top and bottom, right) *Thanks to Ron Cerreta and Patti Suler for photos, more can be found on page 3.*

Ostomy Association of the Houston Area 55th Anniversary Celebration

The 55th OAHA Anniversary will be celebrated on March 21, 2011, at 7:00 p.m. at the American Cancer Society (ACS) Building. The program will include a presentation entitled 'Volunteering?' by Newsletter Editor Patti Suler. A 'Little Italy' buffet dinner with dessert will be included in this event.

Our association is one of the few original support groups formed in the fifties that is still active today. The Mount Sinai Hospital is credited with hosting the first organized ostomy support group in 1950. Our group began only six years later.

Although coming to the Central Group location may not be on your regular route, this anniversary celebration is a special event and everyone is encouraged to attend.

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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.

Central Group News

At the meeting of the Central Group on February 21st we had 17 in attendance to hear the presentation by Wei-Ping Kuo, L.Ac, MSOM, who is a professional licensed acupuncturist and herbal specialist in Texas and holds the degree of Master of Science in Oriental Medicine.

She told us some of the 3000 year old (dating from the Tang Dynasty) history of Traditional Chinese Medicine, TCM, which is based on balance and harmony, Yin and Yang, within the human body and how to maintain this balance. Then she introduced the concept of Qi (chee) or vital energy flow through the body; if you are feeling fine and happy then your Qi is operating correctly.

If a person's body is not in balance and they have pain, muscle spasms, or even some other ailment, then their Qi is not flowing properly and by using very small stainless steel acupuncture needles she can stimulate "Qi" in specific areas of the body and can cause relaxation and even sleep. Our own Ron Cerreta has found these acupuncture treatments to be very helpful for some ailments that nothing else seemed to help. Two or three others tried an acupuncture treatment as well. Acupuncture needles are generally left in place for about 20 minutes before being removed, and as in most medical treatments, if the problem is deep seated, then several treatments may be needed to cure the problem.

She knows the limits of acupuncture and refers her patients to Medical Doctor physicians whenever she diagnoses or suspects something that requires more than acupuncture or TCM herbal remedies.

For our Monday, March 21st meeting at the ACS Building we will be having a catered buffet dinner to celebrate our Houston organization's 55th Anniversary and our Northwest Satellite Group has decided to come to the Central Group Meeting to help celebrate the Anniversary. ***Members from the Northwest Group and Baytown group are most welcome!*** Also, our Newsletter Editor, Patti who is also from the Northwest, will be giving a very interesting presentation.

Terry Marriott

President, Ostomy Association of the Houston Area

Northwest Group News

The Northwest Group enjoyed a wonderful blend of new and old faces at this meeting. Sixteen people turned out to hear Acute Care Territory Manager Nick Sprague from Coloplast. Mr. Sprague shared information about a new line of accessories that carry a no sting feature because they are silicone based. These products also come in new forms such as a barrier lotion or cream. He also provided information on a new Coloplast initiative to support patient education via their "Partners in Your Surgical Care" program.

Mr. Sprague wrote several questions down during his presentation as he admitted he was a new representative in this area. He even told of having to wear a pouching system filled with chocolate pudding for a week as part of his training. Everyone enjoyed seeing Bill P. return after a six-year hiatus and we welcomed some new mates as well. Gen and her husband Karl were missed. Gay Nell provided refreshments.

There will be no March meeting. All members are encouraged to attend the 55th Anniversary celebration and dinner buffet at the Central Group meeting March 21, 2011.

Gay Nell Faltysek

281-446-0444

Tony Romeo

281-537-0681

Local OAHA Upcoming Elections

The nomination committee has submitted the following names for the upcoming Board of Directors' election:

Terry Marriott is nominated for a new 2-year term as a board member, his Presidency is term-limited and will end this June.

Lorette Bauarschi is nominated for a new 2-year term as a board member, her Treasurer position is term-limited and ends June 2012.

Jenrose Foshee is nominated for a new 2-year term as a board member to replace Dale Whittington, whose term expires this June.

CCFA Take Steps Walk 2011

Team Ostomy Association of the Houston Area will be walking for the third year in the Crohn's and Colitis Take Steps event. This year, the walk will be held on May 14, 2011, and we expect much cooler and nicer weather. The walk is less than two miles, basically a comfortable stroll around Discovery Green area downtown. Music, food and lots family based entertainment will be there. Come join us. Contact Team Captain Patti Suler for more information.

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.

Baytown Group News

February was a great month to be in attendance at the Baytown Support Group. Matt Potter, RD, LD, Clinical Dietitian with San Jacinto Methodist Hospital delivered an outstanding program on "Achieving Healthy Ostomy Output". With the use of slides and handouts and a great sense of humor, Matt maneuvered the group through the GI tract! Normal digestion, function of the small and large intestine and impact of intestinal modifications were reviewed. Matt went on to explain to the group about diet modification, changes in meal composition and potential nutrient deficiencies that many ostomates and hospitalized patients face. Finally, the discussion focused on stool color, consistency and odor. Remember: "The stool will tell if the body is working well!"

Matt left the group with a dietitian's prescription:

- Chew your food well, eat slowly with small frequent meals
- Soft foods, low fiber with low to moderate fat
- Vitamin and mineral supplementation and/or use fortified foods (such as cereals, breads, etc.)
- Low concentrated sweets (sodas, cakes, candy)
- Adequate hydration (monitor what is taken in versus what is put out)
- Bowel monitoring and learn your food-digestion relationship

The next three months are going to be a great time to attend support group. We are scheduled for Roundtable in March, a visit from our exercise physiologist in April and a presentation on Hernias in May with Dr. Boutros Kahla. Won't you join us?

Baytown Ostomy Support Group meets the first Monday of each month at 6:00 p.m. in the Community Room in the Lobby at San Jacinto Methodist Hospital.

Next meeting: Monday, March 7 at 6:00 p.m.

Cindy Barefield, RN, WOCN
281-420-8671

Visitor Training *(Continued from page 1)*



Roy and Cindy Barefield
(top left)

Cindy leads the group (top right)



Clarice Kennedy speaks to the
group (at left)

Lorette Bauarschi and Patti Suler
sharing a light moment (below)



March is Colon Cancer Awareness Month



Colon cancer is the most treatable and has the highest success rate following treatment if it is detected early. Many times the symptoms are embarrassing to people and they are reluctant to discuss bowel related problems. Who wants to talk about poop? As an ostomate, you may have discovered already that people seem

to seek you out with poop problems instead of their family, friends or loved ones because after all, you have a bag, surely you know about poop.

Common changes in bowel habits that could indicate colon cancer are: diarrhea, constipation, feeling that the bowel does not empty completely, blood in the stool (either bright red or very dark), narrow stools (more than usual), abdominal discomfort (frequent gas pains, bloating, fullness and/or cramps), weight loss with no known reason, constant fatigue, nausea and vomiting.

Not all symptoms need to be present. Although most colon cancers occur in the over 50 age group, it is not exclusionary to the younger age groups. Always refer people to seek out professional medical advice with problems.

WOCN and ET Directory

Cindy Barefield, RN, CWOCN (281) 420-8671

Clarice E. Kennedy, CET (713) 647-8029
cekennedy1@peoplepc.comCharlene Randall, RN, CWOCN (713) 465-8497
Specialty Wound & Ostomy Nursing, Inc.
charlene@swoni.comPat Thompson BSN, RN, CWOCN (281) 397-2799
Pat.thompson@tenethealth.comCatherine Walsh RN, BSN, CWOCN (409) 747-3070
UTMB @ Galveston Fax: (409) 747-3038
cmwalsh@utmb.edu

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

It's All Here!

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.



Half of each subscription funds the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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Central Group

Monthly: Third Monday
Time: 7:00 p.m.
Place: American Cancer Society Building
6301 Richmond Avenue, Houston
Contact: Terry Marriott 713-668-8433
marriot@rice.edu
Meeting: **March 21, 2011**
Program: **55th Anniversary Catered Buffet Dinner**

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 281-420-8671
Meeting: **March 7, 2011**
Program: **Roundtable**

Northwest Group

Monthly: Third Tuesday of the month
(Please note: In March we will meet with the Central Group on Monday, March 21.)
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: **March 21, 2011, Please join us as we celebrate with the Central Group.**
Program: **55th Anniversary Catered Buffet Dinner**

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: **March 21, 2011**

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

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

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

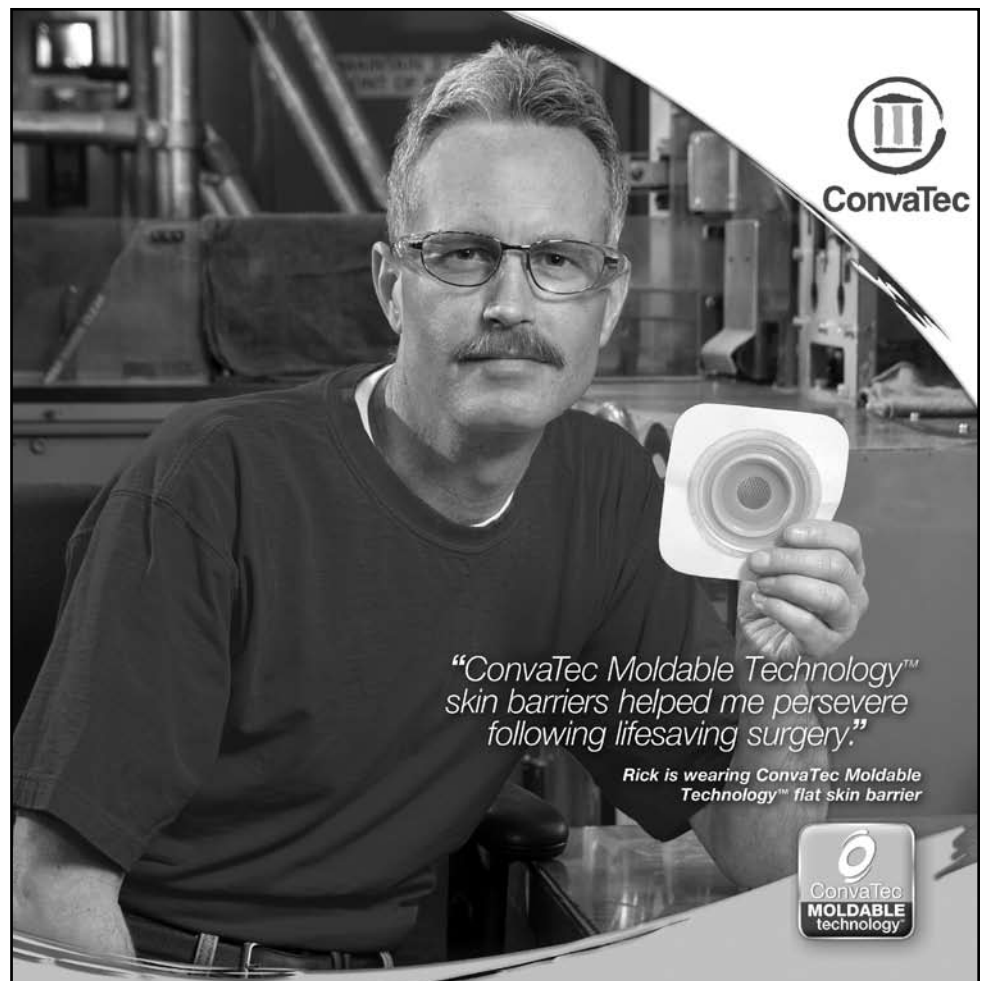
We are contacted on a regular basis by individuals who are in need of donated ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Mary Harle at 713-782-7864 with any questions.

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



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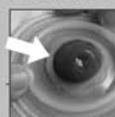
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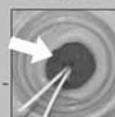
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Membership Application

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

☐ 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*



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