



March 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](http://www.ostomyhouston.org)

## Reborn, the Story of Paul



The former phoenix logo of the UOAA bears the slogan "Reborn from the ashes of disease". It was April of 2005 when Paul Batchelder Sr. began his renewal journey. Paul was diagnosed with colon cancer that month.

He had been experiencing diarrhea and frequent urges to go which lead to a colonoscopy. The procedure revealed a tumor. He recalls experiencing some very hard denial. "I really kept thinking this could not happen to ME. I had never really been sick. Ever. I had only been to the doctor for things that were self inflicted, like cuts and hammering your finger!"

Paul's journey, like most of ours, did not take a specific course. "When I drove up to the cancer center and looked at the sign it hit me. I was a cancer patient fighting for my life. So fight I did." He began chemotherapy and radiation for the next three months followed by the surgical removal of the tumor and installation of a temporary ileostomy.

A reversal procedure was later done in October, three months after his surgery. Although colon cancer was the original reason for his surgery, Paul was also diagnosed with Ulcerative Colitis (UC). He struggled with trying to manage active flare-ups until February 2010 when he chose to have a permanent ileostomy. Paul shares, "deciding to go with a permanent ostomy was an easy decision for me. I was having serious problems with UC. Because I had experience with the temp ostomy I knew what it was all about. It put me back in control."

"I got back the freedom to enjoy the outdoors without looking for the nearest bathroom every hour. I was able to go back to the mountains in Colorado this year and elk hunt. I am back in my kayak and love it!"

Paul is very pragmatic about how he views all his medical issues and surgeries. "I guess in a way I am still in denial. I refuse to let cancer or my ostomy define who I am. It's NOT who I am, it's just something I had to do to GET BACK to who I am. My cancer and ostomy surgery are not something I am proud of, or ashamed of. It is just an event I went through. I am happy to discuss it with anyone who would benefit from my experiences, but I do not feel the need to make it part of my daily conversation."

Paul credits his faith as the greatest contribution that defines him. "I do not know how you survive life's trials with out a strong personal faith in God. Trust in the LORD with all your heart and lean not on your own understanding."

Paul also cites being positive as a key to recovery. He stated, "It is also most important to keep a good attitude. A cheerful heart is good medicine, but a crushed spirit dries up the bones."

Many people sent or referred Paul to read positive and biblical messages. He compiled them into a booklet that he is willing to share with anyone who would like a copy. You can request a copy

*(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.

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*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

We had a good group of 19 attending our meeting this month. Our speaker was Daniel Cadaret, R.N., a nurse with the American Red Cross Emergency Response Team in the Greater Houston Area. Daniel answered many questions about Red Cross services, both what they can do and what they do not do. He said that the most frequent emergencies are house and apartment fires. However, the concern that we discussed was in a major emergency situation such as a hurricane. As ostomates, one concern is our supplies. Daniel suggested trying to keep an extra week of supplies on hand and to bring them with you if you must evacuate. The Red Cross has access to some supplies, but they likely won't be what you are used to. Further, he recommended trying to stay a little ahead on your prescription drugs. If you must evacuate, bring your prescription bottles with you, as that makes it much easier to refill. Another suggestion is to keep a record of your ostomy supply numbers, manufacturer, and mail order or pharmacy phone number. It is also helpful to have a current list of your prescriptions and supplements. (These lists are useful to carry to doctor's offices and when traveling.) Daniel left copies of the Red Cross booklet, Disaster Preparedness For Seniors By Seniors. The booklet contains guidelines for an emergency kit of things that you might need if you are hunkering down at home or going to a shelter, along with other ways to protect yourself and to cope with the emergency. If anyone would like a copy, we have some extras.

This week our organization lost a good friend. Floyd Swinger joined our group after his ostomy in 2001. Floyd and his wife, Judy, heard about the organization at Spring Branch Medical Supplies where they met Clarice Kennedy, CET. Floyd was one of those unique persons who never met a stranger. As a member of our Visitor Program, he brought humor and comfort to those he spoke with. As a member of the Board of Directors, Floyd was always willing to help and looked for ways to make a difference. His wife, Judy, was our newsletter editor for over six years. As a team, they were amazing. Our thoughts and prayers are with Judy and their family at this time. <http://tinyurl.com/7t2zhts>



Floyd and Judy Swinger

Clarice continues to recuperate at home. We send our "Get Well Soon" wishes to her.

Our March meeting will be a celebration of the 56th Anniversary of the Ostomy Association of the Houston Area. It is amazing that so many people have worked together over so many years to assure that care and support are there for those of us who have this surgery. Our speaker will be Patti Suler, our newsletter editor. Her presentation is "No Fear! Overcoming Ostomy Related Anxiety". Please join us for this special meeting.

Best regards,

**Denise Parsons**, President, OAHA  
713-824-8841

## Northwest Group News

Being the second month of the new year February brought 18 members to our monthly meeting. Even though I have been a member for a short time it is evident that our Northwest group is a tight family. Everyone has their own inspirational story to keep everyone else going.

We were able to bring in Janice Petronella, a registered pharmacist, who gave us some invaluable information when it comes to the ingestion of medication, vitamins, and other pills that a person would consume on a daily basis. She talked about Enteric coated medication and how it acts upon the body and what types of medication we should be taking. Those of us who have stomas should and need to take special precautions when taking medication. She touched on medication that has an adverse effect on the body along with vitamins that we should be taking as we get older.

I want to thank Patti, Gay Nell, and everyone else who always go up and above the call of duty to ensure that the newsletter goes out on a timely basis. Coloplast will be speaking in March. This should be exciting as they have some new products that are about to be released. Those of us who have stomas are always looking for the next great product to ease our lives just a little bit more.

Until next month, remember only you can make your life better. Remember, God has a plan for us. We ensure that each of us is here to comfort one another in our time of need.

—Craig Cooper

**Craig Cooper**  
281-948-6883

**Tony Romeo**  
281-537-0681

## Baytown Group News

Baytown Support Group was honored to have one of their favorite speakers return in February. Matt Potter, RD, LD, Clinical Dietitian with San Jacinto Methodist Hospital, brought the group another amazing presentation, titled "Optimizing Nutrient Absorption". Focus was on these four main objectives: Promoting Proper Digestion, Achieving Stellar Gut Integrity, Eating the Right Amount at the Right Time and Maintaining Adequate Hydration.

Participants were reminded about the importance of chewing for proper digestion! Eat slowly and enjoy your food! In our fast paced world, Matt asked us to think about the healthier choices when it comes to eating. Don't try to eat too much. If you don't have time, eat less and have some later. Eat for sustenance. Every meal does not have to be a feast!

"Create Nutrient Synergy"

Synergy = the interaction of two or more agents so that the combined effect is greater than sum of their individual effects.

*(Continued on page 3)*

**Baytown Group News** *(Continued from page 2)*

- Vitamin C and iron
- Whole foods and combining whole foods,
- Consider soluble fiber with cholesterol,
- Consider healthy oil with vegetables

<http://www.choosemyplate.gov>

When you eat, picture the food amounts illustrated by the “ChooseMyPlate.gov” guide from the US Department of Agriculture. Just as the plate illustrates everyday nutrition, we should try to eat the correct amounts of carbohydrates, fats, and protein in each meal. Matt reminded us that this will help our digestion and promote nutrient synergy!



Stellar gut integrity comes from strengthening the intestines (gut) with fiber; protecting the intestines (gut) with probiotics, adding adequate insoluble fiber (works the gut by keeping it strong) and cleansing the intestines by allowing its absorptive surface to be fully utilized!

Insoluble fiber sources include beans, nuts and seeds. Protect the “gut” with probiotics such as yogurt, dietary supplements, fermented foods like pickles and sauerkraut and cheese (aged or cottage).

It is important to eat the right amount at the right time. We should taper our meals from breakfast to dinner. Use snacks to suppress hunger. Remember to keep adequately hydrated. Do not have too much fluid at meal time or too little fluid at meal time. Fluid Balance may include sipping on fluids between bites, do not “chug” liquid and have no more than 8 ounces of fluid with meals. Drink the majority of fluid in between meals when you are not eating.

Matt provided much “food for thought” and was met with many questions and interesting discussion. We all agreed there were changes we could make to eat better and get more out of our nutrients!

Our next support group meeting is scheduled for Monday, March 5th. We look forward to having you join us for Roundtable!

**Cindy Barefield, RN, WOCN**  
281-428-3033

**Reborn, the Story of Paul** *(Continued from page 1)*

by contacting the Northwest Group and asking for the Adversity Study.

The most important thing that Paul would like to share with a new ostomate is to Have Fun! He encourages others to “do something that you would not think of doing before your surgery. Stay away from the PLOM disease (poor little ol me). “I think in life in general we can do more than we think we can. One quote I love is “You don’t have to be great to start, but you do have to start to be great.” Most of us were REAL miserable before we had the surgery, find something you love and do it!”

Additionally Paul shared that people would ask him how he was really doing...wink, wink? His responses are: “I tell them I am not perfect...but neither are you.” Or I tell them “I am not a complete idiot...some parts of me are missing.”

Again, he stresses that relationships with God, family, and friends are really what’s most important. Spend time with them and tell them you love them.

If you are going to get into a discussion with Paul about what he likes to do, make sure there is a comfortable chair close by. He starts out by advising, “I am an outdoor guy. I love to fish, hunt, kayak, make wine, feed birds, and photograph everything in sight.”

He then takes a breath and adds “I teach adult education at church and volunteer at many activities. While I was recovering from surgery, I planned to start an online business. I wanted to take an idea, from just an idea, to a business. So East Fork Bird and Outdoor Supply was born. I am making and selling Natural Wood Birdhouses and Feeders. I wanted to do the whole process. Hatch the idea, make the products, build the website and market it. I launched my website in September 2011 [www.eastforkbird.com](http://www.eastforkbird.com).”

The birdhouse and outdoor supply business has been a great learning experience so far for Paul. Now he is involved with a project with the Arroyo Colorado Audubon in Harlingen Texas to provide nest boxes for native parrots. You can follow his progress on this at <http://parrotproject.blogspot.com/>. Also he has a Youtube channel for birds at <http://www.youtube.com/eastforkbird>. Then there is also the book he is writing on building natural wood birdhouses and feeders that will be out later this year.

Paul was asked to share his take on the future, what he is looking forward to. Again, please find a comfortable seat:

- I am looking forward to a long productive life!
- I am looking forward to taking my wife on vacation.
- I am looking forward to watching my children live their lives.
- I am looking forward to helping someone with cancer or an ostomy.
- I am looking forward to traveling to Vermont to see the leaves change this fall.
- I am looking forward to developing my business.

We can all follow Paul’s lead and begin by looking forward in our lives.

**Local OAHA Upcoming Elections**

Ron Cerreta, Mary Harle, and Clarice Kennedy have been nominated to serve on the Board of Directors to be voted on at the May OAHA meetings.

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

### WOCN and ET 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

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

## 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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**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:** **March 19, 2012**  
**Program:** 56th Anniversary Celebration  
**Guest Speaker:** **Patti Suler, OAHA Newsletter Editor**, Topic: "No Fear! Overcoming Ostomy-Related Anxiety"

### 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:** **March 5, 2012**  
**Program:** **Roundtable**

### 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:** **March 20, 2012**  
**Program:** **Coloplast**

### 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 19, 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 Treasurer at the address shown below.

### 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 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 Lorette Bauarschi, Treasurer, at 713-582-0718 or [lbauarschi@sbcglobal.net](mailto:lbauarschi@sbcglobal.net) 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:**

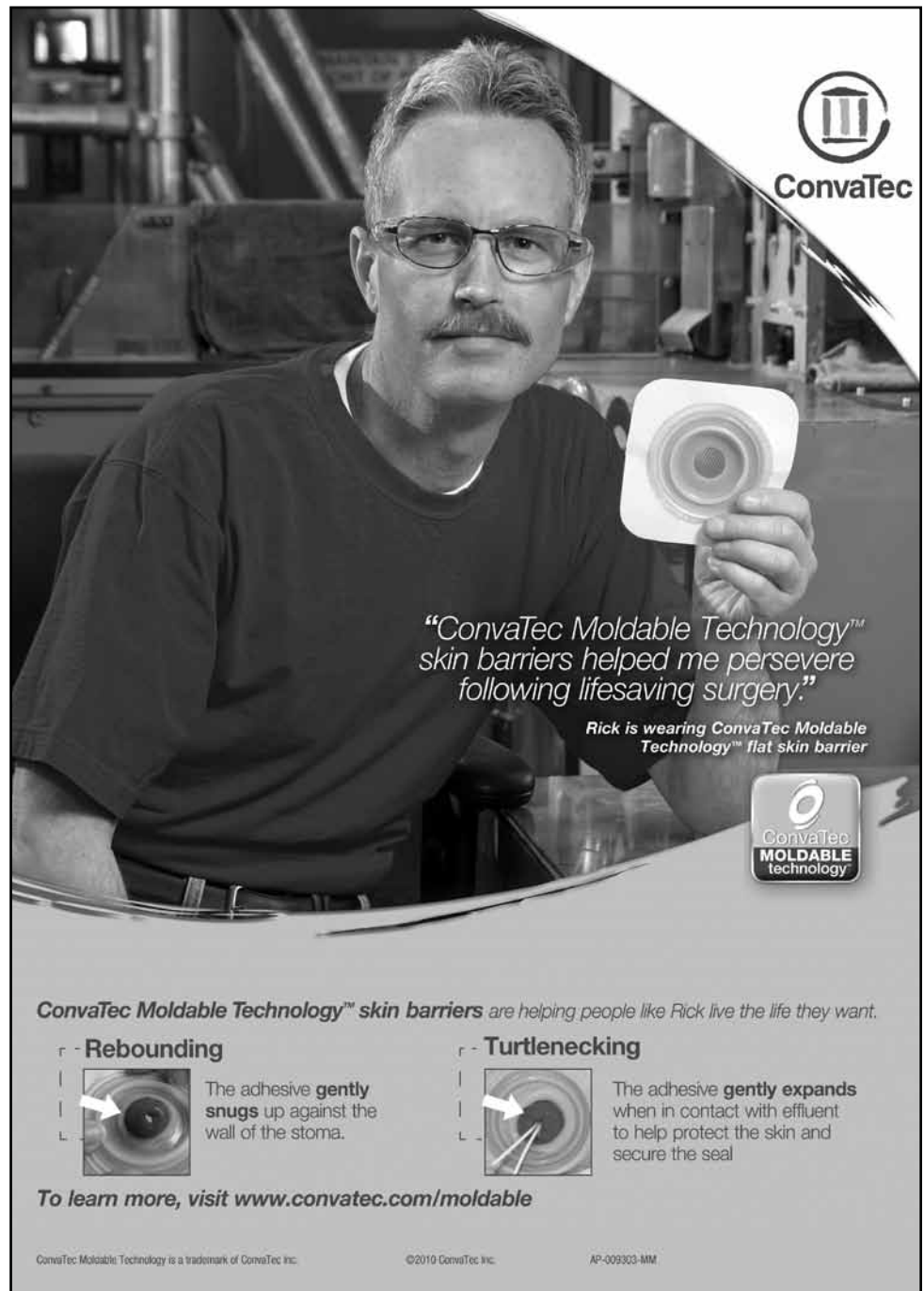
Ostomy Association of the Houston Area  
Attn: Lorette Bauarschi, Treasurer  
P. O. Box 25164  
Houston, TX 77265-5164

## March is National Colorectal Cancer Awareness Month

by Patti Suler

Colorectal Cancer Awareness? What does this mean? This means that if you love someone, you educate and encourage them to seek a routine diagnostic procedure that could save their life. A colonoscopy. A routine colonoscopy is recommended beginning at age 50 or when other symptoms are present as recommended by a physician.

Colorectal cancer is the most treatable form of cancer – if caught early. Symptoms include frequent urges to go to the bathroom, diarrhea, blood in the stool and other un-natural bowel behaviors. Often times we don't want to do 'potty talk', it's embarrassing. A long time ago people thought the same way about breast and prostate cancer. Now these diseases are featured everywhere and the survival rate is increasing. It is colorectal cancer's turn. Support someone you love and have a little potty talk.



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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.**

- |                                            |                                              |                                                         |
|--------------------------------------------|----------------------------------------------|---------------------------------------------------------|
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| <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.

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Meetings, Social Events,  
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