



March 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 Two 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

Develop a system of reminders and cues

In today's world, information comes at you from all directions. Sometimes it's necessary to take extra steps to remind yourself of what's important. Work through the information overload with these memory triggers.

Write it down. Keep a diary, use calendars and lists. Establish a routine. Store easy-to-lose items in the same place. Complete tasks in the same order. Change is difficult and takes extra effort.

Set up cues. For instance, put your keys on the ironing board. That way you're more likely to remember to turn off the iron before walking out the door.

Repetition. "To help remember a person's name, I'll work it into the conversation several times after being introduced," says Takahashi. "Repetition ingrains the information in your mind. It's a great habit to get into because it works."

Keep a positive attitude

"Happiness plays an enormous role in our outlook on life," says Takahashi. "Happiness makes us more alert—and when we're alert, our senses are more open to receiving information."

And there's research to back it up. According to a study published in the February 2000 issue of Mayo Clinic Proceedings, optimists tend to live longer. Researchers, comparing results from a personality test taken by participants more than 30 years ago with their subsequent mortality rates, found that people who scored high on the pessimistic end of the scale had a 19 percent greater risk of dying than people who scored high on the optimistic side.



Talk to your doctor

Many factors unrelated to aging or genetics can contribute to memory problems. These include the use of certain medications, poor vision and hearing, vitamins deficiencies, fatigue, depression, stress and illnesses unrelated to Alzheimer's disease.

Depression in particular can cause problems with memory and concentration, and often is mistaken for Alzheimer's disease in the elderly. Depression can be treated; thus memory and concentration can improve.

If you or your family worry about your memory, get a medical evaluation. Your doctor may be able to determine whether a treatable problem is impairing your memory.

(Continued on page 3)

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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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.

Central Group News

On February 2, we held Visitor Training for 18 persons. Thank you, Cindy Barefield, WOC nurse, for leading the discussions. We had good reviews for the role playing section and may have budding actors in our midst. The trained Visitor program is our main mission. We use our training in the monthly meetings and as called upon to support new ostomates. Thanks to all who attended.

We had a group of 24 at the February Roundtable meeting. We started with the topic of emptying the pouch and went all over from there. Here are some thoughts, concerns, and comments from the discussions.

Emptying the pouch

- Toilet seat shape matters—oblong is better than round.
- After surgery when she could not sit well, one member emptied into a small basin which was dumped in the toilet.
- Airplane toilets are challenging especially if the ostomate is of considerable size or height.
- Most sit down to empty.
- Women urostomates had to overcome being self-conscious about facing the toilet standing.
- There was a discussion about rinsing. Some always do, some never do. Those who rinsed did not see a decrease in wear time.
- Always add a few drops of deodorant after emptying.
- Angle the pouch slightly to facilitate emptying between your legs.
- Urostomy valves vary. Larger, faster flow is better. Must be able to aim it.
- ALWAYS carry an extra clip.
- In public places, put the clip in a pocket or belt loop. No pocket? Put a piece of toilet paper on the floor and put the clip on it.

Other items

- Sit on the wafer to warm it before changing.
- For two-piece Tupperware-type connections, wet the rim of the wafer and the rim of the pouch to help snap in place.
- One member who just recently had surgery was concerned about the seatbelt across her lap. She ingeniously used a rolled towel to create a space between the belt and stoma. It was suggested that a lamb's wool seat belt wrap designed for the chest belt might work on the waist portion of the belt.
- There was a discussion about abdominal support. Some members did not know about ostomy belts. One suggestion for inexpensive support was bicycle shorts under pants. Women discussed the pros and cons of Spanx-like garments.

Next month, we will be celebrating the 57th Anniversary of the Ostomy Association of the Houston Area. We are one of the oldest ostomy support organizations in the world. Members of this organization have helped countless ostomates adjust and thrive. Our speaker will be Kathleen Duplessis. Kathleen was featured in the newsletter last year after running in the Boston Marathon.

Best regards,

Denise Parsons, President, OAHA
713-824-8841

Baytown Group News

We had an awesome turnout in February for our Baytown Ostomy Support Group thanks to Matt Potter. Matt is the dietitian at San Jacinto Methodist Hospital. "Revolutionize Your Digestion by Obtaining the Balance between Fiber & Fluid" was a presentation that you didn't want to miss!

Matt engaged the group in a lively discussion. He reminded us all that the gut is the initial pathway for all nutrient absorption for the rest of the body. As a result, when the gut is compromised there is the potential for other systems to be compromised as well. Promoting good "gut" health entails a proper balance of fluid and along with probiotics. Once this balanced is achieved, the following occur: enhanced immunity, nutrient absorption, and improvement in energy levels. When the "guts" integrity is achieved and the bowels are hitting on all cylinders, then optimal health is much more attainable. Revolutionize your digestion and in turn, your whole body will benefit!

In March, we have scheduled time for Roundtable. Come check in—we have some new ostomy members and we want to hear how you are doing as well! Won't you join us on Monday, March 4 at 6 p.m. in the Community Room?

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

Northwest Group News

Seventeen people attended Patti Suler's presentation "No Fear—Overcoming Ostomy Anxiety." Following the presentation, Carol shared stories of her recent cruise trip aboard the Carnival Triumph. She advised that being an ostomate actually gave her an advantage in the waste management arena. Accompanied by her husband, Carol shared that bringing extra supplies really paid off as their trip was extended several unexpected days during the tow back to Alabama. Many people were running out of their prescriptions and other fundamentals. Planning always pays off.

Next month the Coloplast Representative Nick Sprague will be here.

Craig Cooper
281-948-6883

Tony Romeo
281-537-0681

HELP NEEDED

The Ostomy Association receives donated supplies from ostomates who have had their surgery reversed and from the families of ostomates who have died. The supplies are very much appreciated by those who can't get them elsewhere. There are several organizations to whom we forward the supplies: Project Cure, Friends of Ostomates Worldwide, and Osto Group. **A volunteer is needed to collect the supplies as they are donated.** Then, when a box or two is full, ship the boxes to one of the above organizations. Our group pays for the shipping of the supplies. Please contact Denise Parsons or Mary Harle with any questions about the position.

Take Steps for Crohn's and Colitis Walk

We are participating in the CCFA Takes Steps fundraiser on April 27, 2013 at Discovery Green. If you are interested in joining our team or donating, the web site is <http://online.ccfa.org/goto/OAHA> or contact Patti Suler at 281-352-2566.



Seize the Opportunity to ... Live Life!



Join us for the 4th National UOAA Conference in Jacksonville, FL on August 7-10, 2013.

Plan to arrive by Tuesday, August 6. Registration begins at noon on Tuesday,

August 6 and programming begins bright and early on Wednesday morning, August 7 and continues through Saturday, August 10.

Register on-line at http://www.ostomy.org/conference_2013.shtml

Individual Registration: \$125 (does not include Saturday Banquet)
Saturday Banquet: \$50

Spouse/Companion: \$75
Children 5 – 17: \$25
Children Under 5: FREE

Reserve your room now by calling the Hyatt Regency at 1-888-421-1442 and mention the United Ostomy Associations of America for the conference rate of \$99/night + tax

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

Also talk to your doctor if you're an older woman considering hormone replacement therapy for osteoporosis or other reasons.

Take time to remember things

Normal aging changes the brain, which makes your mind slightly less efficient in processing new information.

But Dr. Takahashi emphasizes that wisdom can compensate for physical changes: "It's true that we lose some capacity for new memory. However, experience compensates for this loss. Older people can still operate at an extremely high functional level despite physiologic changes."

Forgetfulness may indicate nothing more than having too much on your mind. Slow down and pay full attention to the task at hand, whatever it may be.

Learn relaxation techniques

Do you sit at the table with your shoulders hunched? Do you catch yourself clenching your teeth? Do you tap your foot or your finger while you're idle? If you find yourself fidgeting or feeling tight, even when you're sitting still, chances are you're not relaxing.

Stress and anxiety can interfere with concentration, so it's important to take time to relax—really relax.

One technique involves taking a mental break from the world:

Lie down or sit in a comfortable position with your eyes closed.

Check in with your body mentally. Is it tense? Sore? Imagine the discomfort melting away.

Take a relaxation tour of your body. Start with your toes and work your way up. Tighten every muscle group you can come across for 5 seconds before relaxing and moving on to the next section: toes to feet, ankles to knees, thighs to buttocks, back to shoulders, arms to fingertips, neck to head and finally scan the muscles in your face.

Breathe slowly, regularly and deeply during the procedure. Once relaxed, imagine you're in a favorite place or in a spot of beauty and stillness. After 5 or 10 minutes, rouse yourself from the state gradually.

Local OAHA Upcoming Elections

Denise Parsons, Marian Newman, and Suzanne Hill have been nominated to serve on the Board of Directors. Nominee(s) will 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**

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: **March 18, 2013**
Program: **57th Anniversary Meeting**
Guest Speaker: Kathleen Duplessis

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 4, 2013**
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 19, 2013**
Program: **Guest Speaker: Nick Sprague, Coloplast Representative**

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: **March 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.

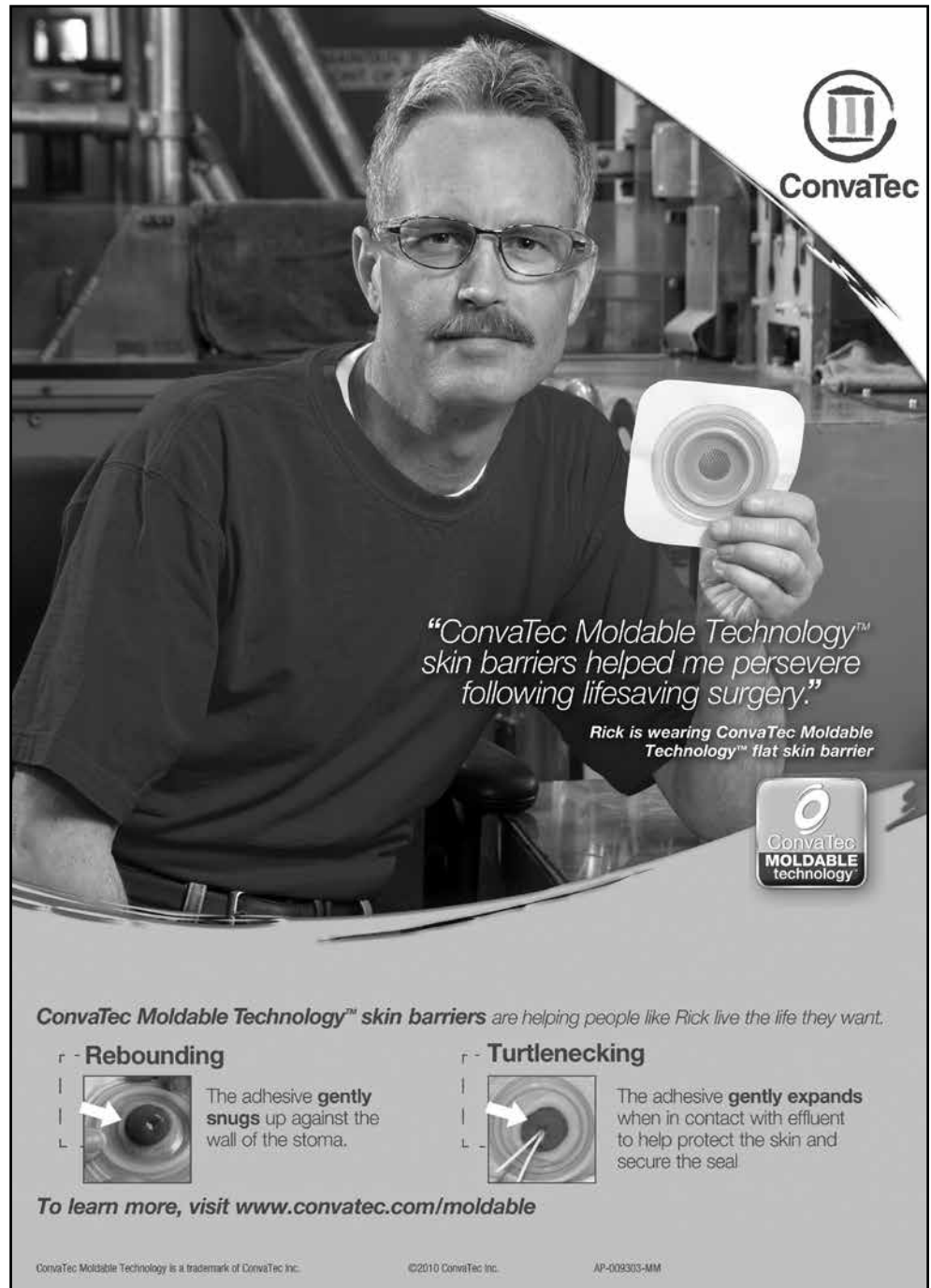
Donation of Supplies

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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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/>

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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