



April 2018

Ostomy Association of the Houston Area

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

"We help ourselves by helping others to help themselves."

Take Steps with Team Ostomy Association of the Houston Area (OAHA)

The Crohn's & Colitis Foundation's (CCFA) (crohnscolitisfoundation.org) mission is to cure Crohn's disease and ulcerative colitis, and to improve the quality of life of children and adults affected by these diseases. Take Steps is the Foundation's largest nationwide fundraising event where patients, loved ones, friends, and supporters empower and inspire each other to continue the fight against Crohn's disease and ulcerative colitis, also known as inflammatory bowel diseases (IBD). Patients and their families are able to connect with the greater IBD Community, helping them understand that they are never alone in this fight.

2018 marks a special celebration for Take Steps—it's our 10th Anniversary! Make an impact during our Decade of Difference. Team OAHA has been participating in the CCFA Take Steps fundraising walk since 2009.

This year Team OAHA walks in honor of Paul Batchelder, Sr. Paul was diagnosed with UC and a dedicated member of OAHA. He participated in many events and programs before his death in 2016. Join us once again to support CCFA in their continued research and support for patients and families living with these diseases.

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.



Paul Batchelder, Sr.

We can fund THE research that leads to cures! Will you join our team and fundraise with us so that, together, we can make a difference today? Contact Team Captain Patti Suler for more details via the below links.

<http://online.ccfa.org/goto/OstomyHouston>
<http://online.ccfa.org/goto/SupportSuler>



Patient Visiting and Support Services

Doctors and WOC Nurses, please note:

Upon request from a doctor, nurse, or social worker, a specially trained visitor will be asked to contact an ostomy patient by phone or visit them in person before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. The visitor does not give medical advice, and there is no charge for this service. Please contact our Visitation Coordinator, Marian Newman at 713-392-5768, or newmarian@gmail.com.

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Central Group News

We had a great turnout with some new attendees for our March meeting. Emily Jones and Lance Lovett from Shield Healthcare gave us a presentation about what their medical supply company offers ostomates. One of the most impressive programs Shield sponsors is their lifestyle guidance for new and old ostomates. They publish a comprehensive pamphlet entitled “Living Well with an Ostomy” that includes important information about ostomy surgery, appliances, caring for your ostomy and living with an ostomy. Their website also includes videos about living with an ostomy, many submitted by Laura Cox, Shield’s Lifestyle Specialist. You can view these videos at www.shieldhealthcare.com/ostomylife. Emily and Lance also showed one of the videos about nutrition for ostomates that you can also view on Shield’s website. All ostomates should check out Shield’s informative videos. If you would like a “Living Well with an Ostomy” pamphlet, Emily and Lance left us some to distribute.

Please remember that we will be voting for new Board members in May. We have a nine member Board of Directors, who serve for three year terms. We have three members whose terms are up in June—Ron Cerreta, Mary Harle and June Huber. Our next fiscal year begins July 1, 2018, and we have selected nominees to serve July 2018

through June 2021. Denise Parsons agreed to be our nominating committee this year. Our nominees are Ron Cerreta, Mary Harle and Mike McGinty. If you would like any information about these nominees, please let Denise know.

Our group has once again formed a team for the upcoming Crohn’s & Colitis Foundation of America’s Take Steps fundraising walk on Saturday, May 19th, at the Houston Zoo. This walk is an easy, fun and educational fundraiser for all people. This year the OAHA team is walking to commemorate our late member, Paul Batchelder, who passed away in 2016, to honor his personal activism. Please join the walk or make a donation at the following link: <http://online.ccf.org/goto/OstomyHouston>. Patti Suler is our team captain. The OAHA also will man a table at the after-walk presentation to distribute informational materials to walkers and their families.

Our next meeting is on Monday, April 16th. Our presenter will be Kerrianne Pelzl with Convatec. I look forward to seeing you there.

Regards,

Lorette Bauarschi, President, OAHA, 713-582-0718

Baytown Group News

Ostomy Support Group met again in the Cancer Center classroom. An enthusiastic group of 10 met for Roundtable. It was a great opportunity to let everyone check in and also review the great information that had just been shared in the March 2018 Ostomy Association of the Houston Area Newsletter “Basic Ostomy Skin Care”.

I am feeling grateful—initially to the UOAA website for this great article; secondly to the Houston Area for sharing it locally with our readers. It led me to think again about the concept of adaptation for persons who have a new ostomy.

Ruth Bryant (2010) found that adaptation following ostomy surgery included all of these factors: Resume self-care, Return to work, Return to routine activities of daily living, Ability to recognize problems and seek help, Satisfaction with quality of life and Satisfaction with sexual relationship. United Ostomy Association of America (UOAA) is the GPS (that is the new road map) to help those living with an ostomy with adaptation following surgery.

The formal mission of the UOAA reads like this: The UOAA is committed to improving QOL (quality of life) for persons who have had or will have intestinal or urinary diversion.

Affiliated support groups like the Baytown, Central and Northwest group are people helping people. These groups interact to share experiences and resolve ostomy related problems.

With our patient visiting programs, educational presentations, and communications like the United Ostomy Association of Houston website <http://www.uoahouston.org> and the newsletter—this mission is addressed.

Baytown Ostomy Support Group continues to meet on the second Monday of each month at 6:00 p.m.

We look forward to a presentation from Coloplast in April, B.Braun in May and Stealth Belt in June. We hope you will plan to join us!

Best regards,

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.

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.

Northwest Group News

We had a great time hosting Shannon Triplett, the new Territory Manager for Houston with Coloplast Ostomy. Shannon took us down the road of how the Coloplast was created with a brief video and then played a rousing game of “Family Feud” with us all to see how well we understood the video. We were separated into teams and played several rounds against each other with lots of laughter and fun. Both teams were rewarded for their participation with gift bags. A gift bag was presented to Carol for having the oldest stoma present (over 50 years of age) and to Betty for the newest stoma. We enjoyed tasty treats brought by several members as well as the opportunity to share from our own experiences. A small portion of Shannon’s presentation was featured live on our OAHA Facebook page. Go Shannon!

We missed Jay, Suzanne, Christy, Celita, Laurie, Jane, Gen, Cameron, and Craig—hope to see everyone real soon. If you are not on the Northwest Group email distribution list—please contact Patti Suler via her contact listing on the back page to be added.

Don’t forget to join us at the upcoming Take Steps for CCFA fundraiser walk on May 19th—see details on page 1 of this newsletter.

Our April Meeting is Wednesday, April 18, 2018, 7:00 p.m. Robert Martinez the Regional Account Manager with McKesson Patient Care Solutions will present updated information on Medicare and your ostomy supply management. Join us!

Billy Locke
337-515-6354

From Susan Burns, UOAA President

After lots of hard work from our team we are excited to announce the launch of our new ostomy.org website! Discover our extensive ostomy information and guides, peer-support group information, events, advocacy program, personal stories, blogs, product and supply information and much more—all in a new mobile and user-friendly website.



Home Page of updated ostomy.org website

Youth Rally: Boulder, Colorado July 16-21, 2018

WHAT IS YOUTH RALLY?

The Youth Rally is a 5-night camp that provides a fun, therapeutic environment for kids between the ages of 11 and 17 living with any sort of affliction to the bowel and/or bladder systems.

The Youth Rally is designed to help campers understand that they are not alone and that everyone has the same opportunities to set and achieve personal goals regardless of medical or physical challenges. Youth Rally participants benefit from educational programs, peer support, friendship, and all of the fun activities designed to promote confident, independent living.



For many campers, and counselors, Youth Rally is the first time they’ve met someone with their same medical condition(s) which can play an important role in their own personal growth.

During the week campers are able to enjoy a wide variety of activities including arts & crafts, athletics, outings to local cultural centers, educational rap sessions and the infamous Youth Rally talent show. As an added bonus, camp is hosted at a fully accessible college campus, which provides an opportunity for youth to understand that they **CAN** manage their condition, even outside the comforts of home.

WHY YOUTH RALLY?

For over 30 years the Youth Rally has been a one of a kind adventure! In a setting amongst their peers, surrounded by adult mentors, Youth Rally campers gain confidence, independence, and often a fresh outlook on their medical and physical conditions.

WHAT MAKES YOUTH RALLY SO UNIQUE?

The Youth Rally is “staffed” by volunteer counselors living with the same types of conditions as the youth participants. Many of the Youth Rally counselors were once campers! Onsite volunteers also include specialty trained nurses and additional licensed medical professionals who volunteer their time to ensure the safety of all.

Visit www.YouthRally.org for more information!



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

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WOC Nurse Directory

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

Charlene Randall, RN, CWON (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. Subscriptions directly fund the nonprofit United Ostomy Assoc. of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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Central Group

Monthly: Third Monday of the month
Date: **April 16, 2018**
Time: 7:00 p.m.
Place: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193
Contact: Denise Parsons 713-824-8841
 rockynme2@gmail.com
Program: **Guest Speaker: Kerrienne Pelzl** with Convatec

Baytown Group

Monthly: Second Monday of the month
Date: **April 9, 2018**
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
Program: **Guest Speaker: Shannon Triplett** from Coloplast

Northwest Group

Monthly: Third Wednesday of the month
Date: **April 18, 2018**
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: Billy Locke 337-515-6354
Program: **Guest Speaker: Robert Martinez** with McKesson will be presenting on new Medicare updates and how it applies to your ostomy product management.

J-Pouch Group

Monthly: Third Monday of the Month
Date: **April 16, 2018**
Time: 7:00 p.m. or by Appointment
Place: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193
Contact: Ron Cerreta 832-439-1311
 Ron Meisinger 281-491-8220

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

Opportunities and Announcements

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/>

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.

AmazonSmile

On your first visit to AmazonSmile (smile.amazon.com), you are prompted to select a charitable organization from the list of organizations. You can change your selection at any time. To change your charitable organization: Sign in to smile.amazon.com on your desktop or mobile phone browser. From your desktop, go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity. Or, from your mobile browser, select Change your Charity from the options at the bottom of the page. Select Ostomy Association of the Houston Area as your charity.

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 Tony Romeo, Treasurer, at 936-588-4031 or saltmr@sbcglobal.net 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: Tony Romeo, 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.)



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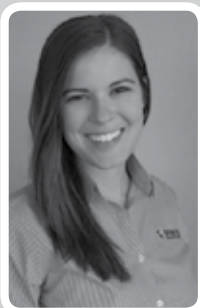
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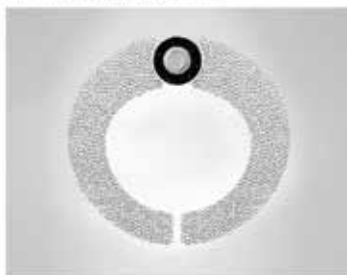
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Membership Application

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 |
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Membership benefits include:
Monthly Support/Information
Meetings, Social Events,
Monthly Newsletter

☐ 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.