



May 2014

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

A Loving Wife Speaks Out

by Sandie Storer, Warner Robins, GA

Family members experience a period of adjustment to ostomies just as ostomates do. I would like to share the process of adjustment I've undergone as a spouse, in order to encourage others. I hope other spouses or loved ones can benefit from knowing the process of change I have experienced concerning my husband Gene's ileostomy, and that they will realize any guilt or pain will pass to brighter days. The change in our lives seems so much smaller than it did a year and a half ago when my husband had ileostomy surgery. Looking back on the process of acceptance, I can see different stages much as one experiences in bereavement:

Denial:

For the year prior to Gene's surgery, we both denied its necessity. I tended to slip back and forth between denial and anger. I was angry that he was denying the inevitable—then I would deny it. When he actually had the operation, I tried to act like nothing had happened. I refused to look at his stoma and wanted nothing to do with the Ostomy Association. This was a mistake. Now I see there were avenues of emotional support the Association had to offer; but I was pretty stubborn.

Anger:

I had little support here in our home community as we were fairly new in the area and I got into some pretty traumatic emotional problems. I became very angry and withdrawn and had to rely on professional help to bring me around to the bargaining stage.

Bargaining:

I was angry with Gene for something he had no control over. Once I admitted that, I was willing to talk with him about compensating for his stoma. I was expecting him to somehow be

a better husband to make up for "what he was putting ME through." When I could have been a staunch support for him, I was expecting HIM to consider ME. Thank goodness he had his WOC Nurse, the doctors, and the Ostomy Association to help him.



Depression:

I finally reached the depression state and spent a lot of time sleeping. It was difficult to do housework. I started to feel guilty about not giving him more support and for being so upset with the procedure that would put an end to the dreaded ulcerative colitis he had suffered for ten years, a procedure which would probably save his life.

Acceptance:

Now I am more accepting of his ileostomy. I will someday make some fancy pouch covers—maybe a Santa Claus! Seeing how well other ostomates get along in the world has been encouraging to me. What has happened is not something terrible, but something life giving and wonderful.

Thanks to Ostomy Outlook, North Central Oklahoma via Insights Ostomy Association of Southern New Jersey

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.

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 281-485-1961.

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Central Group News

We had two new ostomates and a visiting WOC Nurse along with our members at the April meeting. Kerrianne Pelzl, with Convatec, brought some interesting new products and had samples and books to give away. She demonstrated SensiCare Adhesive Remover using duct tape and her arm. It was impressive to see the tape peel away painlessly. Kerrianne had samples of Diamonds from Ostomy Secrets. Diamonds go into the ileostomy pouch and gels the liquid output. It also has charcoal in it which helps with odor. <https://www.ostomysecrets.com/> is a great web site and has several wraps and underwear products, too. Convatec now has an accordion flange that may be helpful to new patients or those with difficulty attaching a two piece pouch.

The Ostomy Association had a booth at the Methodist WOC Conference. Ed Wood talked to many WOC Nurses and signed several up to receive the newsletter. He also heard from a couple of nurses that our newsletter goes into all the new patient packets at their hospitals. Nurses attended from around Texas and Louisiana. Ed pointed to our web site as resource with our old newsletters and the UOAA web site as a resource for New Patient Guides and other information. By the way, WOC Nurse Week was in April, but next time you see your nurse, give a big thank you for all they do to help with ostomy issues.

The UOAA has an Advocacy Committee that works on behalf of ostomates. They are a member of a Disability Coalition that works with the TSA to help them understand the concerns of ostomates when traveling and needs of TSA. The Advocacy Committee would like to hear from those who have had a problem with TSA. Some ostomates have encountered problems using public pools. Having an ostomy does not ban you from swimming. If you have had a situation where this has happened, please contact the Advocacy Committee at advocacy@ostomy.org. I personally think we are more sanitary than a normal person when swimming.

Our May meeting will be a roundtable discussion. Bring your questions and thoughts to share.

Best regards,

Denise Parsons, President, OAHA
713-824-8841

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

Local OAHA Upcoming Elections

Lorette Bauarschi, Terry Marriott, and Jenrose Foshee have been nominated to serve on the Board of Directors. Nominee(s) will be voted on at the May OAHA meetings.

Baytown Group News

Matt Potter, MPH, RD, LD presented a fantastic program to a "quality group" in April. The only negative thing that could be said about this program is that it was a shame that more people did not attend! Matt's power point entitled "Ostomy Nutrition Making the Most of What You Eat" was an interactive session that challenged the group to stop and think about the way we eat. Matt reminded us that 70% of digestion takes place in the mouth and the remaining 30% is in our gut. We should take time to chew our food adequately and enjoy the taste, smell and texture of every bite!

The UOAA publishes a Diet and Nutrition Guide which is full of ostomy specific information; Matt provided a copy of this for review. We had a great discussion about the benefits of raw foods in the diet. Matt shared with us that with some vegetables, steaming brings out more vitamin A, and if consuming them raw, more vitamin C is available.

ConvaTec ostomy specialist, Kerrianne Pelzl is scheduled for May. Don't miss the chance to see the latest updates in this ostomy line.

Baytown Ostomy Support Group meets the 1st Monday of every month at 6 p.m. in the Community Room at Houston Methodist San Jacinto Hospital. We look forward to seeing you here!

Cindy Barefield, RN, CWOCN
281-428-3033

Northwest Group News

The Northwest Group hosted the first ever ostomy product swap meet with a side of cookies. A few glitches occurred such as the cookie ratio to attendee was approximately 20 to 1 however Patti volunteered a home to the orphaned cookies. Additionally a HUGE unexpected amount of supplies arrived via multiple dolly loads from both the Baytown WOC Nurse Cindy Barefield and Northwest WOC Nurse Pat Thompson.

Attendees got to load up on favorites as well and sample new items without cost. One private pay ostomate took home almost a thousand dollars of product that will last nearly a year. Everyone left happy and the excess supplies (filling up an Excursion) were donated to Project Cure.

Based on the initial event success, the swap meet could very well become a regular event for the Northwest Group.

Next month's program on May 20, 2014 is Kerrianne Pelzl with Convatec.

Craig Cooper
281-948-6883

Tony Romeo
936-588-4031

Methodist Hospital Wound and Ostomy 2014 Conference

Update by Ed Wood, Outreach Coordinator

I attended the Methodist Hospital Wound and Ostomy 2014 Conference. I believe it is the best one that we go to during the year. I met many WOC Nurses from the Houston area, as well as, from Tyler, Austin, Fort Worth and Lake Charles. I shared many of our newsletters and provided both our local website and the national website. I shared that we have many years of former newsletters on our website and that the national website had the booklets about the different ostomies and other topics that might be of interest to the ostomate. I had some copies of the booklets on hand so that they could see what was available.

Two WOC Nurses from a North Texas town said that their chapter was declining and they had stop taking dues this year. They were interested in knowing what to do and I suggested that they might contact other WOC Nurses and the offices of the surgeons who were doing the operations. One of the Methodist nurses said that they always included the most recent copy of our newsletter in their patient's going home packet.

I had started collecting emails of those who were visiting our booth, but one of the conference-hosting nurses advised she would provide me with a complete email list from the conference. This list will be used to update our email newsletter distribution list.

During the conference meeting sessions, I was able to visit with representatives from Stomocur, Hollister, ConvaTec, Byram, and McKesson who owns Sterling (where I get my supplies). The McKesson representative told me about a change in ordering supplies for those who are on Medicare. I have not ordered any since December of 2013. According to her, beginning in January 2014, she said that they had to hire more employees who must talk to those who are ordering. The callers must find from the customer how many days of supplies the customer has and if it is more than 10 days the company cannot send the supplies. I talked to Chuck Bouse, who had ordered since January, and he said that they also ask how many days of paste that he had.

I guess Bob Dylan is right "Changes are a Coming." —Ed

Medicare Patients: Watch Out for "Under Observation" Status

*Compiled from Internet sources —OK Ostomy Outlook
UOAA UPDATE April 2014*

If you're under Medicare and get hospitalized, be aware whether you've been classified as an "inpatient" or are just "under observation." The distinction may seem subtle, as you may receive the same care both ways. However, the difference may cost you thousands of dollars.

The difference in cost may occur two ways: First, if you're only **under observation**, you may need to pay somewhat more for the hospital care itself. When you're an **inpatient**, the costs are covered by Medicare A, which usually pays the full cost after a deductible is met. If you're only **under observation**, the costs are covered by Medicare B, which pays only 80% of the cost. The really big consequences occur if you require care in a skilled nursing facility after your hospital stay. Medicare pays for the nursing costs only if you were in the hospital as an inpatient for at least 3 days. If you were only **under observation**, Medicare pays nothing for the nursing care, so you must pay that whole cost yourself.

Hospitals have been using **under observation** status increasingly in recent years, due to pressure from Medicare to reduce costs to Medicare by reducing improper inpatient admissions.

What can you do as a patient? First, make sure you know whether you're an **inpatient** or just **under observation** (the hospital may not always tell you). If you're only under observation, but think you should be an inpatient, ask your regular doctor to speak with the doctor in charge of your hospital care, and try to get your status changed. If that doesn't work, you can appeal Medicare denial of payment decisions. This can be a long and difficult process, but has a reasonable chance of success if you go through with it.

The following links contain more information on this topic. The first is a story aired by NBC News on January 9, 2014. The third contains detailed advice for patients:

www.nbcnews.com/video/nightly-news

www.medicareadvocacy.org/medicare-info/observation-status/

www.medicareadvocacy.org/sef-help-packet-for-medicare-observation-status/

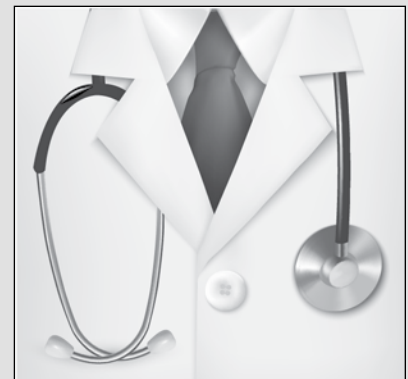
Medical Humor *UOAA UPDATE April 2014*

While acquainting myself with a new elderly patient, I asked, "How long have you been bedridden?" After a look of complete confusion she answered... "Why, not for about twenty years—when my husband was alive."

—Submitted by Steven Swanson, Corvallis OR

At the beginning of my shift I placed a stethoscope on an elderly and slightly deaf female patient's anterior chest wall. "Big breaths," I instructed. "Yes, they used to be," replied the patient.

—Submitted by Dr. Richard Byrnes, Seattle WA



(continued on page 4)

Medical Humor *(continued from page 3)*

A man comes into the ER and yells, "My wife's going to have her baby in the cab!" I grab my stuff, rushed out to the cab, lifted the lady's dress, and began to take off her underwear. Suddenly, I noticed that there were several cabs and I was in the wrong one.

—Submitted by Dr. Mark MacDonald, San Antonio, TX

As a new, young MD doing my residency in OB, I was quite embarrassed when performing female pelvic exams. To cover my embarrassment, I had unconsciously formed a habit of whistling softly. The middle-aged lady upon whom I was performing the exam suddenly burst out laughing and further embarrassed me. I looked up from my work and sheepishly said, "I'm sorry. Was I tickling you?" She replied, "No doctor, but the song that you were whistling was, 'I Wish I was an Oscar Meyer Wiener.'"

—Doctor didn't submit his name!

Youth Rally 2014 is Almost Here!

Youth Rally is a summer camp that provides a non-threatening environment for kids between the ages of 11 and 17 with any sort of bowel or bladder dysfunction. The Youth Rally is designed to help campers understand that everyone has the same opportunities to achieve their goals regardless of medical or physical differences. In short, that they are not alone.

We are excited to be coming back to California, to the city of San Diego, and to the beach! Seattle was awesome, but San Diego State University is one of our favorite Rally homes—counselors and campers alike love the pod dorm rooms (with A/C), having our own Rally pool for the week, and (of course) the weather!

July 7 and the 2014 Youth Rally are just over three months away (YAY!). It's time to start getting camper applications turned in.

2014 CAMPER APPLICATIONS ARE DUE JUNE 1ST!

Campers and Families—please visit our application page to download the camper application now. Camper applications are available in two parts, broken down so families can fill them out in stages or all at once. (<http://www.rally4youth.org/campers.php>)

Camper applications are due June 1, 2014. Even though June seems like a long way off, it is just around the corner for our busy volunteers and we greatly appreciate every **EARLY** application we receive!

Our goal for 2014 is the same as every year—to help every young person with a bowel or bladder dysfunction attend The Youth Rally! Please email us at info@rally4youth.org with any questions or concerns. Let's talk right away if there is anything at all about the application process we can help with!

WOC Nurse Directory

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

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

Osto Group www.ostogroup.org

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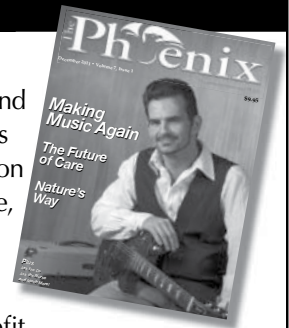
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of America (UOAA)
can be contacted at:
www.uoaa.org or **800-826-0826**

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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: **May 19, 2014**
Program: **Roundtable, bring your questions and thoughts to share!**

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: **May 5, 2014**
Program: **Guest Speaker: Kerrianne Pelzl**, ConvaTec
 Ostomy Specialist

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 936-588-4031
 sa1tmr@sbcglobal.net
Meeting: **May 20, 2014**
Program: **Guest Speaker: Kerrianne Pelzl**, ConvaTec
 Ostomy Specialist

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: **May 19, 2014**

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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Meetings, Social Events,
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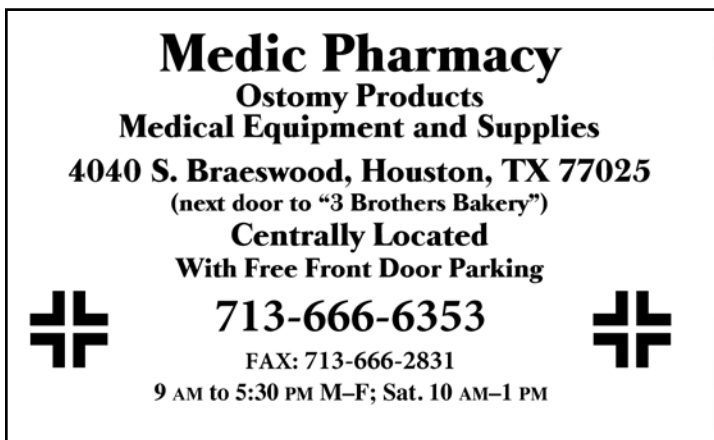


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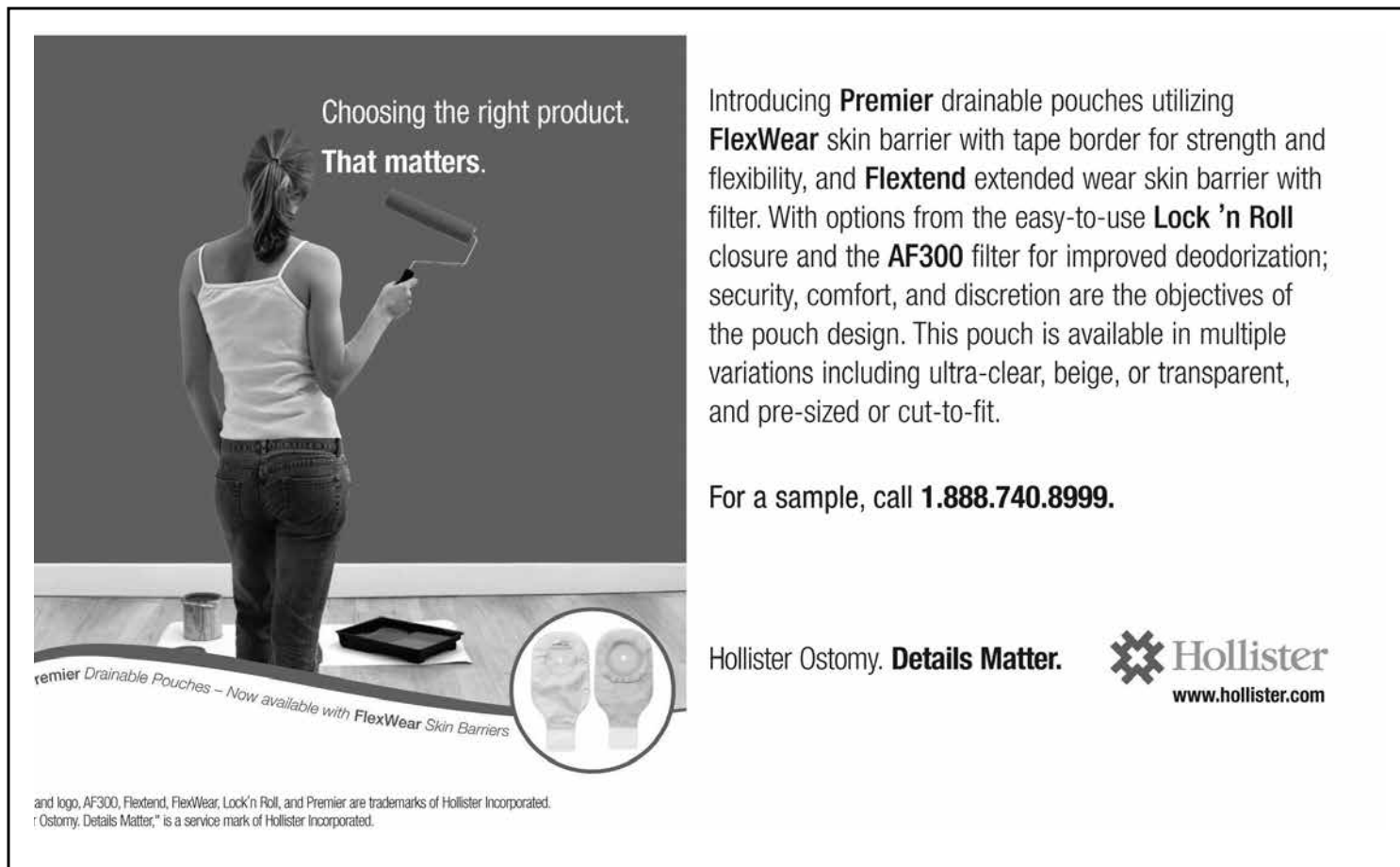
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