



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

Congress is Back in Action! We Need Your Help TODAY!

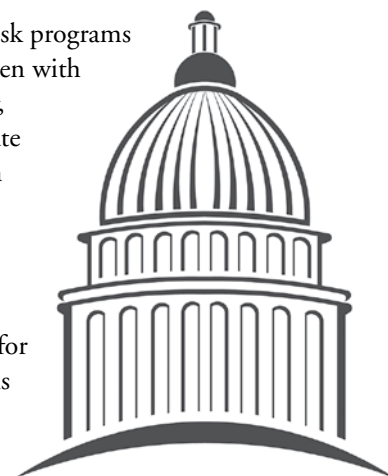
UOAA News, April 2017

The leadership of the House of Representatives is continuing to work with conservative and moderate Republicans to repeal and replace the Affordable Care Act (ACA). Their proposal, the American Health Care Act (AHCA), was pulled from consideration a few weeks ago when it could not muster the votes to pass. However, House leaders continue to try and find common ground to modify the House leadership bill to make it passable.

The emerging House leadership plan includes several provisions that would be devastating for patients with chronic, complex, and costly medical conditions. The latest bill would remove protections for individuals with pre-existing health conditions and eliminate the ACA's Essential Health Benefits-federal quality standards for health insurance policies. In place of these protections, the bill would expand health savings accounts and tax credits, and establish state risk sharing subsidies, and leave it to states to determine which essential health benefits they will offer-likely leading to lower quality benefits for patients with costly diseases.

Patients with costly health conditions could never put enough money in a health savings account, nor take advantage of a tax break associated with not utilizing healthcare services. Segregating

high-cost patients into high-risk programs has not worked in the past, even with a federal subsidy. Additionally, eliminating the federal mandate that insurers offer a minimum level of benefits would likely mean that many states could offer substandard benefits for those with pre-existing health conditions or hike premiums for the most vulnerable Americans in desperate need of essential healthcare.



The House of Representatives could vote on this bill when it returns on April 24th from the Easter recess.

Let's unite nationwide to protect patients and oppose discriminatory and dangerous provisions! If you care about the future of healthcare, help us advocate here.

Tell your House member about your needs as a person with an ostomy or continent diversion and how this flawed bill will negatively affect you and your family.

Stronger and Louder Together.

Go to the link below to contact YOUR lawmakers:
<http://tinyurl.com/m822jgq>

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.

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

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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.

Central Group News

We had a full house at our April meeting despite the rainy weather. Our first presenter was Yolanda Lopez, the Volunteer and Client Services Coordinator with CanCare, an organization who closely works with cancer patients. Like the OAHA, CanCare finds volunteers who are cancer survivors or family members of cancer survivors. CanCare tries to closely match the volunteers with cancer patients according to cancer type, treatment method, age, gender and family situation. We look forward to working with CanCare to help those who are ostomates because of cancer.

We also welcomed Sheila Wadenpfehl, RD, LD, a registered dietitian with Shield Healthcare. Sheila presided over a lively discussion in which many attendees shared experiences and tips about different types of food, supplements and vitamins that affect ostomates with ileostomies, colostomies and urostomies. We all found the discussion very helpful and we very much appreciate Shield's ongoing support of our organization.

Our next meeting is Monday, May 15. Our presenter will be LaToya Cooper with Patient Caregivers, Inc. Patient Caregivers is an agency who provides experienced caregivers for those who need assistance either at home, in the hospital or in a nursing home. The company was founded by a doctor who, after being disappointed with the quality of caregivers he could find for his parents, decided to create an agency which would recruit caregivers who would provide the exceptional service his parents deserved. I have personal experience with Patient Caregivers, as they have provided the caregivers for my mother for the last 3 years. It should be an important and helpful presentation.

The OAHA plans to have a table at the CCFA Take Steps walk at the Houston Zoo on May 20. We hope you can attend the walk. If not, we hope you can donate. Look for more information in this newsletter.

See you soon!

Regards,

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



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

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

Baytown Ostomy Support Group welcomed Tabatha Schroeder, RN from Coloplast to the April Support Group. Tabatha's presentation, "Updates in the Brava World" was informative and insightful. The group had the opportunity to consider the rationale for use of barrier seals and consider product updates.

Tabatha explained to the group that Coloplast had utilized a new polymer formulation to update the Brava® Protective Seal. The company did something unexpected when introducing this new product—they left the former Moldable Ring and provided the new moldable Brava® Protective Seal as options for their consumers. Those consumers who are satisfied with the Moldable Ring will not lose the option to use it.

Key benefits of the Protective Seal include: protection against leakage, protection of the skin, and ease of handling. New formulation of polymer makes the seal flexible but strong at the same time. It is able to stay in place until removed. The seal follows body movements, providing a feeling of security and accommodating an active lifestyle! In addition, the new polymer formulation is resistant to output which helps prevent skin irritation. It is shaped to fit snugly around the stoma and leaves minimal residue when removed.

The Brava® Protective Seal comes in three different diameters to accommodate different stoma sizes and to minimize the need for stretching. There are also two thicknesses. Thin diameter creates a seal while a thicker seal is able to fill in creases and folds around the stoma. <https://www.coloplast.us/>

For the next two months, we will temporarily relocate our meeting location to the Alexander Campus. We will meet in Conference Rooms 1 and 2 which are just off the lobby next to Outpatient Physical Therapy at 2610 N. Alexander Drive.

The following presentations are scheduled:

May: Updates with Hollister—Ostomy Sales Specialist, Kris McNeill

June: ConvaTec Updates - Houston Territory Manager, Ostomy Care—Kerrianne Pelz

I hope you will make plans to join us!

Sincerely,

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



Northwest Group News

We entertained about a half dozen ostomates at our Roundtable discussion. We enjoyed hot topics not related to the ostomy lifestyle and great food brought by Billy and Patti. Sausage bites basking in barbecue sauce, assorted nuts, sweet/sour octopus, grape tomatoes, assorted dried fruits—pineapple and mango included, cheese assortments and more.

Next month we will be joined by Physical Therapist Connie Paulino. Ms. Paulino has spoken to our group before and will be able to remove all doubts as to what ostomates can do. Join us and welcome the newlyweds at our next May 17 meeting.

Billy Locke
337-515-6354

Plan Now to Attend the 6th UOAA National Conference!—August 22-26, 2017— Irvine, California

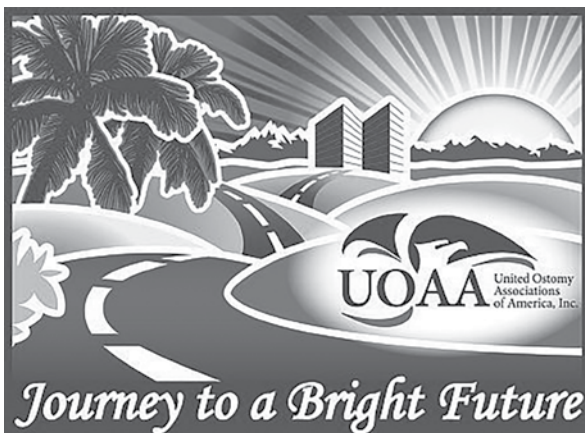
Conference-Related Information

This year's conference takes us to Irvine, CA a place that boasts on average 280 sunny days per year. Abundant area attractions (think Disney and Pacific Beaches) may inspire you to plan a vacation around the conference dates. After a day of inspiring talks, educational workshops and exhibits, lounge poolside under the palm trees while socializing with new friends from around the country, or explore all the area has to offer.

Inspirational Talks, Stoma Clinic, Educational Workshops, Social Events, ASG Leadership Academy, Exhibit Hall and more!

Please go to www.ostomy.org, the UOAA website, to register and view the educational programming that is planned for you. Information regarding conference registration will be posted here when available and will be published in the March 2017 issue of *The Phoenix* magazine.

http://www.ostomy.org/2017_National_Conference_Page.html



UOAA Partners in Ostomy Webinar

You can still view educational slideshow online

On February 14 UOAA partnered in a webinar hosted by Fight Colorectal Cancer. "Navigating the Ostomy Experience" was presented by UOAA MBoD member and CWOCN Joanna Burgess-Stocks. It covers a broad spectrum of topics in 60 minutes and is an especially helpful education tool for the new, or soon to be, person living with an ostomy. You can still share, listen or watch the presentation online. Or you can see Joanna speak in person with a new presentation at our conference this summer!



You can view the webinar here:
<http://tinyurl.com/lt2xjj5>

2017 Take Steps Walk—May 20 Houston Zoo, 6200 Hermann Park Drive

On Saturday, May 20, hundreds of Houston area residents will raise funds for the Crohn's & Colitis Foundation by participating in the Houston Take Steps



Walk at the Houston Zoo located at 6200 Hermann Park Drive in Houston. OAAH will be hosting an information booth at the event. Registration has opened and participant fundraising leading up to the event has begun. Funds raised by walkers and through event sponsors will support patients who are coping with Crohn's disease and ulcerative colitis.

Check in for the Houston Take Steps Walk begins at 7 a.m. with an 8:00 a.m. start time to cover a course no longer than 2 miles within the Houston Zoo. All walkers will have the opportunity to enjoy games, activities, and refreshments at a celebration at the end of the walk course. This festival-like celebration recognizes patients, families, friends, sponsors, fundraising teams, healthcare professionals, and volunteers in a private area within the Houston Zoo.

The 2017 fundraising goal for the Houston Take Steps Walk is \$150,000. This year, the Houston Walk is piloting a new campaign for which individual walkers and teams raise or donate \$100 or more per person. Team and individual registration is available online at www.cctakesteps.org/Houston2017.

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(713) 465-2200
 Fax (713) 461-5806

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

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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* Based on \$9.95 cover price. Canadian subscriptions: \$39.95 one-year. U.S. funds only.

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Central Group

Monthly: Third Monday of the month
Date: May 15, 2017
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@aol.com
Program: **Guest Speaker:** LaToya Cooper with Patient Caregivers, Inc.

Baytown Group

Monthly: Second Monday of the month
Date: May 10, 2017
Time: 6:00 p.m.
Place: *For the next 2 months, we will temporarily relocate our meeting location to the Alexander Campus.* We will meet in Conference Rooms 1 and 2 which are just off the lobby next to Outpatient Physical Therapy at 2610 N. Alexander Drive.
Contact: Cindy Barefield 281-428-3033
Program: **Kris McNeill**, Ostomy Sales Specialist, Updates with Hollister

Northwest Group

Monthly: Third Wednesday of the month
Date: May 19, 2017
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: Connie Paulino**, Physical Therapist

J-Pouch Group

Monthly: Third Monday of the Month
Date: May 17, 2017
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 sal1mr@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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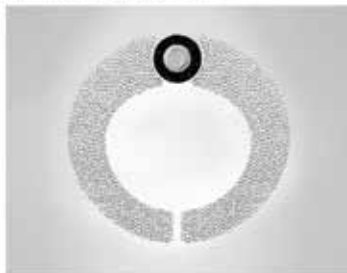
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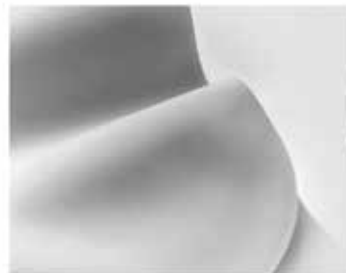
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Newsletter Advertising: *Please contact the President or Treasurer for sponsorship and advertising opportunities.*

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: <input type="checkbox"/> Crohn's <input type="checkbox"/> Ulcerative Colitis <input type="checkbox"/> Cancer <input type="checkbox"/> Birth Defects <input type="checkbox"/> Other _____	
Do you speak a foreign language? <input type="checkbox"/> Yes <input type="checkbox"/> 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"/> Ileostomy <input type="checkbox"/> Urinary Diversion <input type="checkbox"/> Other: _____	<input type="checkbox"/> Continent Ileostomy <input type="checkbox"/> Continent Urostomy <input type="checkbox"/> Pull-Through <input type="checkbox"/> Parent of Child with procedure <input type="checkbox"/> Spouse/Family Member <input type="checkbox"/> Physician <input type="checkbox"/> Nurse
<input type="checkbox"/> I would like to attend meetings with the (please circle one) : Central Group Baytown Group Northwest Group J-Pouch Group	
<input type="checkbox"/> I would like to become a member but cannot pay dues at this time. <i>(This will be kept confidential.)</i>	
I learned about the Ostomy Association from	
<input type="checkbox"/> WOC Nurse <input type="checkbox"/> Physician <input type="checkbox"/> Newsletter <input type="checkbox"/> Surgical Shop <input type="checkbox"/> Website <input type="checkbox"/> Other: _____	
I am interested in volunteering. <input type="checkbox"/> Yes <input type="checkbox"/> 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*