



# 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.

June 2009



P.O. Box 25164  
Houston, TX 77265-5164  
[www.ostomyhouston.org](http://www.ostomyhouston.org)

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

## Central Group

**Monthly:** Third Monday  
**Time:** 7:00 p.m.  
**Place:** American Cancer Society Building  
6301 Richmond Avenue, Houston  
**Contact:** Terry Marriott 713-668-8433  
[marriott@rice.edu](mailto:marriott@rice.edu)  
**Meeting:** **Monday, June 15, 2009**  
**Program:** **Roundtable Discussion**

## Baytown Group

**Monthly:** First Monday  
**Time:** 7:00 p.m.  
**Place:** Community Room in Lobby of San Jacinto  
Methodist Hospital  
4401 Garth Road, Baytown  
**Contact:** Cindy Barefield 281-420-8671  
**Meeting:** **Monday, June 1, 2009**  
**Program:** **Roundtable Discussion**

## 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.

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.

## Northwest Group

**Monthly:** Tuesday following the third Monday  
**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  
[saltmr@sbcglobal.net](mailto:saltmr@sbcglobal.net)  
**Meeting:** **Tuesday, June 16, 2009**  
**Program:** **Guest Speaker, Polly Burleson, Convatec Representative**

## 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:** **Monday, June 15, 2009**  
**Program:** **General Discussion**

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## Central Group News

There were 23 in attendance at the May 18th Central Group meeting. Janet M. Davis MSN, RN, GNP-BC, CWOCN showed us slides and told us about the history of ET-WOCN Nursing and its origins from early attempts at fecal diversion. According to the website below, there is even something said about fecal diversion in the Old Testament of the Bible, but they give no specific reference. I tried several Biblical searches, but I have no idea how they would describe this type of surgery in the Bible and I found nothing.

The French surgeon M. Pilore performed the first historically documented ostomy surgery for bowel blockage in 1776. The total lack of supplies for care of the ostomy or any materials that could be used to construct usable equipment by today's standards probably made this maintenance very difficult.

In 1954, Norma Gill entered the Cleveland Clinic Hospital, severely ill, and met Dr. Rupert Turnbull, Jr., to discuss the possibility of an ileostomy to save her life. After 9 weeks and several surgeries, Norma began a new life. Wanting to give back to society, she contacted several surgeons offering to assist with patient education. In August of 1958, Dr. Turnbull enlisted Norma Gill as a stoma technician to help his clients overcome the shock of ostomy surgery and resume a normal active lifestyle. This was the first major cornerstone of Enterostomal Therapy (ET), and Dr. Turnbull and Norma Gill subsequently started an ET program in Germany.

You can read more about the history of ET-WOCN Nursing at the website given below:

<https://www.clevelandclinicmeded.com/live/courses/2008/ETWOC08/history.htm>

We conducted the (re)election of directors as described in our constitutional by-laws at the May 18 Central Group meeting and the 23 attendees voted unanimously for the nominees given below.

The newly elected officials are given below (unofficial until satellites respond with their votes):

Year each term ends precedes each nominee:

- 2011 Margie Tucker, new Director replacing Laura Beth Jackson
- 2012 Clarice Kennedy, new term, continuing Director
- 2012 Mary Harle, new term, continuing Director
- 2012 Ron Cerreta, new Director for retiring Kathleen Duplessis

Saturday, May 16th, I participated in the Take Steps event for the Crohn's & Colitis Foundation of America along with members from the Central Group and both of our Satellite Groups (a picture of us should be found elsewhere in this Newsletter) to raise money for research into the care, treatment and prevention of the various forms of IBD. Altogether we raised over \$2000 for the CCFA. It did rain right at the time we were supposed to start the walk, so the actual walking was officially cancelled by the CCFA officials for safety reasons, but it stopped raining in about 20 minutes or so after everybody took cover. There were still 4 of us present from the original group after the rain; so, we decided to do the walk anyway, official or not. It was probably cooler and nicer weather after the rain than it would have been had it not rained anyway.

In June we will be having a round table discussion based on particular subjects of your choice, such as, what to take with you on a summer trip, or how you stay hydrated while hiking, or anything you might find interesting. Bring your ideas about what to talk about to the meeting.

See you all there,

**Terry Marriott**

**The United Ostomy Associations of America (UOAA) can be contacted at [www.uoaa.org](http://www.uoaa.org).**

### Been There, Done That, Now What?

I have had my ostomy for several years now. I have learned to take care of it. I work, I sleep, I play, not always in that order. I think I have my stoma badge. Now what do I do? What is the next ostomy level?

**Participation. Reciprocation. Volunteer. Give Back.**

I am where I am today because of what others gave and did for me. To continue this precious cycle, I also need to give and share with others. Volunteer work comes in many forms. Some are born to lead, hold office and take care of the business end. Others are gifted care givers and supporters that provide a listening ear or shoulder to lean on. Some like me, just go to meetings and write about it. If you think you don't have time to donate, then donate money. Our chapter has several worthwhile opportunities and they are all tax deductible. You can honor your stoma, your WOCN or ET, your surgery anniversary or even sponsor a membership for someone who cannot afford the dues.

## Baytown Group News

First Monday in Baytown was very informative with Jenny Jansson-Smith from Sterling Medical Services presenting "Billing Medicare Allowables." Jenny reviewed the various insurance providers that Sterling partners with for medical supplies. Some of the benefits of ordering from Sterling include:

- EZ Refill Program—Sterling team members contact you before time to reorder and assist with order in accordance with insurance and/or clinical guidelines
- Free standard shipping nationwide
- No minimum quantities
- [www.sterlingmedical.com](http://www.sterlingmedical.com) provides live support if needed
- Individual packages available for patients who need wound care supplies

Baytown was represented in the Take Steps for Crohn's & Colitis Walk on Saturday, May 16 at Stude Park in the Heights by Cindy Barefield. For more details, see the related article in this newsletter.

We will continue to meet each month on the 1st Monday at 7:00 p.m. Hope to see you there!

**Cindy Barefield, RN, WOCN**  
281-420-8671

## Kindness

After Hurricane Ike, I had little time for my yard work other than to clear debris and I am still working on that. Around Christmas-time, I managed to snag a bag of wild bird seed for all my hungry treeless guys. It was not my usual mix, but it was the best I could manage.

This spring I received an unexpected return on my small investment. Huge giant yellow sunflowers began popping up in front of the house. They were visible from all directions. I was then humbly reminded that even the smallest of kindness given returns to the giver in one form or another.



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

The Northwest Group had ten attendees participate in the May meeting where we enjoyed a lively discussion about the recent Take Steps event and other topics. One of our newest ostomates couldn't be with us as she was enjoying a European cruise! Tony chimed in that he wouldn't be here next month because he HAD to take his wife to Vegas for her birthday. Questions about ostomy surgery, re-connections, j-pouches and hernias were collected for an upcoming speaker, Dr. Pidala, that the group hopes to have join us later this summer. Our next month's meeting will debut Convatec's newest representative Polly Burleson. Gay Nell brought snickerdoodle cookies and chocolate fudge brownies still warm from the oven. She left with empty containers.

**Gay Nell Faltysek**  
281-446-0444

**Tony Romeo**  
281-537-0681

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

## Words of Wisdom

*From the Ostomy News, North San Diego County*

- ✿ I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
- ✿ She was only a whiskey maker, but he loved her still.
- ✿ The butcher backed into the meat grinder and got a little behind in his work.
- ✿ A hole has been found in the nudist camp wall. The police are looking into it.
- ✿ Atheism is a non-prophet organization.
- ✿ A chicken crossing the road: poultry in motion.
- ✿ The short fortune-teller who escaped from prison was a small medium at large.
- ✿ A backward poet writes inverse.
- ✿ Don't join dangerous cults: Practice safe sects!
- ✿ The man who survived mustard gas and pepper spray is now a seasoned veteran.
- ✿ Time flies like an arrow. Fruit flies like a banana.

## Talking Back to Your Doctor Works

*Excerpted from the UOAA UPDATE 2/09*

Next time you visit your doctor, keep in mind one crucial if little known rule: catch 23. The catch works this way: Doctors typically will listen to a patient's "opening statement" little more than 23 seconds before changing the subject or "redirecting" the talk.

In fact, researchers increasingly are finding that one big reason treatments don't work—or aren't prescribed at all—is because of problems in the way doctors and patients communicate. Or, more precisely, fail to communicate.

Studies show that doctors remember best the cases of assertive patients. "The pattern is very strong," says Johns Hopkins University behavioral scientist Debra Roter. "When you get patients to be more engaged in a visit, they do better in terms of satisfaction, understanding and recall of doctors' instructions."

Patients can do some things on their own to improve communication. First, keep in mind that doctors are under growing pressure to see many patients and may not have time for idle chit-chat or even friendly conversation. Start before you get to the doctor's office. Think about how you're feeling, what is bothering you and what you want.

Then write your questions down and prioritize them. "Bringing in a list of questions is really essential," says Michele Greene, a researcher on doctor-patient communication at Brooklyn College in New York. "And then don't be afraid to ask those questions."

## Take Steps for Crohn's and Colitis

The Ostomy Association of the Houston Area [OAHA] participated recently in the Take Steps for Crohn's and Colitis fundraising event held Saturday, May 16, 2009. Members from the Central, Northwest, and Baytown groups were joined by friends and family. Our President Terry Marriot, Treasurer Lorette Bauarschi, and Newsletter Editor Patti Suler are all intimate with the devastating effects of Crohn's and/or Colitis. You can read Terry's personal story in our February 2006 Newsletter which is available online at the website at [www.ostomyhouston.org](http://www.ostomyhouston.org).

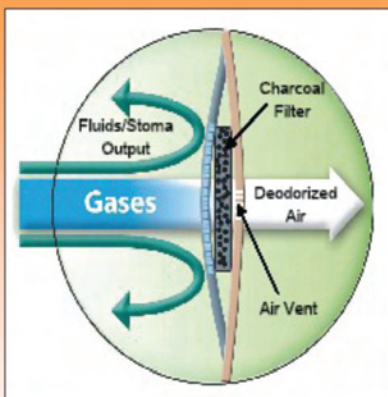
RN, WOCNs Cindy Barefield from the Baytown Group with her husband and Pat Thompson from Northwest Group with her daughters joined in to complete the team. Music filled the air as all kinds of people came together for a great cause. The Texan's mascot Toro worked the crowd and enjoyed spending time with everyone. The weather became very uncooperative and after being pelted with high winds and cold rain, the event was called. Hat's off to Terry, Lorette and friends who elected to walk anyway on the soggy course.

Although team OAHA was a late entry, they raised in excess of \$2,125 and the overall event had raised over \$83,060 as of press time. Salix Pharmaceuticals, Inc. took event photographs which can be viewed at [www.ccfatakesteps.com](http://www.ccfatakesteps.com) under our event date. Mark your calendars for this time next year as we plan to start sooner and make the 'Loud and Proud' team roster awarded to those special groups collecting over \$5,000 before walk time.

OAHA earned a walk banner after collecting our first \$1,000. Pictured from left to right Eileen Allan, Karen Gerstner, Lorette Bauarschi, Toro, Terry Marriot, Roy and Cindy Barefield, Pat Thompson and Patti Suler kneeling.



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## 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 and sent to:

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

### Memorial Fund

Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable and sent to: Ostomy Association of the Houston Area

Attn: Mary Harle  
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.)

### 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.

### Consultation with ET

Clarice E. Kennedy, Certified Enterostomal Therapist, is available for consultations. Clarice is an ostomate with over 30 years of knowledge and experience to share with anyone who has questions about, or needs assistance with, the care of an ostomy both prior to and following surgery. Contact cekennedy1@peoplepc.com or call 713-647-8029.

### Sponsorship

You can sponsor a member of our ostomy support group with a tax-deductible donation to cover the cost of their membership. Send your check in the amount of \$25.00 to:

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

### Use Those Shopping Cards

Kroger and Randalls return a percentage of your purchases to the Ostomy Association on a quarterly basis. For card applications, contact Ed Wood at 281-493-5015 or ewood6@comcast.net.

### 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 713-460-1955 or lbauarschi@sbcglobal.net or send your request to the Ostomy Association of the Houston Area, P. O. Box 25164, Houston, TX 77265-5164.

## It's All Here!

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.



Half of each subscription funds the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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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 \_\_\_\_\_

### 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                          |

*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

☐ ET Nurse ☐ Physician ☐ Newsletter ☐ Surgical Shop ☐ Website ☐ Other: \_\_\_\_\_

I have enclosed an additional \$\_\_\_\_\_ as a donation to support the association's mission of helping ostomates.

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