



# 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](http://www.ostomyhouston.org)

## Top 10 Signs You've Been an Ileo/Colostomate For Too Long...

By Tim Colbert

1. You get gleeful at the ease of emptying your bag the first time after changing it.
2. (For men) You find scratching under the bag to be as natural as scratching your other parts in the morning.  
(For women) Spare bag clips make dandy hair accessories in a pinch!
3. You draw upside-down smiley faces on your bag so something is smiling at you whenever you go to the bathroom.
4. You can strip your bed, change your bag and put clean sheets on while still sleeping.
5. You name your stoma and your bag and celebrate their birthday. (My bag's name is Phil, my stoma's Thpbbt and their birthday is March 24th ... I have a "Bring Your Own Bag" party every year!)
6. If someone smelt it, you can prove you hadn't "dealt" it.
7. You drink a lot of beer and/or soda just to see how quickly the bag will fill with gas.
8. You eat certain foods, like red licorice or lots of pesto, to watch your output change color.
9. When someone says "Man, I gotta take a dump," you proudly say "I'M taking a dump RIGHT NOW!"
10. You absentmindedly feel the bottom of your bag to see if it needs emptying in front of strangers.

*Editor's Note: Tim Colbert published his humorous insights on Facebook. He has had his ostomy (due to cancer) just under a year.*

### 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.

## Exercise: The Final Ingredient in Ostomy Management

*Adapted from the Coloplast Website  
UOAA UPDATE April 2014*

Exercise has become "fashionable"—and that has probably done more to put people off it than anything else. If the thought of strobe lights, rowing machines and leotards gives you the shivers, then take heart. There is no end of easy, enjoyable ways to make yourself a little stronger, a little fitter. Just find the ones that are right for you.



Most of all, don't overdo it. Even light exercise is good exercise—for your heart, your joints, your muscles, your lungs and for your general sense of well-being. Gently does it.

To begin with, don't confuse exercise with sports. There's more to getting healthier than chasing a ball around on a football field.

*(Continued on page 4)*

*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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## Central Group News

We had 21 attendees (16 members) at our May meeting. Instead of a speaker this month, we had a roundtable discussion that ranged around questions and comments from some of our newer ostomates. We welcomed Erica who has had her ostomy since birth. She told us about attending the Youth Rally and has a great attitude. Her mother has always encouraged her to not let her disabilities hold her back. She is an inspiration for all of us. We voted and approved the nominees for the Board of Directors, Terry Marriott, Jenrose Foshee, and Lorette Bauarschi. Thank you for continuing to serve on the Board.

The hot summer weather of Houston has arrived. As a reminder,

- Don't keep your standby ostomy supplies in your car. They won't perform as needed if they get too hot.
- Keep hydrated. If you are out in the heat, watch those electrolytes. If you are drinking a lot of water, it may help to have a Gatorade-type drink occasionally during the day.
- Have fun! Your ostomy does not prevent you from swimming, scuba diving, surfing, golfing, traveling, etc.

Next month, our speaker is Robert Jacobson, M.D., a Colorectal Surgeon with N. Texas Colon and Rectal Associates, specializing in Managing Short Bowel Syndrome. Other upcoming speakers include Tabatha Schroeder, RN, CWOCN, Coloplast Representative in July and Annette Bisanz, RN will talk about food and how it can affect us. In September, we welcome Megan Ellis Cherry, 2007 Miss Texas, who has a J-Pouch.

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.

## Samples Available

The new Coloplast Mio is available for samples to patients through the CARE program. Please email Tabatha Schroeder or go on-line to request samples for patients. Please call Tabatha if you have any questions.

Tabatha Schroeder, RN, BSN, CWOCN  
Territory Sales Manager  
Coloplast Corp.  
Phone 281-910-1110  
ustks@coloplast.com

## Baytown Group News

ConvaTec ostomy specialist, Kerriane Pelzl joined Baytown's support group in May. Participants were eager to hear about updates from one of their favorite companies. Kerriane shared the latest information about changes in wafer design which include a new accordion flange making it easier to attach the two piece system as well as the new moldable one piece wafer in the Esteem line.

Skin Care at ConvaTec has several new products to release, remove and protect peristomal skin as well. SensiCare Sting Free Adhesive Remove, Barrier Wipes and Sprays were sampled with great results! Kerriane demonstrated how the Diamond Gelling Sachets could work for those with liquid output and offered samples of these too. Finally, an opportunity to receive a free wrap from Ostomy Secrets was extended to all those in attendance. This gracious offer comes from a partnership of Ostomy Secrets with ConvaTec.

Baytown Ostomy Support Group **will not meet in July** as facilitator and WOC Nurse, Cindy Barefield, will be out of town. We will resume meetings the 1st Monday of the month on August 4. We hope to see you then!

**Cindy Barefield, RN, CWOCN**

281-428-3033

## Northwest Group News

The regular May meeting for the Northwest Group was plagued with nice weather, graduations, and family trips resulting in low attendance. Needless to say those who came were treated to a very special program presented by Convatec representatives Kerriane and Scott. They debuted some wonderful new products including an accordion wafer and moldable one piece.

A voice vote was taken at the Northwest meeting last night and all members present voted FOR the board candidates listed.

A quick recap on the Take Steps fundraiser walk was provided. The team experienced several problematic events and attendance was low, however, those that came were welcomed by the bright shiny faces of the invincible Dorothy and Tom Andrews. Next year's team will begin planning in September. Focus on fundraising strategies before people run out of money, a team shirt and more.

Next month Paul Batchelder will be presenting a new presentation titled "Altitude". This upbeat program will feature a discussion on how a positive attitude is more important today than ever before. Recent Photography from his trip to Utah will complement the presentation. Attendees from prior programs have walked away *personally inspired* from Paul's presentations so join us on June 17.

**Craig Cooper**

281-948-6883

**Tony Romeo**

936-588-4031

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our  
Take Steps  
team!**



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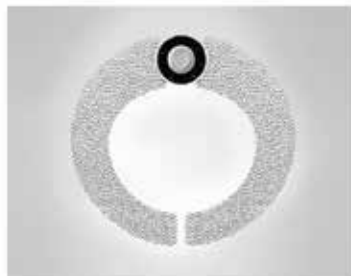
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## Exercise: The Final Ingredient in Ostomy Management *(Continued from page 1)*

Walking is a great place to start. Post-operatively, just walking to the next door neighbors or to the end of the garden is fine. When you begin to regain your strength, try to walk more—both for pleasure and as an alternative means of transport. And when you do, walk briskly, so you get slightly out of breath.

Gardening is great too. Digging, weeding, hoeing and mowing can constitute a superb day's work out. And of course you'll have a showpiece garden to show for it. Wait for about 3 months after surgery before beginning gardening. You'll be surprised at how quickly you feel the benefits. After a few aches in the early days, you'll begin to feel more supple and be able to do more without getting out of breath.

**Doctor's orders**—All doctors agree on the benefits of exercise, but it's a good idea to talk to your doctor before starting an exercise program, especially if you're very out of practice or if you have other health considerations, like asthma or a heart condition. Your doctor will advise you to take it easy to begin with and to enjoy yourself. And you can't get better advice than that.

## 10 Super Foods You Should Eat

*Courtesy of the New Life Newsletter (NC) via Center for Science, Washington, DC; via Rose Bud News, February 2000*

1. Sweet potatoes—one of the most nutritious vegetables you can eat—loaded with vitamin C, potassium, and fiber
2. Whole grain bread—higher in fiber and about a dozen more vitamins and minerals than white or wheat.
3. Broccoli—lots of vitamin C, carotenoids, folic acid
4. Watermelon—excellent source of vitamin C
5. Beans—low in fat, rich in protein, iron, and folic acid
6. Cantaloupe—a quarter of a melon supplies as much vitamins A and C as most people need in a day
7. Spinach and kale—loaded with vitamin C, carotenoids, calcium, iron, fiber
8. Oranges—rich in vitamin C, folic acid and fiber.
9. Oatmeal—whole grain oatmeal is inexpensive and no added sugar or fat
10. Fat free (skim) or 1% fat milk—excellent source of calcium, vitamins, proteins with little or no artery-clogging fat and cholesterol

## WOC Nurse Directory

Cindy Barefield, RN, CWOCN Houston Methodist San Jacinto Hospital cbarefield@houstonmethodist.org	(281) 428-3033
Charlene Randall, RN, CWOCN Specialty Wound & Ostomy Nursing, Inc. charlene@swoni.com	(713) 465-8497
Pat Thompson RN, BSN, CWON Pat.thompson@tenethealth.com	(281) 397-2799

## Osto Group [www.ostogroup.org](http://www.ostogroup.org)

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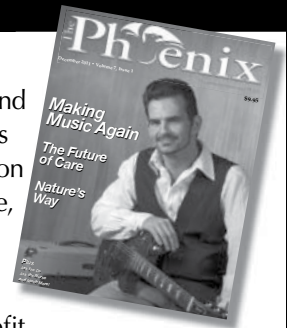
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The United Ostomy Associations  
of America (UOAA)  
can be contacted at:  
[www.uoaa.org](http://www.uoaa.org) or **800-826-0826**

## Get Ostomy Answers!

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.



Subscriptions directly fund the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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11/11 SG HLFAD



## 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:** **June 16, 2014**  
**Program:** **Guest Speaker: Robert Jacobson, M.D.,** Colorectal Surgeon with N. Texas Colon and Rectal Associates, specializing in Managing Short Bowel Syndrome

## 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:** **June 2, 2014**  
**Program:** **Program:** Roundtable with **Amber Foster** from Byram Healthcare

Please note that the Baytown Group will NOT meet in July.

## 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  
 sal1tmr@sbcglobal.net  
**Meeting:** **June 17, 2014**  
**Program:** **Guest Speaker: Paul Batchelder** will be presenting a new talk entitled "Altitude."

## 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:** **June 16, 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](mailto: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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Monthly Support/Information  
Meetings, Social Events,  
Monthly Newsletter*



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