

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

Update on the Repeal and Replace Efforts of the Affordable Care Act

Jeanine Gleba, UOAA Advocacy Manager

Since our last newsletter, there has been movement in Congress on healthcare reform. On Thursday, May 4th, the House of Representatives passed the American Health Care Act (AHCA), the House Leadership bill to repeal and replace the Affordable Care Act (ACA). Many of the 11th-hour changes further weakened protections for patients with chronic and costly medical conditions to secure enough votes for passage from House Republicans.

The Congressional Budget Office (CBO) has yet to officially "score" the measure so the exact cost (or savings) to the healthcare system as well as the number of people covered (or losing coverage) will remain unclear until CBO finishes its review. Key provisions from H.R. 1628 include:

- Repeals the individual mandate
- Modifies ACA premium tax credits
- Reduces cost-sharing subsidies for low-income individuals
- Continues to require dependent coverage on family plans until 26
- Includes continuous coverage requirements
- Allows states to opt out of Essential Health Benefit and Community Rating requirements

- Adds funding for high-risk pools for some individuals with pre-existing conditions who experience higher premiums
- Allows states to implement work requirements for non-disabled Medicaid beneficiaries



UOAA does not support the bill in its current form. This bill has been referred to the Senate.

Senate Action on Health Reform

Many Senators have registered concern for the approach taken by H.R. 1628 with at least a dozen Republican Senators indicating that they could not vote for the House-passed legislation without significant changes.

Rather than take up the House-passed bill, Senate Majority Leader Mitch McConnell (R-KY) established a working group of Senate Republicans with the stated goal of crafting a healthcare bill that could secure at least 50 Republican votes (the Republicans hold 52 Senate seats).

The Senate does not have a stated timeline for developing an alternative proposal.

(Continued on page 2)

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.

In This Issue

Group News.....	2
Helping Needy Ostomates.....	2
UOAA National Conference.....	3
WOC Nurse Directory.....	4
Meeting Dates/Times	5
Advertising, Support.....	5-7
Membership Information.....	7
Contact Information.....	8

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

The presenters at our May 15 meeting were LaToya Cooper and Mike Murphy with Patient Caregivers, Inc. Patient Caregivers is an agency that provides experienced caregivers for those who need assistance either at home, in the hospital or in a nursing home. The presentation was very informative and generated quite a bit of discussion. It demonstrated that everyone, at some point, may need the services of caregivers to assist elderly family members or even temporarily while recovering from surgery for example. We very much appreciate LaToya and Mike visiting with us. Check out their website for more information: www.patientcaregivers.com.

On April 29, we had our bi-annual visitor training. We trained 17 new volunteers (including, colostomates, ileostomates and urostomates) who are now available to visit with new or potential ostomates. Thanks to all the visitors who gave up their Saturday morning to help the OAHA accomplish one of its primary goals, that is to support people who have or will have ostomy surgery. The training involved video presentations and lots of discussion. Thanks also to Cindy Barefield from Baytown for leading a portion of our training. We appreciate her so much. All volunteers went home with mugs and pens with the OAHA logo on them. Please call if you have need of a visitor.

Thanks to Ed Wood and Terry Marriott who attended the OAHA table at the CCFA Take Steps walk at the Houston Zoo on May 20. The event was a big success and the table had quite a bit of traffic.

Please keep an eye on the health care legislation being proposed by the Congress. Ostomates all have pre-existing conditions, and the proposed legislation could have a devastating effect on the cost of premiums on many of us, especially those who attempt to buy individual insurance policies. It is my understanding that both of the senators in Texas and all but one of the Republican congressmen from Texas are in favor of some form of legislation that will result in substantial changes in coverage for those with pre-existing conditions. Write to these people and let them know how the new law will affect you. Personal stories should inform their decisions on whether or not to support the new law.

Our next meeting is on June 19. Kris McNeil with Hollister will be our presenter. Hope to see you there.

Regards,

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

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

Kris McNeill, Ostomy Sales Specialist from Hollister presented at Baytown Ostomy Support Group on May 8. Kris shared with the group that based on input from ostomates and clinicians, Hollister made changes in their products. Ceramide a natural component of human skin helps form a protective barrier and prevent water loss that can cause skin damage and dryness. This same product is found in many skin moisturizing products. Hollister has added Ceramide to all configurations of wafers and more recently their line of adhesive rings. The group discussed how this might benefit those with skin issues. Kris helped those who were interested to sign up for samples.

Congratulations to Mr. Meade who recently completed UOAA Visitor Training. We are proud to have a Certified Visitor to offer from the Baytown Affiliate! Visitors are assigned by the Visitation Coordinator and may visit over the phone, in the hospital or at a public place that is convenient to both parties.

The group reviewed 2017 Management Board of Directors Election Ballot for Treasurer and 3 Director positions. Cindy will submit our ballots to be a part of the overall vote from Houston chapter.

Because of computer training at the main hospital, meetings at Alexander Campus will continue for one more month. Conference Rooms 1 and 2 are just off the lobby next to Outpatient Physical Therapy at 2610 N. Alexander Drive. Presentation in June will be: ConvaTec Updates with Houston Territory Manager, Kerrienne Pelz.

I hope you will make plans to join us!

Sincerely,

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

Senate Action on Health Reform

(Continued from page 1)

In addition, there is a group of bipartisan senators who recently (5/15) met to discuss whether there is a bipartisan way forward on healthcare reform as an alternative to the Republican-only approach described above. The meeting was organized by Senator Susan Collins (Maine) and Senator Bill Cassidy (LA). The UOAA office is located in Maine and we have requested a meeting with Sen. Collins.

Our advocacy efforts to ensure access to quality affordable healthcare is protected for all persons living with an ostomy or continent diversion are just beginning. As provisions of a Senate version become available and action is required from our constituents, we will alert you for your ongoing support. There is much work to be done.

Northwest Group News

We had a great turnout at the presentation provided by Physical Therapist Connie Paulino. Ostomates received personalized information on their physical needs. Next month's meeting will cover highlights from the recent Wound, Ostomy & Continent conference. Additionally come to learn and share tips on managing your ostomy during the humid, hot summer months.

We missed seeing Craig, Gen, Jane, GayNell, Suzanne, Christy, and Jay. We will be meeting at Luby's before each meeting during the summer months. Come early to join us in fellowship and food.

Billy Locke
337-515-6354

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

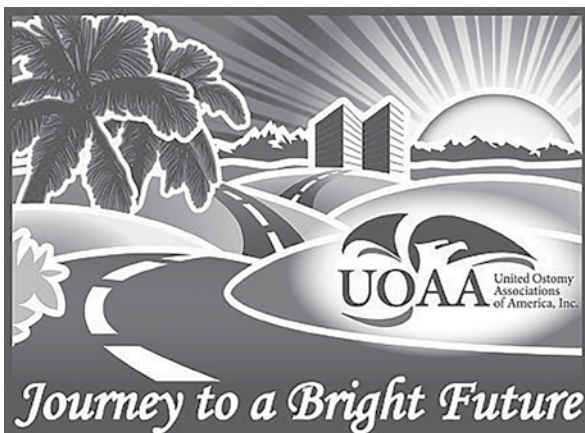
Conference-Related Information

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



FOW News

Ann Favreau, President of FOW-USA

It's spring. Clean out those closets and send your unused ostomy supplies to Friends of Ostomates Worldwide-USA at FOW-USA, 4018 Bishop Lane, Louisville, KY 40218-4539. We will send them to needy ostomates all over the world. On our website www.fowusa.org you can read their inspiring stories, donate, and sign up to receive our newsletter. Thank you for your continued financial and product support. We appreciate it.

Do You Want to Help Needy Ostomates Around the World?

The Friends of Ostomates Worldwide-USA is a volunteer-run, non-profit organization, providing ostomy supplies and educational materials to ostomates in need around the world. Founded in 1986, we collect donated ostomy equipment from individuals and groups in the US, and send overseas, through clinics, hospitals, cancer societies, and ostomy groups.

Please see our website: www.fowusa.org

Imagine not having the equipment we are used to, because of cost or availability, and using rags, plastic bags, and tape. Imagine having skin breakdown and odor. Your family and community may reject you, and your kids may not be able to go to school.

We have been making a difference for needy ostomates, sending over 335,000 pounds of supplies, worth almost \$17,000,000, to over 70 countries.



We are looking for a few volunteers for our Board of Directors. We meet by teleconference several times a year as necessary. We have one face-to-face meeting a year. We need those committed to the ostomy cause; with access to a computer; and willing to serve on a task force or committee matched to your skills (e.g., public relations; fund-raising; databases; website).

Please go to our website and click on contact us to express your interest. We will need a reference regarding your previous or current volunteer work. We look forward to hearing from you! Help us make a difference!



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

**SPRING BRANCH MEDICAL SUPPLY**

PULMONARY ASSISTANCE INCORPORATED

Ostomy & Urological Supplies ■ Wound Care
 Oxygen & Respiratory Equipment ■ Hospital Beds
 Wheelchairs ■ Bedside Commodes ■ Walkers
 Bathroom Aides ■ Mastectomy Products
 Compression Hosiery ■ Orthopedic Supplies

8700 Long Point Road
 Houston, TX 77055

(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.

Subscribe or Renew Today!

**38%
OFF***

Accepted at www.phoenixuooa.org
 or by calling 800-750-9311

☐ Start or ☐ Renew☐ One-year: \$29.95 ☐ Two-years: \$49.95☐ Please send me FREE product samples, special offers and information. **

Name _____

Address _____

Apt/Suite _____

City _____

State _____

Zip _____

Payable to: The Phoenix magazine, P.O. Box 3605, Mission Viejo, CA 92690

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

ASG0516

Choosing the right product.
 That matters.



Premier Drainable Pouches – Now available with FlexWear Skin Barriers

Introducing **Premier** drainable pouches utilizing **FlexWear** skin barrier with tape border for strength and flexibility, and **FlexTend** extended wear skin barrier with filter. With options from the easy-to-use **Lock 'n Roll** closure and the **AF300** filter for improved deodorization; security, comfort, and discretion are the objectives of the pouch design. This pouch is available in multiple variations including ultra-clear, beige, or transparent, and pre-sized or cut-to-fit.

For a sample, call **1.888.740.8999**.Hollister Ostomy. **Details Matter.**

 **Hollister**
www.hollister.com

Hollister and logo, AF300, FlexTend, FlexWear, Lock'n Roll, and Premier are trademarks of Hollister Incorporated.
 "Hollister Ostomy. Details Matter." is a service mark of Hollister Incorporated.
 ©2010 Hollister Incorporated. PROMOCODE: 138PMFW0810

Central Group

Monthly: Third Monday of the month
Date: **June 19, 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: Kris McNeil** with Hollister will be our presenter.

Baytown Group

Monthly: Second Monday of the month
Date: **June 12, 2017**
Time: 6:00 p.m.
Place: *This month, 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: **Guest Speaker:** ConvaTec Updates with Houston Territory Manager, **Kerrianne Pelz**

Northwest Group

Monthly: Third Wednesday of the month
Date: **June 21, 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: Highlights from the Wound, Ostomy & Continent Conference

J-Pouch Group

Monthly: **Third Monday of the Month**
Date: **June 19, 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.)



Medical Supplies For Care At Home Since 1957

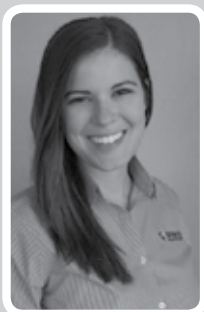
Count on us for Ostomy Expertise & Resources

OstomyLife

A SHIELD HEALTHCARE
COMMUNITY

MEET LAURA... Ostomy Lifestyle Specialist

Laura offers you a fresh and candid approach on living with an ostomy through her videos, articles and "Ask Laura" feature on shieldhealthcare.com



Ostomate
Since 2011

The ostomy supply experts at Shield HealthCare are ready to support you with:

- 58 years of ostomy supply experience
- Direct billing to Medicare, Medicaid and most health plans
- Leading brand products for every unique size
- Easy supply ordering and reliable home delivery
- Online ostomy community with helpful articles & videos

We offer a full line of products from your favorite brands:



Hollister



Coloplast

ConvaTec



Connect With Us...



Learn something new today at
shieldhealthcare.com/ostomylife

To order supplies, please call 800-493-7863

SenSura® Mio



Fits Right. Feels Right.

Now you can get a better fit to your body shape.

The new SenSura® Mio product line helps people with an ostomy to feel secure throughout their day.

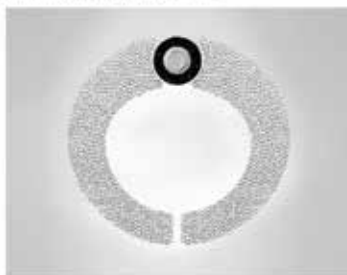
For free samples call 1-877-858-2656 or visit us online at www.sensuramio.us

New features:

Elastic barrier to fit real body shapes.



Full-circle filter to reduce ballooning for comfort.



Neutral gray textile for discretion.



New
SenSura® Mio
For all
ostomy types


Coloplast Corp. Minneapolis, MN 55411 / 1-800-533-0464
www.coloplast.us The Coloplast logo is a registered trademark of Coloplast A/S. © 2014 Coloplast Corp. All rights reserved.

140110/04 05.14

Medic Pharmacy
Ostomy Products
Medical Equipment and Supplies
4040 S. Braeswood, Houston, TX 77025
 (next door to "3 Brothers Bakery")
Centrally Located
With Free Front Door Parking

 **713-666-6353** 

FAX: 713-666-2831
 9 AM to 5:30 PM M-F; Sat. 10 AM-1 PM

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

Newsletter Advertising: *Please contact the President or Treasurer for sponsorship and advertising opportunities.*

Osto-EZ-Vent®
 #1 preferred venting device for any Ostomy pouch

 **Refreshed Design!**

- Pinchable Glides for easier opening.
- Convenient and Simple.
- Provides Comfort, Relief, & Confidence.
- Attaches to Any Pouch.

Quick • Discreet • Relief™


 Enterprises, Inc.
 Call 888-562-8802
 www.kemOnline.com

Medicare Reimbursement Code A4366
 Also covered by Insurance

Contact KEM for more information on the Osto-EZ-Vent® including Where to Buy.
 Manufactured by KEM in the U.S.A.

Osto Group www.ostogroup.org
Providing Ostomy Products to the Uninsured.

All you pay is shipping and handling. **877-678-6690**



Membership Application													
<p>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:</p> <p align="center">Ostomy Association of the Houston Area, Attention: Treasurer P. O. Box 25164, Houston, TX 77265-5164</p> <p align="right">Date: _____</p> <p>Name: _____ Phone: _____</p> <p>Street Address: _____</p> <p>City: _____ State: _____ ZIP: _____ E-mail: _____</p> <p>Surgery Date: _____ Birth Date: _____</p> <p>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 _____</p> <p>Do you speak a foreign language? <input type="checkbox"/> Yes <input type="checkbox"/> No Foreign language spoken: _____</p> <p>Procedure or Relationship:</p> <p>To help us complete our records, please answer the following. Check all that apply.</p> <table border="0" style="width: 100%;"> <tr> <td><input type="checkbox"/> Colostomy</td> <td><input type="checkbox"/> Continent Ileostomy</td> <td><input type="checkbox"/> Parent of Child with procedure</td> </tr> <tr> <td><input type="checkbox"/> Ileostomy</td> <td><input type="checkbox"/> Continent Urostomy</td> <td><input type="checkbox"/> Spouse/Family Member</td> </tr> <tr> <td><input type="checkbox"/> Urinary Diversion</td> <td><input type="checkbox"/> Pull-Through</td> <td><input type="checkbox"/> Physician</td> </tr> <tr> <td><input type="checkbox"/> Other: _____</td> <td></td> <td><input type="checkbox"/> Nurse</td> </tr> </table> <p><input type="checkbox"/> I would like to attend meetings with the (please circle one):</p> <p align="center">Central Group Baytown Group Northwest Group J-Pouch Group</p> <p><input type="checkbox"/> I would like to become a member but cannot pay dues at this time. <i>(This will be kept confidential.)</i></p> <p>I learned about the Ostomy Association from</p> <p><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: _____</p> <p>I am interested in volunteering. <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>I have enclosed an additional \$_____ as a donation to support the association's mission of helping ostomates.</p>		<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
<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