



"We help ourselves by helping others to help themselves."

# Ostomy Association of the Houston Area

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)

## Prepare for Take Off

### Pack These Tips and Advice When Traveling with an Ostomy

*by Wil Walker, Manager, Clinical Education, Hollister Incorporated*

Traveling with an ostomy does not have to slow you down. Whether you're traveling by car or plane, here are some suggestions on how to make your trip worry free.

#### How many extra ostomy supplies should I pack when traveling?

When traveling, you should pack double the number of supplies you would normally need to make sure you have plenty of pouches and supplies on hand. That way, you are ready for the unexpected, such as a delay in returning home, lost pouches, or changes in climate and environment that call for more pouch changes than usual. In the event that you do need additional supplies while traveling, most manufacturers have products available around the world. Before you leave home, check to see where you can purchase new supplies in the areas where you plan to travel.

#### Which supplies should I keep with me in my carry-on when I fly?

Your short-term items should go in carry-on luggage so they remain with you at all times and are within easy reach. It's

advisable to keep these supplies in a separate, small travel kit to make visits to the toilet simple and discreet.

#### On long car trips, what should I do about emptying my ostomy pouch?

It could be very messy to attempt emptying an ostomy pouch during a car trip, especially on bumpy roads without the correct type of receptacle in which to empty it. Frequent restroom stops are recommended for the most hygienic emptying.

#### What should I expect when going through airport security?

Pack all of your ostomy supplies in a separate, small travel kit that can go through security independently from your other carry-on items. Your hand luggage will be inspected at the security baggage check before boarding an aircraft. If you have any prescription drugs with you, have your healthcare professional prepare a card explaining that they are medical supplies. You may be searched before boarding the aircraft, so be prepared to explain about your stoma and ask to be searched in a private area for medical reasons.



*(Continued on page 3)*

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.

### In This Issue

Prepare for Take Off.....	1 & 3
Group News.....	2
Take Steps for Paul.....	3
WOC Nurse Directory.....	4
<b>Meeting Dates/Times</b> .....	5
Advertising, Support .....	4-7
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](mailto:newmarian@gmail.com).

## Central Group News

At our May meeting, we had a round table discussion. First, we discussed the UOAA's Patient Bill of Rights, a tool to assist patients in advocating for their health care before and after ostomy surgery, and includes information on how to receive appropriate education and support to promote optimal adjustment to surgery. You can find out more information on the UOAA website.

Next, we discussed general questions, including from two new attendees. At Denise's suggestion, those of us with ostomies took turns sharing how our lives were different after ostomy surgery. It was a great way to demonstrate the true benefits of the surgery. The discussion included ways of coping with certain "inconveniences" of an ostomy. But, we were left with the overall consensus that we feel very lucky to have had this life-saving surgery.

All of our groups voted on a slate of new directors to serve three-year terms on our Board beginning July 1, 2018. Please welcome Ron Cerreta, Mary Harle and Mike McGinty and thank them for volunteering their time to serve on the Board. And please thank June Huber for volunteering on our Board for the last three years.

Our next meeting is on Monday, June 18th. Our presenter will be Ann Friedman, Ph.D. Ann is a Licensed Psychologist who served as an Adjunct Professor at the University of Houston Counseling Psychology Graduate Program for over 10 years. Ann holds both a Doctorate in Counseling Psychology and a Doctor of Jurisprudence from the University of Houston. She completed her Residency in Clinical Psychology at U.T. Medical School and her Post-Doctoral Fellowship in Clinical Neuropsychology at Baylor College of Medicine. For the last ten years, Ann has studied mindfulness intensively with various national teachers. In 2015, she received a Certification in Mindfulness Facilitation from the Semel Institute of Neuroscience and Behavioral Medicine at UCLA. Ann will be speaking to us about the research on mindfulness with inflammation and stress and will do a basic meditation.

We can all use some relaxation techniques during these stressful times so I look forward to seeing you in June.

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.



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



## Baytown Group News

Baytown Ostomy Support Group had 10 in attendance on May 14th to welcome Chris Rigsby from B. Braun Medical. Chris took the opportunity to share the features of the B. Braun ostomy product and to discuss the MyOsto™ My life resource.

Chris shared that the "Flexima 3S"—the 2-piece pouching system that B. Braun has to offer. Simple, Secure and Soft are the pouch features. Easy application for simplicity. Security describes the audible click of the base plate and pouch when they lock together. Soft for the flexible new generation of plastic material that is used.

Chris encouraged the group participants to go onto the website <https://www.bbraunusa.com/en/patients.html> to find the right fit for them.

MyOsto™ My life is also available on the B. Braun website and is a valuable resource of educational information and support. With options to explore the topics of Education, Support and Lifestyle, there is much to see and learn here!  
<https://www.myosto-mylife.com/en.html>

Baytown Ostomy Support Group continues to meet the second Monday of each month at 6:00 p.m.

We look forward to a presentation from Stealth Belt in June. We hope you will plan to join us!

Best regards,

**Cindy Barefield, RN, CWOCA, 281-428-3033**

## Northwest Group News

Members enjoyed a double presentation this evening. Pat Thompson, RN, BSN, CWON, provided information on Peristomal Skin Care and Stoma Complications. Patti Suler shared information on lifestyles and the challenges or lack thereof for ostomates. Everyone learned something this evening and the discussion was super-charged with personal stories of accomplishments.

Laurie brought an assortment of yummy desserts. We missed Jay, Suzanne, Gay-Nell, Jane, Betty, and Tony. Next month's meeting will be a summer-themed round table.

**Billy Locke**  
337-515-6354

## Prepare for Take Off *(Continued from page 1)*

### **I heard that I can get a special travel certificate explaining what I am bringing on the plane. What is this and how do I get one?**

Travel certificates available through ostomy associations are available to help explain your need to carry ostomy pouches, skin barriers and medications. It is recommended to search online for travel certificates available for ostomy patients. ([https://www.ostomy.org/wp-content/uploads/2017/07/travelcard\\_FINAL.pdf](https://www.ostomy.org/wp-content/uploads/2017/07/travelcard_FINAL.pdf))

### **What if I have to use the restroom when the "fasten seat belt" sign is on?**

Government and airline restrictions could interfere with your access to the restroom during flight. Plan accordingly by emptying your pouch before takeoff. You may also want to consider a private

conversation with the flight attendants to inform them that you require restroom trips throughout the flight, and ask them to help you plan accordingly based on your flight schedule.

### **Will the pressure in the cabin affect my pouch?**

A change in cabin pressure on a plane could create a small amount of gas in the pouch. You may consider using a pouch that includes a filter while traveling to help deodorize and slowly release gas from the pouch.

Helpful Links: Hollister Travel with an Ostomy:  
[securestartservices.com/travel](http://securestartservices.com/travel)

Hollister Secure Start services provide ongoing support to people living with an ostomy. We are here to help! Call us today at 1-888-808-7456.

## Take Steps for Paul

Team Ostomy Association of the Houston Area (OAHA) raised a total of \$3,356.00 for this year's CCFA Take Steps event held on Saturday, May 19th at the Houston Zoo. This year we walked to honor Paul Batchelder, Sr., a former member of our group who passed away in 2016 from complications related to cancer and colitis.

Paul's widow, Judy, and family walked with us and outnumbered the OAHA walkers two to one. We shared stories of Paul's contributions to our group and listened to stories of Dad, Brother and Husband. It was an amazing journey of tears, laughter and healing.

Everyone got a chance to stop by and thank Ed and Gladys Wood with Terry Marriot for manning the OAHA information table in the vendor village. A 9-foot totem pole was crafted denoting prior team walks and Paul's contributions and was carried throughout the walk by Patti's husband Billy. Afterwards, the totem pole was given to Paul's family.



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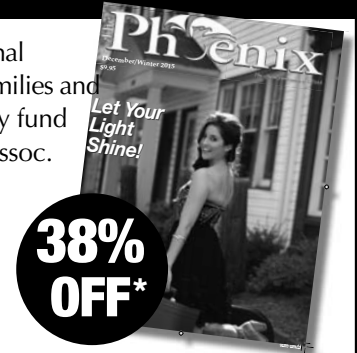
Cindy Barefield, RN, CWOCN (281) 428-3033  
 Houston Methodist San Jacinto Hospital  
 cbarefield@houstonmethodist.org

Charlene Randall, RN, CWON (713) 465-8497  
 Specialty Wound & Ostomy Nursing, Inc.  
 charlene@swoni.com

Pat Thompson RN, BSN, CWON (281) 397-2799  
 Patricia.Thompson6@hcahealthcare.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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## Central Group

**Monthly:** Third Monday of the month  
**Date:** **June 18, 2018**  
**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@gmail.com  
**Program:** **Guest Speaker: Ann Friedman, Ph.D.,** Mindfulness Techniques

## Baytown Group

**Monthly:** Second Monday of the month  
**Date:** **June 11, 2018**  
**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  
**Program:** **Presentation by Stealth Belt**

## Northwest Group

**Monthly:** Third Wednesday of the month  
**Date:** **June 20, 2018**  
**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:** **Summer-themed Roundtable**

## J-Pouch Group

**Monthly:** Third Monday of the Month  
**Date:** **June 18, 2018**  
**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.*

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

## 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](http://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](http://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](mailto: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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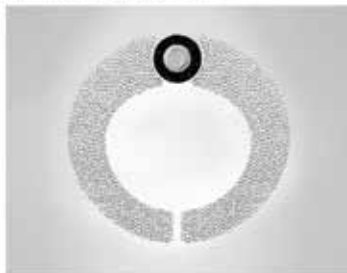
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