



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

July 2009

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
Meeting: **Monday, July 20, 2009**
Program: **Library contents tour with Barbara Bouse including mini reviews by volunteers.**

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, July 6, 2009**
Program: **Guest Speaker, Frank Essig, Hollister Representative**

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
satmr@sbcglobal.net
Meeting: **Tuesday, July 21, 2009**
Program: **Annual Ice Cream Social**

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, July 20, 2009**
Program: **General Discussion**

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Central Group News

There were 23 in attendance (again with a few different faces) at the June 15th Central Group meeting. We had a roundtable discussion based on some particular subjects, such as, what to take with you on a summer trip, how to avoid problems while travelling, and how to stay hydrated. Other topics of discussion came to mind as various attendees related their individual concerns and we came up with a couple of lists (an especial thanks to Denise who wrote down and remembered these things better than I did): one with tips to consider for new ostomates, and one with suggestions to help make ostomate travel more worry free.

While Traveling:

- ❖ Bring any prescription medication that you take in the original prescription labeled container.
- ❖ Get and bring with you a prescription or letter from your doctor for carrying ostomy supplies.
- ❖ Carry any small, rounded scissors that you may use either in checked luggage or drop them into the visually checked bin.
- ❖ A better idea may be to precut wafers to your needed size before departing and store them in ziploc bags in your carry-on luggage.
- ❖ **Take along twice the supplies** you would normally use for the number of days of the trip.
- ❖ Check ahead of time for Ostomy Association contacts or ostomy suppliers in the area you are visiting.
- ❖ To prevent possible problems, be sure to use bottled water for drinking, brushing teeth, and irrigating.
- ❖ **Always carry your ostomy supplies and medications in your carry-on luggage.**
- ❖ Be careful about what you eat just before flying to minimize output.
- ❖ Sip on bottled water during the flight (car or train trip) to stay hydrated.
- ❖ Using a pouch with a filter may be good for long flights.
- ❖ On long flights don't be afraid to use the restroom, but be sure to go before you are in emergency need of going; this will make using the rather cramped facilities much easier.

Tips for New Ostomates:

- ❖ Most of the equipment manufacturers will send you free samples when you contact them (contact info can be obtained from Newsletters, *The Phoenix* magazine, and websites, as, www.ostomyhouston.org).
- ❖ Get as much info as you can from your WOCN either while in the hospital or by appointment after you are home (some insurance may cover a limited number of home care visits).
- ❖ You don't have to use the pouch system sent home with you from the hospital, *i.e.*, the pouch can be opaque and shorter and can have a non-sweat backing, and the wafer system can be changed especially if you start developing any irritation problems.
- ❖ Don't let someone tell you to use a pin to release gas. This creates both an odor and leak problem.
- ❖ You may need to watch your diet for a while to assess which foods may cause gas or odor or intestinal distress.
- ❖ It may be a help to create packets containing a wafer, adhesive remover, deodorant drops, pouch, spare clip, etc. that is all ready to go for changes. It is good to keep a packet at work or at hand, for emergency changes when not at home. Some suggest carrying spare underwear, too.
- ❖ Don't keep supplies in your car in the summer or anywhere that may become excessively hot (heat tends to destroy wafer and adhesive material).

Please look at the Kroger barcode letter insert in this newsletter and take it to your Kroger store and have them swipe it with your Kroger card (you only have to do it once a year).

Next month for the July 20th Central Group Meeting we will have a presentation about the books in our library which we keep in a cabinet that the American Cancer Society lets us keep in their building where we have our meetings. The presentation will be led by Barbara Bouse who is our Library Coordinator and she will have several mini-book reviews by some volunteers from our group.

Keep cool and hydrated,

Terry Marriott

**The United Ostomy Associations of America
(UOAA) can be contacted at www.uoaa.org.**

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

Roundtable was the theme for the June meeting. We had a great group of people share experiences from surgery to independent living with an ostomy. It seems that no matter where you are in the journey with your ostomy, you can learn from those around you.

In the second week of June, Cindy travelled to the 41st Annual WOCN Conference in St. Louis, Missouri.

The beautiful America's Convention Center was host to the annual conference for wound, ostomy and continence nurses from all over the United States. I spent three busy days learning about new products and services, innovations in practice and current research. One of my favorite sessions was "Changing Lives—The Youth Rally Way." I did not know much about Youth Rally and I came away from this session very enlightened.

This "rally" is a huge coordinated effort that has a history dating back to 1978. This week-long camp allows children with a multitude of bowel and bladder dysfunctions to meet other kids just like them. They not only establish friendships that last a lifetime; but for many of them, it is the first time that they feel ok about themselves! The kids spend a lot of time having fun and they have nurses and other medical professionals educate them through games and talk to them about the issues their medical conditions pose in their everyday lives. The young people that spoke at this session had wonderful memories of their Youth Rally experiences. One young man had attended every summer since he was 8 years old and had gone on to become a special education teacher. The session was named appropriately...Youth Rally Changes Lives!

Everyone can support Youth Rally—

- Identify potential campers.
- If you are a nurse > Volunteer to be a camp WOCN.
- Sponsor a camper! Donations are welcome.

PayPal	www.rally4youth.org
Facebook Cause	http://apps.facebook.com/causes/12255?m=0a5478f4&recruiter_id=4771532
Mail a Check	Youth Rally Commission 424 Bradford Avenue Westmont, NJ 08180

Baytown Support Group continues to meet on the first Monday at 7:00 p.m. Hope to see you there!

Cindy Barefield, RN, WOCN
281-420-8671

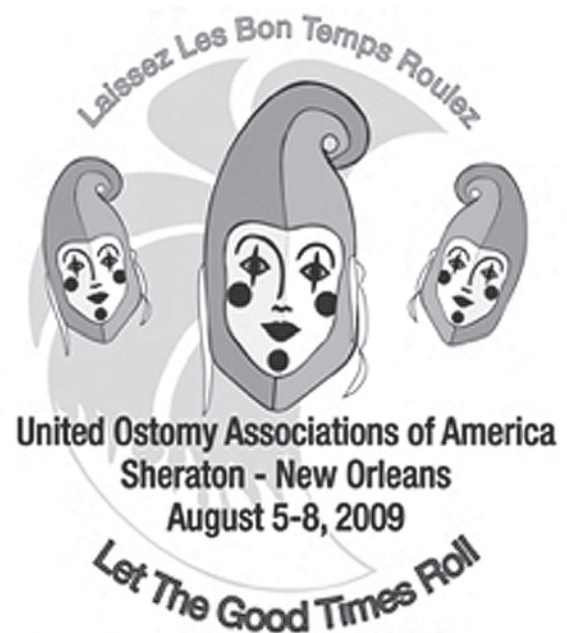
Northwest Group News

The Northwest Group had a large turnout of 16 attendees for this hot and humid evening to hear Polly Burleson from Convatec. Polly did not disappoint us as she offered examples of how the new fun Convatec was bringing changes and innovations as well as new products into their line. Convatec became its own independent company about a year ago. The hydrocolloidal skin friendly collars are now available in the moldable wafers with both convex and non-convex models. She advised us to watch for a future new pouch design as they move away from the curved tail sections most noted on the Esteem Synergy line. Polly also hinted that the futuristic internal pouch product was now in the testing stage across the pond. In addition to many regular faces, new mate Billy returned and brought his wife. The last time we had seen him was just a few days before his surgery and he now looks great. Old time attendees Dick and Dixie joined us as well—it was good to see them. Strawberry cake and roasted pepper dip refreshments were provided by Patti.

Gay Nell Faltysek
281-446-0444

Tony Romeo
281-537-0681

News from New Orleans



Register Online at www.uoaa.org

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

Keep Your Cool

Inspired by the OAHA Article June 2006

Heat waves can strike anywhere. Here in the Houston area—our temperatures are super sized by the humidity which produces daily heat indexes above 100 degrees. But temperatures don't have to be extreme to be dangerous. Heat cramps, heat exhaustion, and heat stroke (sunstroke) can occur at ordinary summer temperatures, particularly if you are active. Reduce your chances of heat illnesses in several ways:

- ☼ Wear sunglasses and a wide-brimmed hat.
- ☼ Choose loose, lightweight, light-colored clothes and shoes (think cotton).
- ☼ Wear sunscreen every day and take other steps to avoid sunburn.
- ☼ Run your air conditioner.
- ☼ Make meals that don't require the stove or oven.
- ☼ Eat light, well-balanced meals.
- ☼ Drink lots of cool water. Avoid drinks that contain caffeine, alcohol, or large amounts of sugar.
- ☼ If you must do hard labor, work in the coolest times of the day. Replace fluid loss with water at the rate of one liter per hour or more while active.
- ☼ Pace yourself and take frequent breaks.
- ☼ Take a cool bath or shower.
- ☼ Go to a heat-relief shelter, mall or library.
- ☼ Stay on the lowest floor of your home out of the sunlight.
- ☼ Don't rely on fans—they may not stave off heat illness in 90° plus temperatures.

Planning for Summer with a Stoma

By Diane Kasner, RNET, from Baltimore, MD Bulletin

As thoughts turn to warm weather, swimming, and summer fun, here are some hints for maintaining a trouble-free ostomy:

- Don't expect to get the same pouch wear time as you do in the fall, winter, or spring. If your flange or ring skin barrier melts out faster, change the pouch more frequently. If wear times are very poor, have your ET or WOCN nurse recommend a different skin barrier.
- If the plastic pouch against your skin is uncomfortable or causes a heat rash, sew or purchase a pouch cover.
- If you are wearing a two-piece system and are participating in *very active* sports, use a 10-inch strip of 2 or 3-inch wide tape to secure the pouch and wafer across your abdomen to prevent the pouch from "popping off" the wafer.
- Be sure to drink plenty of liquids (unless contra-indicated because of other health problems) so that you don't get dehydrated or constipated.
- For extra security during swimming and water sports, use waterproof, *i.e.* "pink", tape to secure your pouch.
- Monilia is a common summer problem. This raised itchy, red rash on the peristomal skin is uncomfortable and keeps pouches from holding well. If you suspect a monilia rash, contact your WOCN or physician as soon as possible for a prescription or anti-monilia powder.



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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.

Annual subscriptions: \$25 (4 issues)

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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

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.

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

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 713-582-0718 or lbauarschi@sbcglobal.net or send your request to the Ostomy Association of the Houston Area, P. O. Box 25164, Houston, TX 77265-5164.

Welcome

to the local members of the American Society of Colon and Rectal Surgeons (ASCRS) who have been added to our mailing list.

Pouch Cover Patterns

Vice President Denise Parsons has patterns available for making pouch covers. They can be scanned and provided via email or sent by regular mail. If you are interested in obtaining a pouch cover pattern, please contact her at (713) 824-8841.

WOCN and ET Directory

Clarice E. Kennedy, CET (713) 647-8029
cekennedy1@peoplepc.com

Pat Thompson BSN, RN, CWOCN (281) 397-2799
Pat.thompson@tenethealth.com

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

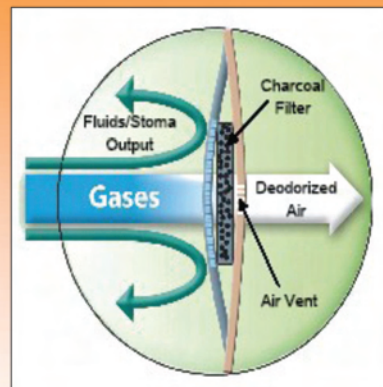
What in the World is a CWOCN?

July 08 UOAA Update

CWOCN is an abbreviation for certified Wound, Ostomy, Continence Nurse. Formerly known to all or most ostomates as an E. T. nurse or more formally correct as an Enterostomal Therapy Nurse. That area of nursing has greatly expanded.

A CWOCN is a Registered Nurse (RN) who has at least a Bachelor's degree in nursing. In addition, the CWOCN has received extensive training in anatomy and physiology; wound, ostomy and continence management; patient teaching; prevention of complications; appliance fitting and refitting; and evaluation and consultation. The CWOCN must pass a rigorous certifying examination for each area of specialty, and become certified by the national organization. The CWOCN must also attend relevant continuing education sessions each year and be recertified every five years.

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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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Customer Letter

Step One:

Read through this letter to understand the advantage of being a part of the Kroger Neighbor to Neighbor Donation Program.

Step Two:

Take the letter with you to your neighborhood Kroger store the next time you go shopping.

Step Three:

Present the letter with **your organization's barcode** to your cashier upon checkout. After they have scanned your Kroger *Plus* Card you will be enrolled for the current year of the Kroger Neighbor to Neighbor Donation Program. Every time you shop at Kroger and use your enrolled Kroger *Plus* Card, Kroger will contribute a percentage of your eligible purchases to the Kroger Neighbor to Neighbor Donation fund. Once a card is scanned with the barcode, it will be active for the remainder of the program year.

Q & A

How many Kroger Neighbor to Neighbor accounts can an organization have?

One bar code per organization. (Example: ABC HIGH SCHOOL account could represent: PTA, cheerleaders, football, basketball, band, etc. Unless they can provide a copy of their 501(c)(3) letter for their organization.)

Can a household "link" their Kroger Plus Card to more than one organization at a time?

No, the system allows for one organization per household. To change organizations, you must present your Kroger *Plus* Card and the new organization's barcode to the cashier.

How much can my organization earn?

The Kroger Neighbor to Neighbor Donation Program will donate \$1 million annually. Each organization will earn a portion of the \$1 million equal to the percentage of total earned contributions attributable to that organization.

How are the funds distributed and when?

Contributions will be paid **annually** via check in mid May 2010 and mailed to the organization's address and primary contact identified on the organization application form. For schools, it will be mailed to the principal and the funds distributed at their discretion.

All organization's and participants must re-enroll each new program year.

Please feel free to contact a Kroger Neighbor to Neighbor Donation Program Representative with any additional questions at 866-995-7643 or email to neighbortoneighbor@kroger.com. Additional information is also available at www.krogerneighbortoneighbor.com.

OSTOMY ASSOCIATION OF THE HOUSTON AREA



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