



July 2013

# 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)

## Things I Cannot Do

By Raymond Miller

*Courtesy of the Austi-Mate Journal via the Evansville Ostomy Chapter*

The reason I decided to write this article was to demonstrate to people with new ostomies that there are some things you cannot do. You will probably laugh because they are relatively insignificant compared to life. Most people having ostomy surgery are making a life and death decision. People with ileostomies from Crohn's Disease or Ulcerative Colitis will general have a better quality of life after surgery. In addition, I have received comments from people who tell me that they regularly do many of the things listed here. The more we learn, the more we find that an ostomy is not a big deterrent to living the same life we would if we were non-ostomates.

One big thing some really miss is sleeping on their stomachs. Prior to surgery, some slept on their stomachs all the time. However, with an ostomy, it is just not that easy.

You cannot take your temperature rectally or use rectal suppositories.

*(Continued on page 3)*

## The Feast of Saint Arnold

On Sunday, July 14, 2013, Saint Arnold's brewery will be hosting the Feast of Saint Arnold, an annual fundraiser for Texas Children's Hospital's Inflammatory Bowel Disease Center. IBD includes Crohn's Disease and Ulcerative Colitis.

The TCH IBD Center is a leading institution in the treatment and research of these diseases in the juvenile population.

The Feast is a beer dinner unlike any other event. It features four main courses: beef, pork, fish and fowl. All are served simultaneously and family-style (or as you would expect medieval knights to be served).

Reviews from previous years have been enthusiastic. It's the most fun and the best food you'll ever have for a great cause.

Here are the details:

- What:** Feast of Saint Arnold  
**To benefit:** Texas Children's Hospital IBD Center  
**Date:** Sunday, July 14  
**Time:** 5:00 PM to 8:30 PM  
(food will be served at 5:45 PM)  
**Tickets:** \$100 per person inclusive.  
**Where:** The Great Hall at Saint Arnold Brewing Company, 2000 Lyons Ave.



Go to <http://www.saintarnold.com/news/> to learn more and to register for the event.

### 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.*

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## Central Group News

I am pleased to announce that we received \$851.57 from Kroger this year. We should be receiving our letter soon to enable us to enroll for the coming year. The income we get from the grocery shopping cards is critical to our small organization and pays for several issues of the newsletter each year. Thanks to all who participate.

We had a lively turnout of 22 for our Roundtable discussion. I hope everyone got their questions answered and concerns addressed. We had a discussion about odor management. A couple of members who tried the “Just a Drop” sample from last month reported good success. It seems to work as expected when dropped into the toilet prior to emptying. By disbursing a type of oil on the surface of the water, the odor is contained beneath the oil. Here is their web site: <http://justadrop.net/index.php/just-a-drop-ostomy>. There was discussion about keeping the wafer in place when showering and swimming. 3M paper tape seems to be best at reinforcing for showering. Men swimmers (and golfers) might consider bicycle shorts to keep the pouch contained. They are tight, but not too tight. Cutting out the crotch makes it faster and easier to urinate. Women swimmers recommend a suit that has pattern or gathers over the ostomy area. Both a two-piece suit with a long top and a one piece suit are worn. Swimming is great exercise. The consensus is that ostomates are more “sterile” than normal people in the pool. Check out the phone app from Charmin—SitOrSquat—which uses your GPS location to show you the nearest public restrooms.

I’m pleased to announce that Suzanne Hill, Marian Newman, and myself have been reelected to the Board of Directors. Further, the following officers will serve for the coming year(s) depending on their term.

### 2013-2014 Officers Ostomy Association of the Houston Area

President—Denise Parsons  
Vice President & Legal Consultant—Lorette Bauarschi  
Treasurer—Ron Cerreta  
Secretary—Jenrose Foshee

The Board is still working on the Committee assignments.

It is UOAA Election time, too. Please review the candidates biographies at your next meeting. I was hoping the information was online, but I don’t find it. We will be voting at the August meetings.

We send our thoughts and prayers to families who are grieving and to those in treatment and recovering.

The presentation at the July meeting is by RJ Poonawala with Spring Branch Medical Supply who will talk about upcoming Medicare’s program changes termed Competitive Bidding, including the latest updates through June and discuss the importance of communicating with representatives in the House as beneficiaries, as well as products to assist in safer living at home.

Remember that summer in Houston can be hard on ostomy supplies. Keep them out of hot cars! Drink lots of water, and most of all, have fun!

Best regards,  
**Denise Parsons**, President, OAHA  
713-824-8841

## Baytown Group News

Baytown news is not available at this time. Please make note that the next meeting of the Baytown group will be on Monday, July 1, 2013. Our guest speaker will be Jenny Jansson-Smith, RN CWON, Clinical Consultant, who will present “Stomocur for Life—Ostomy Products from Berlin, Germany, Ideal for Sensitive Skin & So Comfortable!”

We hope you will join us!

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

## Northwest Group News

Fifteen people came to enjoy Kathleen Duplessis’ program of personal triumph involving running in the Boston marathon as well as taking numerous safaris throughout Africa. Kathleen kept everyone’s complete attention as she shared her personal defeats and victories via her richly detailed stories. Everyone wrote down the drug Xifaxan (Rifaximin) a prescription drug used to treat traveler’s diarrhea that is caused by bacteria. Kathleen spoke of many successful uses of Xifaxan during her travels in Africa.

Next month we will be welcoming Yoga Instructor Angie Chicca as well as hosting our annual Ice Cream Social.

**Craig Cooper**  
281-948-6883

**Tony Romeo**  
281-537-0681

## Things I Cannot Do *(continued from page 1)*

You cannot use enteric-coated medications to their full value, if you have an ileostomy.

You usually cannot sleep all night without getting up to empty the pouch.

You can no longer be called “anal!” Some call us “stomal!”

You cannot play on illness anymore and say, “I am too sick to go out.”

A man cannot get a tactile prostate check each year. He must depend on other tests like PSA.

You cannot blame your weight gain on Prednisone anymore. You just eat too much.

You cannot go without a shirt in public—unless you are a self-confident male. It is prudent to wear pants that are high enough to cover the pouch.

You cannot run around long without a pouch on—this applies to people with an ileostomy or urostomy.

You cannot sleep in the nude—the pouch is always attached. By the way, there is no reason why you cannot sleep almost in the nude with an ostomy. Many of us do it all summer long and never have a problem. There is no more ‘flopping around’ than with PJ’s. If you want to, buy a cumberbund to hold everything in place. Of course with that, you are not totally nude but are topless and bottomless, and you have the middle covered.

We cannot honestly say that our stomas have stopped us from doing very much what we want to—and we have met many wonderful people who we otherwise would not have met through our ostomy association.

You do not feel nearly as bad.

You have more control over when you “go”, and where.

You don’t have to fear being on a dead locked freeway with no place to go to the washroom. This is especially true of people who have Ulcerative Colitis.

We do not read in the bathroom anymore.

Two things you cannot do with a urostomy:

You cannot write your name in the snow [men].

You cannot travel overnight without your nighttime equipment.

Sorry to be so contrary, but we cannot think of very much we cannot do with an ostomy! Some of us have a colostomy and sleep on our belly. Basically, we do virtually everything we did before we had a stoma. No, that’s incorrect, we now do more than we used to. Some of us had a very narrow escape with cancer and decided not to mess around any longer. After surgery, we started doing everything we ever wanted to do...right now.



### Humor Corner

If a pretty lady asks you how big you are and you proudly say, “3/4 inch”...you may be an ostomate.

The Cardiologist’s Diet—If it tastes good, spit it out!

## Semi-Annual Dues

As a completely volunteer ostomy support group, we are dependent on your dues and other gifts to continue our service to those in our community who need us. Membership dues are collected twice a year based on the initial enrollment month. Additionally, please consider adding a special request donation this year. We have been receiving more and more requests for unfunded membership.

Please consider renewing your membership with the first notice, even repeat requests cost the organization. We all benefit from the Ostomy Association of the Houston Area in many forms: meetings, special events, visitor training and newsletters. Every one of us has received support from this organization and even if you can’t make all the meetings, by continuing your support, others will have the same opportunities.

If you would like to join and cannot find the funding, contact a board member to see if support is available. All membership grants are kept confidential.

**Osto Group** [www.ostogroup.org](http://www.ostogroup.org)  
*Providing Ostomy Products to the Uninsured.*

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### WOC Nurse Directory

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

Anita Prinz, RN, MSN, CWOCN (281) 824-2382  
aprinzn@yahoo.com

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



The **United Ostomy Associations**  
of America (UOAA)  
can be contacted at:  
**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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### 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:** **July 15, 2013**

**Program:** **Guest Speaker: RJ Poonawala**, Spring Branch Medical Supply

### Baytown Group

**Monthly:** First Monday

**Time:** 6:00 p.m.

**Place:** Community Room in Lobby of San Jacinto Methodist Hospital

4401 Garth Road, Baytown

**Contact:** Cindy Barefield 281-428-3033

**Meeting:** **July 1, 2013**

**Program:** **Guest Speaker: Jenny Jansson-Smith, RN CWON, Clinical Consultant**, will present "Stomocur for Life—Ostomy Products from Berlin, Germany, Ideal for Sensitive Skin & So Comfortable!"

### 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 281-537-0681  
sa1tmr@sbcglobal.net

**Meeting:** **July 16, 2013**

**Program:** **Guest Speaker: Angie Chicca**, Yoga Instructor and we will also have our **Annual Ice Cream Social**.

### 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:** **July 15, 2013**

*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.

### Donation of Supplies

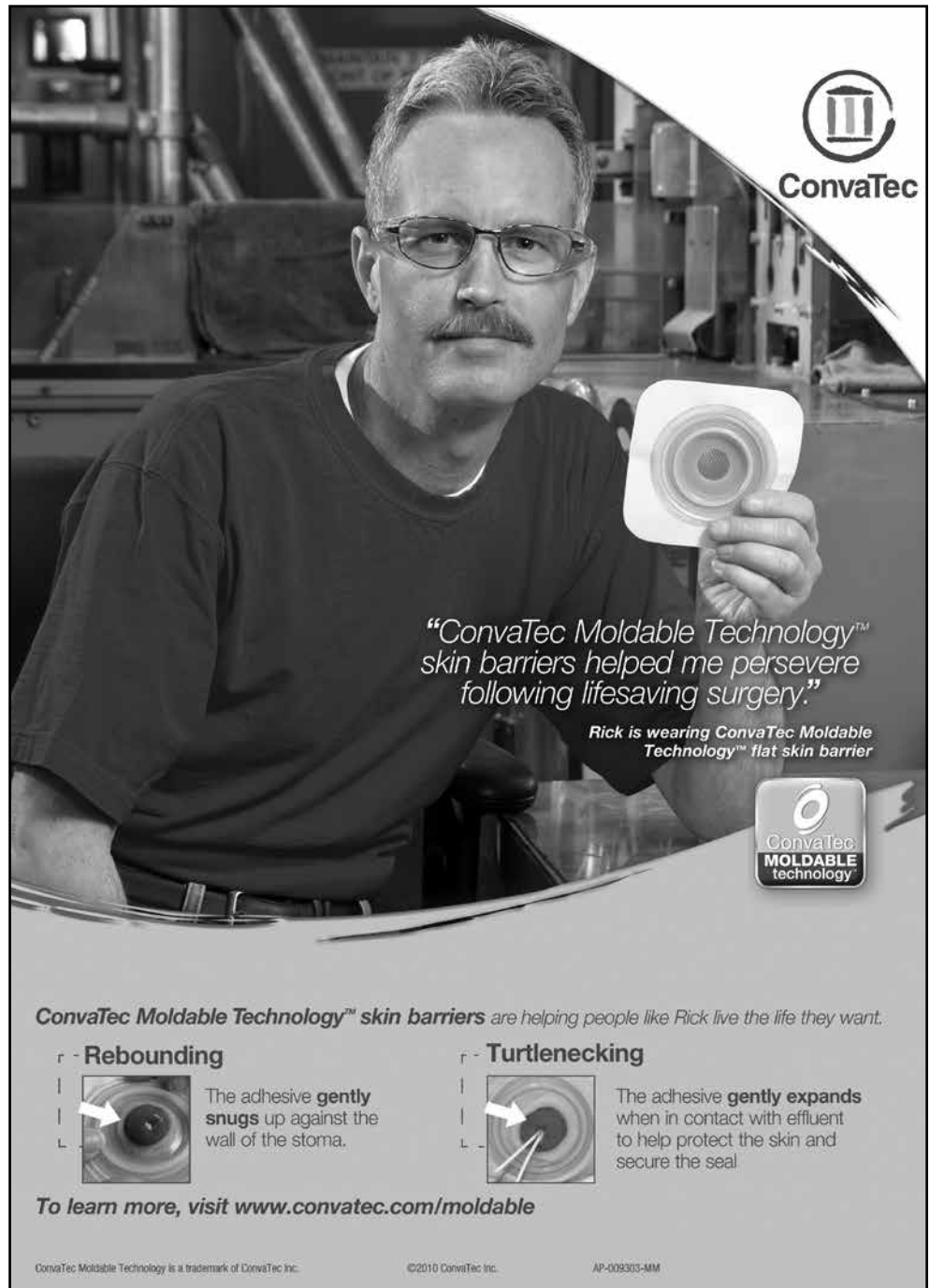
We are contacted on a regular basis by individuals who are in need of donated ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Elaine Anderson at 713-529-2724 or send email to [thomasj744@yahoo.com](mailto:thomasj744@yahoo.com) with any questions.

**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.)

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



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### 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/>

**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.

*Membership benefits include:  
Monthly Support/Information  
Meetings, Social Events,  
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