



August 2015

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

Community Rewards

We want to remind you that August 1, 2015 is the first day you can start RELINKING your Kroger Plus Card for the 2015–2016 program to continue supporting the Ostomy Association of the Houston Area.



Existing program members must visit the following link: www.KrogerCommunityRewards.com to re-link their Kroger Plus Card starting August 1, for the 2015–2016 program. Our organization number is 4377 and select option 4 to get your Plus Card number. If you do not have a Kroger plus Card, they are available at the customer service desk at any Kroger.

If you are a new online customer, click on SIGN UP TODAY in the 'New Customer?' at above website. To sign up you will need to enter your zip code, click on favorite store, enter your email address, create a password, and agree to the terms and conditions. Once you are done entering your information you will get a message asking you to check your e-mail inbox and click on the link within the body of the e-mail that was sent.

Once you have an account, click on Edit Kroger Community Rewards information and input your Kroger Plus card number. Update or confirm your information. Next, enter the name of our organization, Ostomy Association of the Houston Area, and click on Confirm. To verify that you enrolled correctly, you will see our name on the right side of your information page.

This rewards program has been very good to our organization. If you do not have a computer or need assistance with the one time enrollment, please contact Patti Suler at the number listed on the back.

The New Ostomate at Senior Age

UOAA Update 08/2014

Because the population as a whole is living longer, greater numbers of people are suffering illness that requires ostomy surgery. Problems the senior new ostomate may face (which all of us can help with) include:

Fear of increasing dependence and non-acceptance by family.

Family acceptance and support are essential for complete rehabilitation.

Unpreparedness for a stoma. Surgery may often be done as an emergency procedure, and there has been little time for an older person to adjust to this change in body image. Often the older person is confused after surgery because the hospital routine is foreign; side rails are up and he/she is confined as though a child. It is in this condition that he/she first gets acquainted with his/her ostomy.

A hard-to-manage stoma. Particularly if created in emergency surgery, the stoma may be adjacent to a wound or done in haste and poorly positioned. Experienced ostomates and caregivers can and should work to teach new senior ostomate acceptance and self-care. It might take extra patience. Ability to learn does not diminish with age, but speed of performance and reaction time decline and it takes longer to learn new tasks. A word of advice to those working with new ostomates in a senior category: allow your student to learn one task well before proceeding to the next one.

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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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 713-392-5768.

Central Group News

We had a pretty good turnout for a mid-summer roundtable discussion at our July 20th meeting. We were happy to welcome some new faces—an ileostomate, a colostomate and a urostomate—and are so grateful to one of our wonderful ostomy nurses, Kimberly, for providing very valuable tips and advice to our visitors and members. An important part of the OAHA's mission is to provide support to ostomates from people who "have been there and done that," and we are only able to accomplish this with the help of our longtime members and our medical advisers. We appreciate you taking time out of your busy schedules to come to our monthly meetings. If you haven't been to a meeting in awhile, come join us! It's great fellowship and an opportunity to give back to others—after all, where else can you politely talk about ostomy topics?

We also were delighted to welcome RJ Poonawala from Spring Branch Medical Supply to our meeting. Spring Branch Medical Supply has been a great supporter of the OAHA for a long time, and RJ always provides us with a wealth of information about ostomy supplies and insurance coverage. Spring Branch Medical Supply stocks all kinds of ostomy supplies and whatever they don't have, they can get for you. Please see their ad in this newsletter and visit them (especially now that the construction in front of their store has (finally) been completed).

The Board of Directors, in particular Denise Parsons, is busily planning our 60th Anniversary party for next April. We are one of the few ostomy support groups in the country who has been around for 60 years, and we want to commemorate this occasion appropriately. However, we can use some volunteers to help us with every aspect of the planning. If you're interested, please give me or Denise a call.

At our August meeting, Jenny Jason-Smith, RN, CWON, from Stomocur, will present. We hope to see you there!

Regards,

Lorette Bauarschi

President, OAHA, 713-582-0718

Save the Date for our Annual Holiday Party!

Mark your calendars now for our holiday party.

When: Saturday, December 5, 2015

Time: Noon

Where: The Post Oak Grill, just north of the Galleria

More to come regarding menus and reservations.

Northwest Group News

A Baker's Dozen attended the combo event this past July. A presentation by Kristine McNeill with Hollister was paired with our annual Ice Cream Social.

Ms. McNeill provided a detailed overview of the new Hollister product line featuring the CeraPlus Skin Barrier with Remois Technology. This new barrier when coupled with their New Image pouching system looked too good to pass up. Experienced mates with established systems all lined up to try the new products.

We enjoyed four types of ice cream, root beer floats, and a banana split cake.

Everyone was excited to see Craig and his wife at the meeting. We are starting to get better organized too! Carly is working on a contact list and brought a new sign-in sheet. We missed mates including Billy, Suzanne, Christy, Tony, and send warm wishes to Gen and Jane who are always in our thoughts.

Paul wanted to remind everyone that he is presenting next month on August 19 at 7:00 p.m. Paul's presentations are full of positive energy and great pictures. He also has revised his blog and now it features fishing spots around the Houston area. If you are not on his list, this is the time to join.

Tony Romeo

936-588-4031

Baytown Group News

The July 6 meeting in Baytown was an opportunity for learning. Cindy Barefield, RN, WOC nurse offered a wonderful presentation "The Latest Ostomy Techniques, Technologies & Treatments: From National WOCN Conference to You." Cindy learned that you must mail early around a holiday. The week following support group, Cindy received calls that several members received their flyers after the first Monday of the month and had assumed the group was not meeting! We all learned that we miss our dear friends when they are not well and are unable to attend. Best wishes to Ken who was hospitalized recently and to Bob who has been battling an illness. You all are in our thoughts and prayers. It was a cozy session with much to learn for the one couple who joined Cindy to discuss products that represented the "latest ostomy techniques, technologies and treatments" from the exhibit hall at National WOCN Conference. The table on the following page is an overview of those products with contact info.

In August, Casey Allen, Ostomy Territory Specialist from 180 Medical will be joining us. We hope to see you as well.

Sincerely,

Cindy Barefield, RN, CWOCN

281-428-3033

Company	Product	Contact info
Colo-Majic Enterprises LTD	Flushable, discreet liner for use with most 2 piece ostomy systems (samples available)	Phone: 604-904-0494 Website: www.Colo-majic.com
Conni	Global leader in reusable products to challenge expensive uncomfortable & environmentally damaging culture of disposable products for management of incontinence (fecal containment swim shorts, fashionable underwear & catalog with waterproof mats, mattress & and pillow protectors, etc.)	Phone: 310-566-7330 Website: www.conniusa.com
Fresh Wave IAQ/OMI Industries	Odor eliminating ostomy drops (samples available)	Phone: 847-852-1569 Website: www.freshwaveiaq.com
Na 'Scent	Ostomy odor control that simply works (samples available)	Phone: 1-888-880-1959 Website: www.nascent4u.com
Odafree	Dietary supplement that eliminates or reduces fecal odor	Phone: 508-868-5892 Website: www.odafree.com
Ostomy Secrets®	Innovative intimate apparel company providing foundational support for ostomates such as underwear, swimwear and accessories (samples available to see and feel)	Phone: 336-297-3003 Website: www.ostomysecrets.com

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



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

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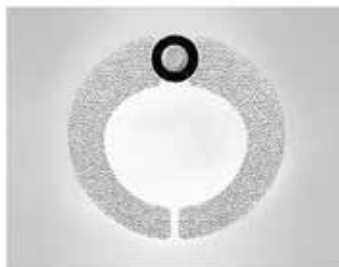
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ostomy types

Relaxation Exercise

Adapted from Cancer.gov website sponsored by the National Cancer Institute, UOAA UPDATE April 2014

Practicing deep relaxation exercises may help relieve pain or reduce stress. This exercise may not be right for everyone. Ask your doctor or nurse if this exercise can help you. Practice slowly at first so you can get used to deep breathing and muscle relaxation.



Find a quiet place where you can rest undisturbed for 20 minutes. Let others know you need this time for yourself. Make sure the setting is relaxing. For example, dim the lights if you like, and find a comfortable chair or couch.

Get into a comfortable position where you can relax your muscles. Close your eyes and clear your mind of distractions.

Breathe deeply, at a slow and relaxing pace. People usually breathe shallowly, high in their chests. Concentrate on breathing deeply and slowly, raising your belly, rather than just your chest, with each breath.

Next, go through each of your major muscle groups, tensing (squeezing) them for 10 seconds and then relaxing. If tensing any particular muscle group is painful, skip the tensing step and concentrate just on relaxing. Focus completely on releasing all the tension from your muscles and notice the differences you feel when they are relaxed. Focus on the pleasant feeling of relaxation. You may find that your mind wanders. When you notice yourself thinking of something else, gently direct your attention back to your deepening relaxation. Be sure to maintain your deep breathing.

Review the parts of your body again, and release any tension that remains. Be sure to maintain your deep breathing.

Now that you are relaxed, imagine a calming scene. Choose a spot that is particularly pleasant to you. It may be a favorite comfortable room, a sandy beach, a chair in front of a fireplace or any other relaxing place. Concentrate on the details. What can you see/ hear/ smell/ feel around you? Continue to breathe deeply, as you imagine yourself relaxing in your safe, comfortable place.

When you are ready, start gently moving your hands and feet and bringing yourself back to reality. Open your eyes, and spend a few minutes becoming more alert. Notice how you feel now that you have completed the relaxation exercise, and try to carry these feelings with you into the rest of your day.

Osto Group www.ostogroup.org

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UOAA National Convention—September 1–6, 2015

September 1–5, 2015 marks the date for the Fifth UOAA National Conference in St Louis, MO.

“Gateway to a New Life” will be held at the Hyatt Regency St. Louis at the Arch.

For more information, visit the Conference page:

www.ostomy.org/2015_National_Conference_Page.html

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. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.



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11/11 SG HLFAC

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: **August 17, 2015**
Program: **Guest Speaker: Jenny Jansson-Smith, RN, CWON,**
 from Stomocur

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: **August 3, 2015**
Program: **Guest Speaker: Casey Allen,** Ostomy Territory
 Specialist from 180 Medical will be joining us.

Northwest Group

Monthly: Third Wednesday 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
 sal1mr@sbcglobal.net
Meeting: **Wednesday, August 19 2015**
Program: **Guest Speaker: Paul Batchelder** will be presenting
 this month. Paul's presentations are full of positive
 energy and great pictures!

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: **August 17, 2015**

*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.

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 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.)

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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Meetings, Social Events,
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