

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

5 Things I Drink To Stay Hydrated with an Ostomy

By Christine Kim, ostomyconnection.com

Having ileostomy surgery at 21-years-old, I did not take hydration very seriously. Many ostomy nurses told me that maintaining fluids was a lifelong obligation, but that advice unfortunately didn't sink in until my mid 30's. I've had many trips to the emergency room due to dehydration and blockages, but thankfully I started feeling better after an hour or so hooked up to an IV solution.

For many years sports drinks, soda and fancy coffee drinks were my main beverages of choice (no wonder I was dehydrated). I've learned that those beverages are filled with artificial ingredients, synthetic additives and food dyes—that's not good. These days I look for healthy alternatives that work for my body, not against it. Here are five beverages that help me stay hydrated with an ostomy.

1. Lemon Water

This one is really simple—but the effects are profound! Adding this powerful citrus fruit to water is a tasty way to stay hydrated and keep my digestion in motion.

What I do: start the day with a big glass of water and a few squeezes of lemon first thing in the morning. It energizes me!

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.

2. Natural Herbal Tea

Ginger root tea and peppermint tea have been known to improve digestion and there's some evidence to back that they can have a powerful effect on headaches too. Herbal teas have distinct scents and taste, plus many are naturally caffeine-free. Chamomile is one of my favorites because it has a calming effect.

What I do: Boil water. Place mint leaves, peeled ginger root or tea sachets in a cup and cover with water, steep for about 5 minutes. Remove after steeping, or sometimes I just leave them in.



3. Golden Milk

Golden Milk (also called turmeric tea) is the ultimate bedtime concoction, it's soothing and delicious. The combination of turmeric, coconut milk, sweeteners, and spices is warming and it's something that helps me with sleep issues. And bonus—the recipe is easy!

What I do: Warm 2 cups of coconut milk and 1 teaspoon of turmeric in a pot, whisk until fully mixed. Then add a dash of cinnamon, honey or maple syrup to taste.

4. Infused Filtered Water

Water is the best thing I can put in my body, yet I snubbed it for years because it's sort of boring. I need to drink water to stay

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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

We had a wide-ranging round table discussion at our July meeting. We had some new attendees—one considering surgery and one who recently had surgery—and hopefully, the information and helpful hints provided by our more experienced members was helpful. I'm so grateful to all the ostomates who attend our monthly meetings in order to provide much-needed help to new patients.

July is the beginning of our new fiscal year. We elected three existing Board members to new three-year terms. Our Board of Directors consists of myself, Denise Parsons, Ron Cerreta, Tony Romeo, Mary Harle, Terry Marriott, Marian Newman, Jenrose Foshee and June Huber. Please take a moment to thank these people who spend much of their time volunteering to make our organization so successful. We are always looking for new people to help out with our activities. New blood is good! Specifically, we are looking for help with our newsletter and also with some Treasurer duties. If you have a few hours a month to contribute, please let me or any other Board member know. We'd love to have you.

Our next meeting is August 21. Our speaker will be Ricki McKenna, a Holistic Certified Nutritionist and Health Coach. I look forward to seeing you.

Regards,

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

Northwest Group News

We had a wonderful triple play meeting in July. Pat Thompson shared highlights from her recent annual conference. Kerrienne Pelzl, Senior Territory Manager with ConvaTec, shared a new product line (formerly Stomocur) and information about their acquisition of OstomySecrets—a cool company just for ostomates. Everyone enjoyed two types of homemade ice cream (strawberry and peppermint). Additionally, Betty and Joe brought some tasty snacks for everyone.

Our next meeting is Wednesday, August 16, at 7:00 p.m. Tabatha Schroeder, RN, BSN, WOC Nurse with Coloplast will be joining us and she is bringing a new Brava protective seal and cleansing wipes in addition to the other Coloplast products. This will be the last summer meeting where we will host a pre-meeting gathering at Luby's. We missed seeing Suzanne, Jane, Gen, GayNell, Jay, Celita, Rick and Jerry.

Billy Locke

337-515-6354

Baytown Group News

Baytown group followed their 4th of July Holiday with a red hot presentation on July 10th by their group coordinator Cindy Barefield, RN, CWOCN. Cindy led the group through a presentation entitled "Ostomy Accessories—Advantages, Disadvantages & Alternatives". The group started with a discussion of these common accessories: adhesive remover, protective barrier wipes, strip paste, stomahesive paste, adhesive rings, stomahesive powder and no sting barrier film. Usage of these items included such questions as when to begin using them, when to stop using them and is there an alternative if you don't have them available.

The fun began with pictures of various stomas and peristomal skin conditions. The group looked at each one and decided on the best plan of action. There were a couple of stomas with peristomal skin that had no issues. These pictures helped the group to distinguish situations where no intervention was needed. We discussed enhancements made to pouching systems and accessories in the past few years by ostomy vendors. We are blessed to have these options available but agreed that they are not all necessary all the time. Utilizing accessories adds time and cost to your ostomy routine. And yet, when needed, accessories can help you feel more comfortable in your pouching system as well as extend the life of the wafer and help to resolve peristomal skin issues!

Thanks to all who participated in the lively discussion. Our August topic will be *Strength in Numbers: Living Well with an Ostomy*, presented by Stefanie Hutchins from Shield HealthCare. Stefanie thought her life was over after being diagnosed at 15 with Ulcerative Colitis. After meeting with her local support and fellow ostomates, she realized she could finally start living. We hope to see you on the 2nd Monday in the Community Room at the Garth Campus.

Sincerely,

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

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**

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.

Save the Date: Ostomy Awareness Day

The UOAA's subcommittee for these efforts is excited to announce this year's theme is *"Navigate the Journey Together"* for **#ostomyday2017 (October 7, 2017)**! Expanding on our national conference theme "Journey to a Bright Future", this year we will continue to raise ostomy awareness for people facing surgery or living with an ostomy or continent diversion with a focus on the message that people are not alone on these journeys and to also provide an opportunity to recognize all those who have supported them along the way.

Please be sure to stop by the "Get Involved" table in the hospitality area at our national conference in Irvine where we have a few special activities planned to start the celebration to promote ostomy awareness. More importantly, you might meet some new friends to accompany you on your own ostomy journey!



Support Group for Pediatric Ostomates

We sometimes receive calls from parents who have a baby or young child who has an ostomy and are looking for support from others who are going through the same thing. Other than referring them to an ostomy nurse, we have not really been able to provide much support as most of our members are adults and most of our inquiries come from adults. Recently, we have been approached by a nurse who wanted to gauge whether there would be interest in a separate support group for the parents of baby ostomates. If you are a nurse who works with pediatric ostomy patients or the parents of a pediatric ostomy patient and would be interested in attending a support group, please call or email Lorette at 713- 582-0718 or lorette@bauarschilaw.com. If we receive enough of a response, we will begin the process of starting such a support group.



5 Things I Drink To Stay Hydrated with an Ostomy *(Continued from page 1)*

hydrated, prevent headaches, and my ileostomy does not function as well without the proper intake. There are simple, delicious recipes that can make drinking water interesting again! Fruit and herb infused water is so popular that you can even buy infuser water bottles and pitchers.

What I do: I drink at least half my body weight in ounces of water each day (ex. if you weight 120 lbs., drink 60 oz. of water).

5. Green Drink

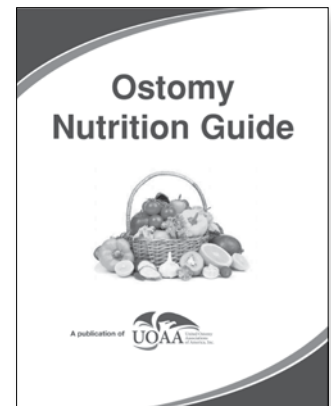
I never ate fruit or vegetables on a regular basis prior to my ostomy surgery, so I think that's why I had so much trouble digesting them with an ileostomy (that and dehydration). Eating fresh organic greens is important for my health, so I found an alternative in smoothies and green drinks. I've been making green juice for over five years, it's rare that I miss a day.

What I do: Juicers are great, but it's easy to use a blender and pour blended greens through a fine mesh strainer.

The big challenge for me is—how do I remember to drink plenty of fluids every single day? I set out tea and water cups where I can see them. I fill up reusable water bottles the night before, so they're easy to grab when I leave the house. But the real hydration happens when I drink fluids that my body embraces.

Ostomy Nutrition Guide: UOAA Updates Informative Guide

There is no official "ostomy diet" but UOAA's Ostomy Nutrition Guide has helped many navigate their new lives with an ostomy. It provides general guidelines and a food journal because trial and error is the most important thing for the individual to determine what works best for them. This guide also pays particular attention to foods that may result in a blockage for some and also addresses odor and nutritional concerns.



You can download the guide for free online (see link below) or request a printed copy from the office.

http://www.ostomy.org/uploaded/files/ostomy_info/OstomyNutritionGuide.pdf

And remember, a good practice for all is to hydrate properly.

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WOC Nurse Directory

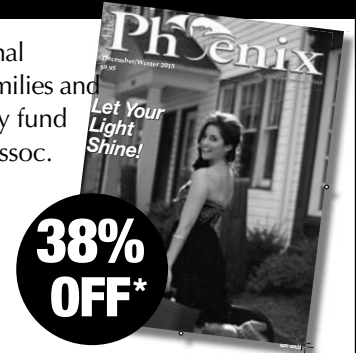
Cindy Barefield, RN, CWOCN (281) 428-3033
 Houston Methodist San Jacinto Hospital
 cbarefield@houstonmethodist.org

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.

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Central Group

Monthly: Third Monday of the month
Date: **August 21, 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: Ricki McKenna**, a Holistic Certified Nutritionist and Health Coach

Baytown Group

Monthly: Second Monday of the month
Date: **August 14, 2017**
Time: 6:00 p.m.
Place: *This month, we will be back in the Main Hospital.* Community Room in Lobby of Houston Methodist San Jacinto Hospital
 4401 Garth Road, Baytown
Contact: Cindy Barefield 281-428-3033
Program: **Guest Speaker: Stefanie Hutchins** from Shield HealthCare will present: *Strength in Numbers: Living Well with an Ostomy*

Northwest Group

Monthly: Third Wednesday of the month
Date: **August 16, 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: **Guest Speaker: Tabatha Schroeder, RN, BSN, WOC Nurse** with Coloplast

J-Pouch Group

Monthly: **Third Monday of the Month**
Date: **August 21, 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 saltmr@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
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(When sending a donation, please include the name of the person being honored so that appropriate acknowledgement can be sent.)



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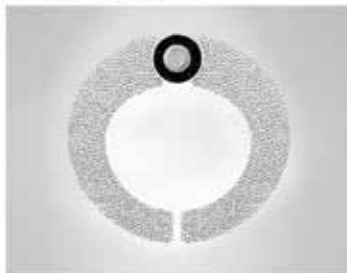
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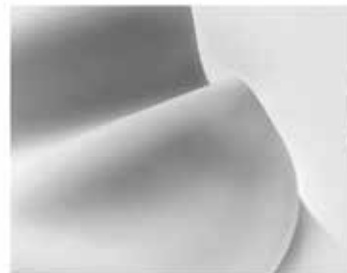
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Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown. Dues of **\$25.00 per year** are payable to:

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: _____

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<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
☐ 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.