



**AFFILIATED SUPPORT GROUP**

"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)



## Celebrate with us!

**Please join us as we celebrate our 60th anniversary.**

**When:** Sunday, October 9, 2016

**Time:** 1:00-4:00 p.m.

**Where:** Health Museum of Houston (*free parking*)  
515 Hermann Dr., Houston, TX 77004

**RSVP:** **RSVP TO RESERVE MUSEUM TICKETS AND FREE PARKING**—All are welcome! We will send out invites to our email list. If you don't receive one, please RSVP to [rockynme@aol.com](mailto:rockynme@aol.com) or 713-824-8841. Please respond no later than **September 30, 2016**.

**Please join us as we celebrate this important milestone!** For your enjoyment, we will have light hors d'oeuvres and beverages. You will have the opportunity to view the Museum's exhibits, including The Amazing Body Gallery. We will have a short program at 2:00 p.m., and there will be a mini vendor fair, including manufacturers and medical supply companies. There is absolutely no charge to attend, but we will be accepting cash donations to help us support our important mission. We also will accept any unused supplies you may have, which we will donate to Project Cure, FOW-USA and/or Osto-Group (depending on what we receive). We truly hope you are able to attend this very special event marking our 60th year of "helping ourselves by helping others to help themselves!"



## Our History

2016 marks the 60th Anniversary of a unique group that most people have never heard of, whose members often find out about it by word of mouth or private internet searches, and whose members are generally very private about their membership in this organization. The Ostomy Association of the Houston Area has been a special resource and a caring support organization for 60 years, providing new, old and future ostomates with advice regarding rehabilitation, emotional acceptance along with practical advice on caring for an ostomy.

*(Continued on page 7)*

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. Membership fees and donations are tax deductible.

### 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.

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## OAHA REFLECTIONS

We asked our members and friends to provide us with a short statement explaining what the OAHA meant to them. Here's what we received.

### June Huber

At my first meeting, a long-time member came to talk to me. She said, "what happened to you is just like what happened to me—30 years ago." Here was a vibrant, healthy, 80 something person showing me I do have a bright future. It was so helpful and uplifting.

### Rosalie Thurbon

I learned at a meeting about letting the skin area around the ostomy "breathe" after bag removal. I had irritated skin early in my experience as a new ostomate. Lorette talked about this when a visitor came one evening who was very upset. I spend an hour about every other change. It has been such good advice.

### Marian Newman

Having joined the Crohn's & Colitis Foundation of America after I was diagnosed with ulcerative colitis, it seemed only natural to join the Ostomy Association of the Houston Area after my ostomy surgery. I learned a great deal from other ileostomates, and especially enjoyed the meetings where ostomy supply reps shared information (and sometimes free samples) regarding new products. Becoming a trained ostomy visitor provided the opportunity for me to help others who are adjusting to life with an ostomy. It has been important for me to share how my quality of life improved after surgery and provide a positive role model. When asked to become a member of the OAHA board of directors, I accepted, knowing what a difference this support group has made in my life. Currently, I serve as Visitation Coordinator for OAHA to make certain that this vital service we offer remains available to new ostomates.

### Denny Hay

I've had my ileostomy over 20 years. I've always figured "things" out for myself. Fortunately I've never had any major issues. I suppose everyone has had skin issues from time to time. I certainly have but I've always figured it out on my own. My wife is the "joiner" in the family, not me. Anyway, we decided to attend a meeting. I can honestly say I'm glad I did. I've certainly learned and surprisingly I actually look forward to the meetings. I think my life would have been easier if I would have started attending meetings when I became a new ostomate (is that a word?) I was in Maryland when I had my surgery and it would have been nice if at that time I was told about an ostomy group. I actually had my gastro doctor tell me to avoid them because they are just a bunch of complainers. That maybe true on the web but I certainly do not find that to be the case with a meeting. People have issues and ask questions but I certainly don't consider it complaining.

### Dorothy Andrews

The Ostomy Association of the Houston Area means everything to me. I made lasting friendships in all three chapters I've been a member of over the years. I am now 90+ years old. I truly believe you never quit learning about life with an ostomy. Our slogan, "We help ourselves by helping others to help themselves." is such a true statement. See you at the next meeting.

### Ed Wood

60 years of the Ostomy Association of the Houston Area is quite an accomplishment. The name has not always been the same, but the help for ostomates has always been there. I have been active for 15+ of those years and was in attendance for the 50th Anniversary. My first contact was with having Clarice Kennedy as my ET nurse. She made me aware of the meetings that were available for the patients. At the time, 7-10 in attendance was a big group. Through Clarice and all the members who have volunteered to help with the work to keep the group going, we now celebrate our new anniversary. I hope we continue to have a group that is there for patients who need help and direction.

### Betty Broome

When I awoke in the hospital after emergency surgery, I was surprised to find I had an ostomy pouch on my side. The doctors recommended that it should not be reversed so I was very depressed for months until I went to the Houston central ostomy support meeting which was led by Denise Parsons. Denise was positive and uplifting and the meetings were remarkably informative. The doctors, nurses, suppliers and especially the members provided information in a way that was clear to an 81-year-old woman. There I learned about the UOAA newsletters and the Phoenix magazines that are wonderful resources. The holiday parties have been fun and happy occasions. My husband has been wonderfully supportive and although it is difficult to drive to the meeting at night we attend as often as we can.

### Denise Parsons

I found the Ostomy Association in Houston in 2002 from their web page. I was about 2 months past surgery and anxious about traveling. Mary Lou was very encouraging. She had flown and traveled extensively and relieved many of my concerns. I continued to attend meetings as I found there was a lot to be learned about ostomies and their care. I participated in Visitor Training and have found that being a certified Visitor is a special service that can make an amazing difference in another person's life. My cancer diagnosis put me on this path, but helping others find their way has given me purpose and has been very rewarding for me.

### Anne Swanson

Thank you to the Ostomy Association of the Houston Area for our wonderful long term relationship. In 2008 I started my own graphic design business. A good friend mentioned that OAHA was in need of a designer for the monthly newsletter, since their dedicated volunteer, Judy Swinger, was moving away. This project was one of the first I landed as a business owner. I am so grateful for the group's support for the past 8 years! I have enjoyed working with Patti Suler, the Board, and all the inspiring members I have met. Every issue makes me realize what a valuable resource this organization is to other ostomates. The courage and generosity of the membership is truly inspiring! Congratulations on 60 years of service to our Houston community.

### Lorette Bauarschi

At my first meeting after my ileostomy surgery, someone put her hand on my arm and said "I know how you feel. It will get better." I just burst into tears—because I knew that she truly did know how I felt and I believed her that it really would get better. And it has! I made a promise to myself right then that I would do the same for new ostomates after me.

## Nursing Scholarship

The OAHA would not be nearly as successful as we are without the invaluable assistance of the WOC nurses who assist. We especially want to sincerely thank Pat Thompson, who runs our Northwest Group, Cindy Barefield, who founded and runs our Baytown Group, and Charlene Randall and Kimberly Ferguson, who assist us at the Central Group meetings.

In appreciation of our nurses, we are so happy to announce that in commemoration of our 60th anniversary, the OAHA has agreed to donate \$2,000 for each of the next five years to the South Central Region of the WOCN Society to fund a scholarship for a nurse who plans to work in the Houston area. We are very excited about being able to do this. The OAHA believes one of the most important persons in a new ostomate's life is his or her nurse, and if we can do anything to encourage

nurses to get this specialized training, we are very happy to do so. We also believe our group is instrumental in educating and providing support to all ostomates. We hope the scholarships will serve to remind the WOC nurses that we are here to help them in the work they do.

And even more good news! Spring Branch Medical Supply generously has offered to match our gifts! We would like to thank Pat Thompson, who has worked out the details of the scholarship with the WOCN Society. The applications for the first scholarship are going out shortly and the first scholarship will be awarded in September of 2017.



## In Memoriam—Clarice Kennedy



The OAHA has had many dedicated volunteers over the years who helped keep the organization viable, but our anniversary issue would not be complete without honoring Clarice Kennedy. For 30 years prior to her death in 2013, Clarice Kennedy was the driving force of the group. Clarice had ostomy surgery in the 1970s at a time when there were much fewer resources and options available. She figured out a way to get through and also discovered her life's passion. She trained as an enterostomal therapist, became one of the first Certified Enterostomal Therapists in the Houston area and began a career (really, it was a calling) helping ostomates. She was highly respected as a specialist and many patients were directed to her by area physicians. She became involved with our ostomy support group and, in fact, almost single-

handedly kept the group going for many years when volunteers were hard to find. And she did it because she knew just how important it was for ostomates to support each other. She also inspired the rest of us to do our best to do what we could to help our fellow ostomates. Her legacy was to assure the OAHA will be here for years to come for persons in the Houston area who need our help.



The OAHA has many members who donate countless hours and who have made us such a success. Here are just a few of our special members.



### **Terry D. Marriott**

During 40 plus years of living with an ileostomy, Terry tells us that he has learned many things about himself, doctors, the various kinds of irritable bowel diseases, other people, and life itself.

In 1962, while at college, he developed symptoms of what was later diagnosed (in 1972) as Crohn's disease. In September of 1965, Terry had an ileostomy with complete colectomy at the Mayo Clinic. He experienced quite a few complications

in the years after surgery, including having his stoma site moved twice and additional intestinal surgeries to remove fistulas and abscessed areas, leaving very little intestine and a short gut. But nothing has slowed Terry down.

He graduated with a PhD in chemistry and worked as a postdoc in mass spectrometry for two years, eventually moving to Houston in September, 1978, to work at Rice University. He has traveled extensively for work and pleasure.

For more than 26 years, Terry has been an active member of the Houston ostomy support group and has served as Treasurer, Membership Secretary and President. Terry now handles the hospitality requirements for the Central Group, is the "keeper" of the group's post office box and is our technology consultant. We have all been truly inspired by the undeniable spirit of a person who never gave up or let his condition or disease control him. Terry unselfishly donates his time and talent to the Houston ostomy support group so that new ostomates can face their own challenges with perseverance and hope. We offer our heartfelt thanks to Terry.



### **Carol Johnson**

When you meet bubbly, petite-sized Carol Johnson, you would never suspect that she had an ileostomy, nor that she has had it for going on 48 years. Unlike most ostomates, Carol advises that she didn't have hurdles to overcome because for the most part, having an ileostomy is all that she has known.

We are very lucky to have a member who has had her ostomy since she was a child. Because of her experiences with some bullying as a child and teenager and

her experiences dating as she grew up and even later, she has been a wonderful resource for providing emotional support to new ostomates, especially young ostomates. The most important thing Carol shares with younger ostomates is that people may be cruel, but you wouldn't want them for your friends anyway. Romance will come, you may just have to kiss a lot of frogs to get your prince.

For the last few years, Carol has acted as the Visitation Co-Coordinator for our group, primarily focusing on people in the Northwest Group. We are so happy to have her and her experience as a resource for us. Thanks Carol!



### **Ron Meisinger**

The J-Pouch group is celebrating their 22nd anniversary this year. The J-Pouch is an internal reservoir constructed from a portion of the intestine. Ron Meisinger was one of the early J-Pouch recipients and there were not a lot of resources to help with adjusting to the surgery. So, Ron founded the Houston J-Pouch support group as part of the Houston Chapter of the UOA, which is now the OAHA. The Ostomy Association often helps J-Pouchers with the transition period between surgeries while the patient has an ileostomy, but we also have people come to meetings

who are trying to decide between J-Pouch surgery and a permanent ileostomy. The J-Pouch patients often return to speak with other J-Pouchers to get support. Ron has talked with many, many J-Pouch patients over the years. He has been very generous with his time and experience. We're so grateful to Ron. We're lucky to now have another J-Pouch recipient to help Ron and his name is also Ron. Ron Cerreta is on the Board of Directors and helps Ron Meisinger handle J-Pouch questions. Thanks to both of our Rons!



### **Dorothy Andrews**

Dorothy had her colostomy surgery in 1973 in Tulsa, Oklahoma when she was 43 years old. There was no chapter of the UOA at that

time, but she had a very good surgeon who taught her how to irrigate. Dorothy states that she had always been a positive person and she made a vow to God that if she made it through the surgery, she would spend the rest of her life helping other people who had to have an ostomy.

Her husband was in the oil business and over the years, Dorothy lived in several different cities. She joined the Iliana Chapter when they were in Chicago and the Dallas Chapter when they moved to Dallas, and in both places, Dorothy was a very active member. She visited new ostomates and volunteered in many other capacities. In 1983, they moved to Houston and Dorothy joined the Houston Chapter, eventually becoming the Visitor Chairman. Dorothy served in that capacity until just a couple of years ago. She visited and arranged for visitors, including personal visits to all the area hospitals and often for phone visits (frequently on weekends and holidays). She was simply tireless, and we are so very grateful to her. She made a huge difference in the lives of many ostomates.



### **Mary Harle**

Mary is a strong and inspiring member of our association. She has held many different positions over the years, including serving as Vice President and as Supplies

Coordinator. Currently, Mary is a member of our Board of Directors and also is our Telephone Coordinator. In her Telephone Coordinator role, she contacts members of the Central Group by phone before meetings to provide a reminder and program information. This allows her to act as an outreach extension to check on members and see how they are doing. She provides us with updates at our monthly meetings. Mary also has graciously offered the group her home to host Board meetings (and she bakes cookies for us as well!). Mary never misses a meeting and quietly greets every new member. We don't know what we would do without her!

Mary had her surgery in 1996 and was later referred to the ostomy association by her physician. Her advice to new ostomates is that there is a life after surgery, that life goes on, that there is no real difference, and to just take things day by day. She feels the greatest gift she has received since her ostomy was to become a part of a wonderful support group full of caring and understanding friends.

# *Memories of Good Times with Great Friends*





## Central Group News

At our August 15 meeting, we welcomed Kevin Hershey, Director of Sales with PPS Healthcare Medical Supply, who came all the way from Florida. PPS is the sole U.S. distributor for the German ostomy supply company B. Braun. B. Braun specifically has supplies that are appropriate for sensitive skin. For more information about their supplies and to obtain samples, please contact Kevin at [khershey1@gmail.com](mailto:khershey1@gmail.com). Note that Medicare will cover supplies distributed from PPS, but coverage by private insurers must be determined on a case by case basis.

Don't forget to submit your story about why you want to retain the right to choose your own ostomy supplies (rather than have Medicare choose them) by going to the UOAA website, [www.ostomy.org](http://www.ostomy.org). On the main page of the website, under "Featured Resources", click on "Personal stories needed on ostomy supply access." That will bring you to the page #MyAccessMatters. At the bottom of that page, you click on "Submit Your Story." There are several blocks to complete. I contributed my story and it took about 10 minutes. Please submit your story too. This is a very important issue and we cannot assume that others will take care of this for us. We must do our part to continue to have access to the ostomy supplies we need!

Our next meeting is on September 19. Our speaker will be Kerrianne Pelzl, with Convatec. I hope you'll be able to join us.

Regards,

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

## Ostomy Awareness Day

Ostomy Awareness Day is held annually to raise awareness and increase the national visibility of those living with ostomies. This year's theme is Resilience and is all about finding your inner strength to bounce back from this surgery and rise up stronger than ever before. Check out [ostomy.org](http://ostomy.org) for updates on all the ways to get involved.



## Northwest Group News

Torrential rains, flooding and low visibility at night described the meeting commute for this past August. There was no question that attendance would be down. The handful of attendees who braved the elements were well rewarded with an intimate look at the B/Braun pouching system provided by Kevin Hershey. Utilizing the relaxed meeting attitude he was able to share detailed information about the system, its creation, its strengths.

This Medicare supported product rarely requires accessories. It promotes a three-belt positioning on its floating flange. The system is available in flat and convex wafer with standard pouch sizing (small, medium and large) which is available in both opaque or transparent material. The pouch sports a wider opening for draining ease and there is a unique filter system. Unlike charcoal they use a carbon filter that has produced great feedback and less odor. The hydrocolloid wafer is great for sensitive skin.

The wafers are available in cut to fit as well as pre-cut options. You can contact this company direct (no middle man) and deal specifically with someone who will assist you. They do the billing and if their company is not yet plugged in to your insurance, they will work with you to find supply support.

For those looking for improvements in their current pouching system—Give B/Braun a call. They offer a one-week supply, free to try, shipped directly to your home. You can reach them at 877-400-1700. All they need is your stoma size to begin setting up your trial. Additional information can be found on their website at [www.bbraunusa.com](http://www.bbraunusa.com). A Shout Out to Cindy Barefield, RN, CWOCN, with the Baytown Group for locating this company and inviting them to speak to Ostomy Association of the Houston Area members.

Welcome new member, Diane. We sorely miss and think often of the following members: Gen, Jane, GayNell, Silver, Paul, Craig, Billy, and countless others.

September's meeting will be a double-header. The program will be presented by Kerrianne with Convatec and the Medline Company.

If you haven't marked your calendar for the 60th Anniversary Party on October 9, please do so. The next time this event comes around will be our 120th year, you probably won't be able to attend.

**Billy Locke** 337-515-6354

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](http://www.ostomy.org) or **800-826-0826**

## Baytown Group News

Despite the triple digits on the thermometer, the August meeting of the Baytown Support Group was a stress free and relaxing environment. The group had an insightful presentation from Chaplain Steve Spidell who spoke on “Managing the Stresses of Change”. Major changes in our health create tremendous stress. The good news is that we humans are created with tremendous adaptive capabilities that can see us through the worst that life throws at us! Chaplain Spidell challenged the group to interrupt feelings of stress with mindful relaxation. This allows us to think purposefully. Stress shuts down our body’s ability to think and process. The time that many of us spend worrying is not productive and has even been shown to have harmful physical effects. Chaplain Spidell shared a brilliant quote from Mark Twain that illustrates this point nicely: “I’ve lived through some terrible things in my life, some of which actually happened.”

Chaplain Spidell remarked on recent studies that looked at persons who have faced great adversity and have shown remarkable resilience. Research has shown these persons to have traits such as self-directedness, adaptability, optimism

and social support. Chaplain Spidell distributed a colorful set of business-style cards to each person present and encouraged them to read through each item on the cards. “Meeting Your Spiritual and Emotional Needs” were depicted with 15 beautiful scenes on one side and a short message regarding the trait such as Optimism on the other. Group members shared particular Spiritual and Emotional Needs they felt had provided them with resilience along their ostomy journey. Social support, gratitude, achievement, laughter and self-directed were common choices for those who had faced and overcome challenges in their life. Group members thanked Chaplain Spidell for the gift of the cards which provide not only a lovely message but a beautiful scene with each one.

In September, Michelle Jernsletten, Physical Therapist, will be back with us to present “Fun with Fitness 2.0”.

I hope you will plan to join us!

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

## Our History *(Continued from page 1)*

What is now known as the Ostomy Association of the Houston Area started in 1956 meeting in members’ homes and was called the QT Club. As the group grew, it met at various places around the city of Houston. The group became a Chapter of the United Ostomy Association in the 1960s and hosted regional UOA conferences in 1975 and 1993. The organization has satellite groups in Baytown and in Northwest Houston. Due to the disbanding of the national UOA organization in 2005, the Board of the Houston Chapter formed its own non-profit corporation and obtained tax-exempt status with the IRS and the State of Texas, and is now known as the Ostomy Association of the Houston Area. We then became an Affiliated Support Group with the United Ostomy Association of Associations. We have one of the few J-Pouch support groups in Houston. The group has maintained a Certified Visitor’s program which averages 30 in-person and telephone visits per year. Certified Visitors are requested by area doctors, nurses, social workers and family members for ostomy patients. Just seeing or speaking with someone with an ostomy and being able to ask questions can be very reassuring when facing this daunting surgery. The OAHA has sponsored children, nurses and counselors attending the annual national Youth Rally. We have also supported WOC nurse training with tuition and books.

Monthly meetings and a monthly newsletter have informed and educated ostomates along with their families and healthcare team members for 60 years. Our brochure and newsletter have been key methods to explain the organization’s services and to provide contact information. More recently, our website, [www.ostomyhouston.org](http://www.ostomyhouston.org), is becoming our key communication tool.

The group survives on membership fees and donations from members and their families. We also are grateful for the specialized medical suppliers who help sponsor the newsletter and website.

### Mission

The Ostomy Association of the Houston Area is a volunteer-based health organization dedicated to the education, information, support, and advocacy for those who have had or will have intestinal or urinary diversions (Colostomy, Ileostomy, or Urostomy). The goal of our support group is to aid patients and their families in the practical and emotional adjustments to an ostomy. We assist in the education of members of the health care professions.

### Our Motto

“We help ourselves by helping others to help themselves.”

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**Fax (713) 461-5806**

**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

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## Central Group

**Monthly:** Third Monday of the month  
**Date:** **September 19, 2016**  
**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: Kerrienne Pelzl**, Convatec

## Baytown Group

**Monthly:** Second Monday of the month  
**Date:** **September 12, 2016**  
**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:** **Guest Speaker: Michelle Jernsletten**, Physical Therapist, will be back with us to present "Fun with Fitness 2.0"

## Northwest Group

**Monthly:** Third Wednesday of the month  
**Date:** **September 21, 2016**  
**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: Kerrienne Pelzl**, Convatec and the Medline Company

## J-Pouch Group

**Monthly:** Third Monday of the month  
**Date:** **September 19, 2016**  
**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.

### 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.)

### 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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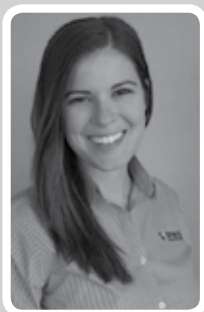
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**Newsletter Advertising:** *Please contact the President or Treasurer for sponsorship and advertising opportunities.*

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 <b>\$25.00 per year</b> are payable to: <b>Ostomy Association of the Houston Area, Attention: Treasurer</b> <b>P. O. Box 25164, Houston, TX 77265-5164</b>	
Date: _____	
Name: _____	Phone: _____
Street Address: _____	
City: _____	State: _____ ZIP: _____ E-mail: _____
Surgery Date: _____	Birth Date: _____
Reason for surgery: <input type="checkbox"/> Crohn's <input type="checkbox"/> Ulcerative Colitis <input type="checkbox"/> Cancer <input type="checkbox"/> Birth Defects <input type="checkbox"/> Other _____	
Do you speak a foreign language? <input type="checkbox"/> Yes <input type="checkbox"/> No Foreign language spoken: _____	
<b>Procedure or Relationship:</b>	
To help us complete our records, please answer the following. <b>Check all that apply.</b>	
<input type="checkbox"/> Colostomy <input type="checkbox"/> Ileostomy <input type="checkbox"/> Urinary Diversion <input type="checkbox"/> Other: _____	<input type="checkbox"/> Continent Ileostomy <input type="checkbox"/> Continent Urostomy <input type="checkbox"/> Pull-Through <input type="checkbox"/> Parent of Child with procedure <input type="checkbox"/> Spouse/Family Member <input type="checkbox"/> Physician <input type="checkbox"/> Nurse
<input type="checkbox"/> I would like to attend meetings with the <b>(please circle one)</b> : Central Group                      Baytown Group                      Northwest Group                      J-Pouch Group	
<input type="checkbox"/> I would like to become a member but cannot pay dues at this time. <i>(This will be kept confidential.)</i>	
I learned about the Ostomy Association from	
<input type="checkbox"/> WOC Nurse <input type="checkbox"/> Physician <input type="checkbox"/> Newsletter <input type="checkbox"/> Surgical Shop <input type="checkbox"/> Website <input type="checkbox"/> Other: _____	
I am interested in volunteering. <input type="checkbox"/> Yes <input type="checkbox"/> 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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