



Ostomy Association of the Houston Area

October 2007

PO Box 25164
Houston, TX 77265-5164
www.ostomyhouston.org

"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."

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
(tdmarriott@yahoo.com)

Meeting: October 15th, Monday evening

Program: Hollister Representative

Spencer Jackson will be showing us the newest Hollister innovations as well as answer your questions.

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 (sa1tmr@sbcglobal.net)

Meeting: October 16th, Tuesday evening

Program: Annual Fall Picnic

Everyone is invited to attend our annual Fall picnic. Please call Gay Nell at 281-446-0444 if you plan to attend and have not yet signed up to bring a side dish.



Baytown Group

Monthly: Fourth Monday
Time: 7:00 p.m.
Place: Cancer Center Community Room
4021 Garth Road, Baytown
Contact: Cindy Barefield 281-420-8671

Meeting: October 22nd, Monday evening

Program: To Be Announced

Come and join us for another good group get-together.

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: October 15th, Monday evening . . .
Reservation required. No obligation. Please call 281-491-8220 for reservation.

Program: Round Table Discussion

Join us for a discussion about ulcerative colitis and the J-Pouch connection.

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.

Central Group News

Twenty-two people attended the September 17th meeting including visitor, Christy Accardo, who is planning a wedding for sometime early in 2008. Congratulations Christy, and “welcome” to our group. We hope to see you at the next meeting.

In our roundtable discussion groups we had about a dozen ileostomates, one urostomate, a smaller group of colostomates and a few spouses. We compared some of the equipment that each of us uses and discussed problems that any of us (especially those with new ostomies) were experiencing since many of us with more experience have usually dealt with similar problems. These discussions were almost certainly helpful to all of us; some for useful insights about different ways of doing various ostomy maintenance procedures, and to others for being able to understand the various difficulties some of us have adapting to the moderate, but necessary, ostomy lifestyle changes.

Our annual Holiday Dinner will once again be held at Pine Forest Country Club. The date is Tuesday, December 4th. This event is one of the highlights of our year so mark your calendars now and plan on an evening to get you in the spirit of the season. Those who plan to attend must make reservations and send payment to our Treasurer, Chuck Bouse, before the deadline of November 29th. You must also make your entrée choice before the deadline. See page 4 for more details.

We wish to thank Mr. Gary Hancock, Pharmacist and Manager of Medic Pharmacy located on South Braeswood (see advertisement on page 7), for providing support for one month's printing of this newsletter. He is providing an alternate ostomy supply source for Mrs. Icenhower's former customers since her Medical Center Surgical Shop on Bellaire closed earlier this year.

The Monday October 15th program for the Central Ostomy Group will be presented by the Hollister representative, Spencer Jackson, who will be showing us the newest Hollister innovations as well as answer your questions about all the other current offerings they have. Hope to see you there.

Terry Marriott

A man rushed into the doctor's office and shouted, “Doctor! I think I'm shrinking!” The doctor calmly responded, “Now, settle down. You'll just have to be a little patient.”

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

OSTOMATES

We're a nice bunch of people...
in fact, we think we're great.
Because, you see, each one of us
is a happy ostomate.
Oh, sometimes we're not happy
when things don't go just right.
Like smelling something “funny”
in the middle of the night.
That darn clip has come unclipped
which they said it wouldn't do.
Suppliers, you think it's perfect,
but I've got news for you.
You ask then “why we're happy?”
with these problems to get us down.
Because, if we weren't ostomates...
we'd be six feet underground.

IN LIEU OF HARD CLAMPS

Tail clamps are becoming obsolete and are being replaced by closures that are integrated into drainable colostomy and ileostomy pouches. No more grasping at the separate, hard plastic clamp dropped in the toilet or searching for your spare that you were sure you placed in your pocket or handbag before you left home.

Below are three examples now on the market. This information was obtained from these manufacturer's web-sites. This is a start if you are looking for a clamp-less option.

Coloplast—Velcro Tab Closure (www.coloplast.com)

Fold the lower small foam plate up and over the large foam plate. Roll the outlet by folding a total of 3 times. Seal the outlet by folding the hook ears onto the velour plate and press firmly.

Hollister—Feel the Seal (www.hollister.com)

State-of-the art plastic fasteners lock in place. Simply roll it 3 times in the same direction, press from the middle out and “feel the seal.”

ConvaTec—InvisiClose (www.convatec.com)

InvisiClose clipless tail closures offer double security, ease of drainage, comfort and cleanliness. The easy to open outlet end strips and tail design help control flow and reduce splashing. The locking mechanism is enhanced by an additional security flap for added peace of mind. ♦

*“Forgiveness does not change
the past, but it does enlarge
the future.”*

- David Jeremiah

OPPORTUNITIES & 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: Chuck Bouse, Treasurer
P.O. Box 25164
Houston, TX 77265-5164

Memorial Fund: Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable and sent to: **Ostomy Association of the Houston Area**
Attn: Mary Harle
9643 Winsome Lane
Houston, TX 77063-3725

(When sending a donation, be sure to include the name of the person being honored so that appropriate acknowledgement can be sent.)

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 Kathleen Griswold at 303-921-9892 with any questions.

Consultation with ET: Clarice E. Kennedy, Certified Enterostomal Therapist, is available for consultations. Clarice is an ostomate with over 30 years of knowledge and experience to share with anyone who has questions about, or needs assistance with, the care of an ostomy both prior to and following surgery. Contact cekennedy1@peoplepc.com or call 713-647-8029.

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**
Chuck Bouse, Treasurer
P.O. Box 25164
Houston, TX 77265-5164

Use Those Shopping Cards: Krogers and Randalls return a percentage of your purchases to the Ostomy Association on a quarterly basis. For card applications, contact Ed Wood at 281-493-5015.

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 Chuck Bouse, Treasurer, at 281-495-1840 (cbouse@comcast.net) or send your request to the Ostomy Association of the Houston Area, P.O. Box 25164, Houston, TX 77265-5164.

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

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.

To subscribe to the quarterly magazine of the United Ostomy Associations of America (UOAA) complete the following.

The Phoenix
 The official publication of UOAA

Annual Subscription - \$25

Name _____

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P.O. Box 3605
Mission Viejo, CA 92690-9912

You can also
 order online at
www.uoaa.org

THE SWOLLEN STOMA

It can be pretty scary to have your stoma swell, for any reason, and not be able to get your appliance off for fear of damage to the stoma. An appliance that hugs the stoma too tightly may cause it to swell. A fall, a hard blow, or a slipping appliance may also cause the stoma to swell. Rather than risk damage by removing the appliance over the enlarged stoma, try filling the pouch with ice water and letting it swirl over the stoma to decrease the swelling. Then, ease the appliance off carefully and replace it with one having a larger opening until all the swelling is gone. ♦



**"Everybody hopes you'll remember next time, dear...
 You never, never walk in front of a TV during
 a 95-yard punt return!"**

**MARK YOUR
CALENDAR
NOW!!!**

Annual Holiday Dinner Party



Date:

Tuesday, December 4

Time:

6:30 p.m. - Hor d'oeuvres and Cash Bar

7:30 p.m. - Dinner

Place:

Pine Forest Country Club

18003 Clay Road, Houston, Texas 77084

Menu:

Entrée Choices: (Includes salad, rolls, tea, coffee & dessert)

1. **Chicken Picatta** (Chicken sautéed with a sauce of capers, lemon, white wine & cream.) Served with rice blended with cranberries and pecans and seasoned asparagus.
2. **6 Oz. Filet Mignon with Béarnaise** (Chargrilled). Served with garlic mashed potatoes and seasoned asparagus.
3. **Snapper Acapulco** (Sautéed snapper filet topped with shrimp, crabmeat, avocado & Hollandaise.) Served with rice blended with cranberries and pecans and seasoned asparagus.

Cost:

\$25.00 per person (includes gratuity)

- **Reservations can be made by sending your check (payable to Ostomy Association of the Houston Area) to:**
Chuck Bouse, Treasurer, 12427 Millbanks, Houston, TX 77031.
- **Your check will serve as your reservation.**
- **To make your Entrée selection, please call Terry Marriott, 713-668-8433...(leave a message if no one answers.) This must be done at the time of your reservation.**

*The Holiday Dinner is a wonderful way to start this joyous season.
Please join us to enjoy the beautiful surroundings, great food and good friends.*

FRIENDS

UOAA UPDATE 9/07

The best known relief for mundane, everyday stress—the flat tire, breaking a dish, the batteries dying on the remote, and hundreds of other nits that pick at us—is nothing more complicated than someone to pal around with.

The basic human need for playmates—childhood or adult—serves us well in helping us deal with day-to-day troubles. We need emotional support from our friends in the stressful times of severe life situations, when some major life event occurs; such as, death of a loved one, losing a job or ostomy surgery.

In times of ordinary life, troubles are relieved more by companionship—going to a movie with a friend; visiting a museum with a buddy; and going to a UOAA meeting, etc. In those situations, talking doesn't reduce stress as much as doing something with an acquaintance.

In fact, talking too much about small troubles actually can make them worse. What we need instead is distraction, something that gets our minds on something else. A companion with shared interests is usually just the ticket. ♦

***"Confidence on the outside begins
by living with integrity on the inside."***

- Brian Tracy

"THANK YOU" FOR A JOB WELL DONE!!

Saturday, September 22nd brought 5 willing workers together at Spring Branch Medical Supply to sort, inventory, and organize all of the donated ostomy supplies that are stored there. Clarice Kennedy reports that the job was finished in record time. Many thanks to Kathleen Griswold, Lorette Bauarschi, Mary Harle and Thomas Ryan for giving their time on a beautiful Saturday morning to accomplish this task. "You all are appreciated more than you know!" ♦

* * * * *

Ed Wood, Marian Newman, Mary Harle, Judy Swinger and Floyd Swinger assisted Clarice Kennedy on September 12th at a dinner sponsored by STOMOCUR® for WOCN's in the Houston area. Brochures and information about the Ostomy Association of the Houston area were distributed. ♦

Aspire to inspire before you expire.

BAYTOWN SUPPORT GROUP

There are many reasons for attending your monthly ostomy support group meeting; a reason I hear frequently is an opportunity to learn something new. The crowd that gathered last month in Baytown was not disappointed. Jenny Jansson-Smith, RN, Sales Representative and experienced wound and ostomy nurse, discussed features of Sterling Medical Services. Mail order has been a feature at Sterling for 13 years and most recently, the company has joined with McKesson Healthcare. No shipping fee and an Easy Refill Program are just a few of the wonderful options that are available at Sterling.

We have had a few new members attend over the past few months and we want to encourage them to continue to join us. We send our thoughts and prayers to those who aren't feeling well enough to attend.

Hope to see you soon!

Cindy Barefield, RN, WOCN
281-420-8671

NORTHWEST GROUP HAPPENINGS

Three new people joined us for our September meeting making a total of 15 in attendance. "Welcome" to those who are new....we hope you will come back soon.

Our September program was presented by Frank Essig from Hollister. Our meeting was his second presentation as a Hollister Rep and those in attendance especially enjoyed hearing about and seeing Hollister's products.

Jennifer Gott went "above the call of duty" in furnishing our refreshments!! Thank you, Jennifer!

Our annual fall picnic will be held in October at our regular meeting time, Tuesday, October 16th. Those who signed up to bring food items can expect a reminder call from Gay Nell prior to the picnic.

See you on the 16th!! Bring your appetites and join us for a great time of food, fun and fellowship.

Gay Nell Faltysek
281-446-0444

Tony Romeo
281-537-0681

*Frustration is trying to find your glasses
without your glasses.*



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

General Data:

Name: _____ Date: _____
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 |

_____ 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.

**MEMBERSHIP BENEFITS INCLUDE: MONTHLY SUPPORT / INFORMATION MEETINGS,
SOCIAL EVENTS, MONTHLY NEWSLETTER**