



October 2011

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

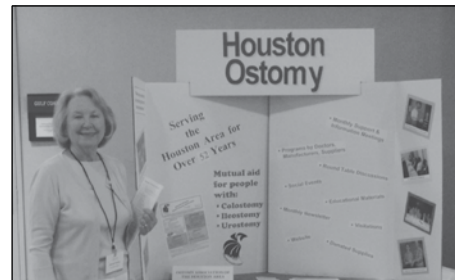
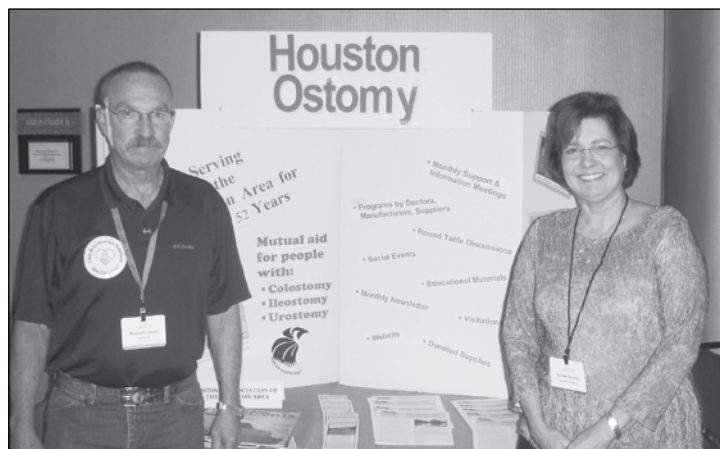
MD Anderson Survivorship Annual Conference

By Ed Wood, Outreach Chair

The Ostomy Association of the Houston Area had a table exhibit at the MD Anderson Survivorship Conference September 16 and 17 at the Omni Houston Hotel Westside. We had contact with a number of participants and distributed our newsletter, *The Phoenix Magazine*, and the Youth Rally brochure. We added a number of people to our email newsletter list. There were numerous seminars and guest speakers. Additionally, we may have made a couple of contacts for future speakers at our monthly meetings. A couple of the more well-known cancer survivor speakers were former pitcher Dave Dravecky from the San Francisco Giants and soprano Barbara Padilla who was the recent runner-up on America's Got Talent.

MD Anderson Network's Cancer Survivorship Conference is an annual event held every September with a variety of speakers on issues important to cancer patients/survivors and their caregivers. Attendees can share hope, support and understanding with others like themselves, regardless of where they received treatment. Cancer is the leading contributor to both temporary and permanent bowel and urinary diversions.

Thanks very much to Paul, Dorothy, Jenrose, and Denise for helping staff the exhibit table on Friday and Saturday. Next year's conference is on September 14 and 15. If you would like to have a rewarding experience, contact Ed Wood to volunteer at the table for part of the conference.



Marshall Loosier (above left) served on the steering committee of the event and also takes newsletters to the ostomy wing of MD Anderson on a weekly basis. Denise Parsons (at right), OAHA President, volunteered for the event.

Ed Wood (left), Jenrose Foshee (right) and Paul Batchelder Sr. (not pictured) also served as OAHA ambassadors at the Conference.

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.

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.

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Central Group News

We had 24 attendees at our September meeting. We welcomed a visitor who has had his surgery for less than a month. I was glad to hear that his doctor had recommended looking for a support group in this area. As many of us know, some doctors may do excellent surgery, but have little idea about how to care for the ostomy on a daily basis. Our organization has persisted for over 50 years because we understand the need to share our experiences and to help the new ostomate find their way in this new and sometimes strange world. We also greeted a member who has qualified for the Boston Marathon next spring. We will be cheering her effort.

Our speaker was Lorette Bauarschi, Attorney at Law. Lorette is Board Certified in Estate Planning and Probate Law by the Texas Board of Legal Specialization. She is a member of our Board of Directors and is currently serving as the Treasurer of our organization. Lorette described the planning of an individual's estate as the biggest financial transaction in your life. She provided insights into the questions to be considered, the process of creating an estate plan, and documents that might be involved, including a Will and other documents that plan for possible incapacity. Because of tax implications, continually changing laws, and constantly changing family situations, all plans should be reviewed periodically to make sure the decisions made still make sense. Even though many of us prefer not to think about dying or becoming incapacitated, it is important to go through the process of creating a plan and exploring the alternatives that may be available so that you can be sure that your wishes are fulfilled. Because of the complexity of the legal process and the intricacy of most people's estates, Lorette recommends using a lawyer certified in estate planning and probate law.

Mark your calendars for the Holiday Party on Tuesday, December 13th, at Pine Forest Country Club. Pine Forest has provided excellent food at a very reasonable price for our event for many years. The party is a wonderful way to meet members from other groups.

Next month, our speaker will be Wyly Sprague with Coloplast.

Best regards,

Denise Parsons, President, OAHA

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

Northwest Group News

Seventeen people turned out for Dr. Winkel's urology presentation which included topics covering things that pass in the night. He started out with a brief education on the history of urinary diversions. Using easily understood language, Dr. Winkel provided examples that were both educational and entertaining. He put a personal touch on each subject as he spoke. For example, he identified that the average life expectancy when Medicare was created was around 65. Now it is in the seventies with women living longer than men. He discussed continent diversion options including the Kock pouch, neobladder, Indiana pouch and highlighted their strengths and weaknesses. Dr. Winkel stated that the perceptions of pre-surgical patients and how they felt after their surgeries was an important part of his tailored approach. He considers his role to be an educator on the pros and cons of continent versus non-continent diversion options available as determined by the type of problem, age of patient and disease progression. "It is ultimately their decision," Dr. Winkel said. Upon completing his general program, he took the time to answer individual questions and also facilitated some lively discussion about urinary stoma hernia, blockage, ED problems, and prostate issues. Dr. Winkel is a second generation urologist and surgeon. His father was one of the founding doctors for the Northwest Medical Center. He has spoken at the Northwest Group for several years and is a treasured speaker.

Next month the Northwest Group will host its annual picnic on October 18th.

Gay Nell Faltysek
281-446-0444

Tony Romeo
281-537-0681

UOAA Reno Conference 2011

The third UOAA national conference was held recently in Reno, Nevada. National conferences are held every two years. Event highlights included a fashion show, vendor fair, specific ostomy breakout panel sessions with doctors and nurses plus an inspirational speech by Rob Hill. Mr. Hill, an ostomate, recently climbed Mt. Everest completing his seven summits campaign.

Jason with Parthenon Inc, a medical supply company at the show shared, "It was fun to finally meet customers and put faces to names. We had a good time."

Conference video highlights can be viewed at <http://vimeo.com/27670162>. More information on Rob Hill's extraordinary adventures can be obtained at <http://nogutsknowglory.com>. The next national conference in 2013 will be held in Jacksonville, Florida.

Baytown Group News

For those able to alter their usual schedule, they were rewarded on September 12th with an informative and fun session by Anne and Karen from Baytown Medical Equipment. Because of the Labor Day Holiday, the Support Group met on the second Monday rather than the first. "Medical Supplies: Making the Most of Your Resources" was the topic. Anne shared the DME's history, recalling that the store opened in 1988 and has always included a philosophy of "hands on" and "personal touch" for its clients. Products can be purchased at Baytown Medical Equipment or they can ship to your house. One of Karen's specialties is working with the various insurance providers. She can also assist you with the billing process that may get complicated at times.

Anne and Karen brought several resources that included information on Medicare utilization charts with usual maximum quantity as well as several "Helpful Tips" booklets on topics such as Caring for Your Skin, Travel, Relationships and Fashion. The group talked about the guidelines for Home Health services and products as well. Whenever you receive Home Health Services, that company is responsible to provide your ostomy supplies. It doesn't matter if they are providing other services to you.

The group discussed the new competitive bidding legislation which has passed Congress and is moving toward review in the Senate. If passed, Medicare patients would have the choice for home medical equipment supplies made for them by the Government. This is something that the local DME's are very much against! Have you contacted your government representative about this?

Baytown Ostomy Support Group meets the 1st Monday of each month at 6:00 p.m. in the Community Room in the Lobby at San Jacinto Methodist Hospital. In October, we are scheduled for Roundtable. Come check in and let us know how you are doing!

Cindy Barefield, RN, WOCN
281-425-2164

Thoughts to Get You Through Almost Any Crisis

Courtesy Stoma-Life Newsletter

- Indecision is the key to flexibility.
- You cannot tell which way the train went by looking at the track.
- There is absolutely no substitute for a genuine lack of preparation.
- Happiness is merely the remission of pain.
- Nostalgia isn't what it used to be.
- The facts, although interesting, are irrelevant.
- The careful application of terror is also a form of communication.
- Someone who thinks logically is a nice contrast to the real world.
- Things are more like they are today than they ever have been before.

WOCN and ET Directory

Cindy Barefield, RN, CWOCN San Jacinto Methodist Hospital cbarefield@tmhs.org	(281) 428-3033
Clarice E. Kennedy, CET claricekennedy1@comcast.net	(713) 647-8029
Charlene Randall, RN, CWOCN Specialty Wound & Ostomy Nursing, Inc. charlene@swoni.com	(713) 465-8497
Pat Thompson RN, BSN, CWON Pat.thompson@tenethealth.com	(281) 397-2799
Catherine Walsh RN, BSN, CWON UTMB @ Galveston cmwalsh@utmb.edu	(409) 747-3070 Fax: (409) 747-3038



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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.



Half of each subscription funds the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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0508 SG HLFAD

Annual Holiday Dinner Party



Date: Tuesday, December 13, 2011

Deadline for reservations and payment is December 5, 2011.

Time: 6:30 p.m.—Hors d'oeuvres and Cash Bar
7:30 p.m.—Dinner

Place: Pine Forest Country Club
18003 Clay Road, Houston, TX 77084

Menu: Entrée Choices: Includes salad, rolls, tea, coffee and dessert (Banana Pudding)

1. 5 oz. Filet Mignon with Béarnaise (chargrilled medium-medium rare). Served with garlic mashed potatoes and seasoned asparagus.
2. Chicken Wellington (mushroom onion chicken wrapped in a puff pastry shell). Served with a twice baked potato and seasoned asparagus.
3. Tilapia fish with light lemon butter sauce. Served with rice pilaf and asparagus tips.

Cost: \$30.00 per person (includes gratuity)

Reservations can be made by sending your check (payable to Ostomy Association of the Houston Area) to **Lorette Bauarschi, Treasurer, 3039 Rosefield, Houston, TX 77080**. Your check will serve as your reservation. Please include your entrée selection(s) with your check.

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.

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: October 17, 2011
Program: Guest Speaker: Wyly Sprague with Coloplast

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 281-420-8671
Meeting: October 3, 2011
Program: Roundtable

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: October 18, 2011
Program: Annual Picnic

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 17, 2011

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

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 address shown at the right (in the box).

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/>

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 at the top right (in the box). 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 Lorette Bauarschi, Treasurer, at 713-582-0718 or lbauarschi@sbcglobal.net or send your request to the provided address at the top right of this page.

Donation of Supplies

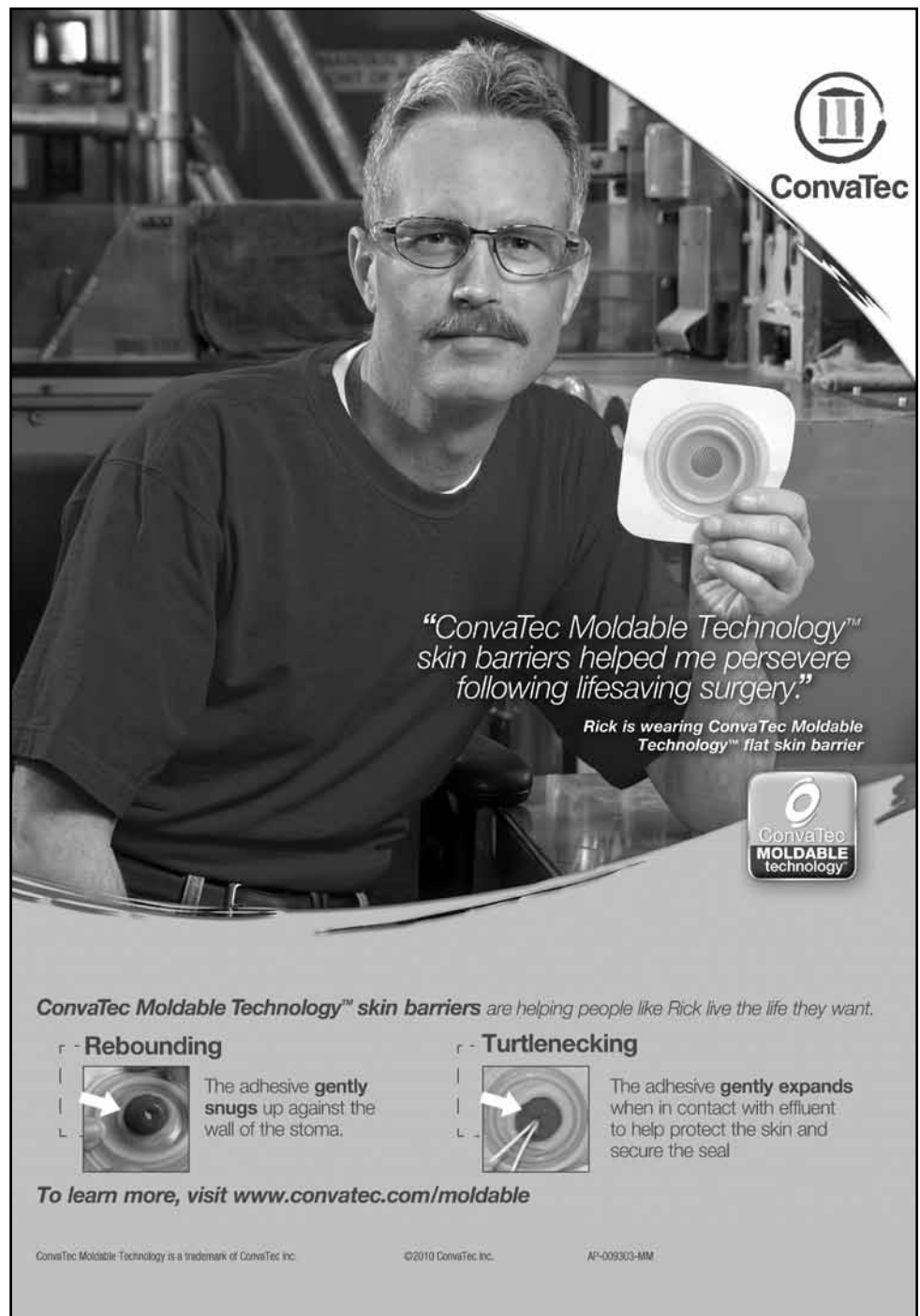
We are contacted on a regular basis by individuals who are in need of donated ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Mary Harle at 713-782-7864 with any questions.

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 address at the top right.

For Anniversary Gifts, Memorial Donations, Mailing Changes, or Sponsorships, please send all correspondence to:

Ostomy Association of the Houston Area
Attn: Lorette Bauarschi, Treasurer
P. O. Box 25164
Houston, TX 77265-5164



ConvaTec

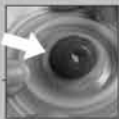
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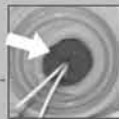
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Membership Application

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

☐ ET 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,
Monthly Newsletter*



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