



October 2013

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

Cincinnati Police Apologize for Comments on Colostomy Bags

A major drama played out recently in the online ostomy community regarding comments by a Cincinnati police officer that offended many ostomates. The incident began on July 5, 2013 when a news story on Cincinnati TV station WCPO described a Cincinnati police program intended to curb juvenile violence by forcing gang members to see "gruesome photos" of gunshot survivors who must wear colostomy bags. In this story, a police officer was seen on camera saying, "You're not killed, but you're walking around with a colostomy bag and that's just not the way to get a girl's attention by limping down Warsaw Avenue with a colostomy bag."

The effort to reduce gun violence was well-intended, but this unfortunate depiction of ostomates resulted in a huge groundswell of activity through Social Media with the goal of obtaining a formal, public apology from the Cincinnati police department. This campaign was coordinated at the local level by the Greater Cincinnati Ostomy Association, UOAA's affiliated support group in Cincinnati, and at the national level by Doug Yakich, who has become UOAA's New Social Media Chair. To gather support, Doug posted a CNN iReport and a petition on Change.org that collected more than 2,700 signatures.

The Cincinnati police did issue an official apology. This was announced by Doug Yakich during the closing ceremony at UOAA's National Conference in Jacksonville, Florida on August 10, 2013. See a YouTube video of that announcement at:

www.youtube.com/watch?v=t4yYI9Q1v5g

For more information, see UOAA's page on the incident at http://www.ostomy.org/communications/cincinnati_police_apologize_colostomy_comments.shtml and the Cincinnati Ostomy Association's page www.mygcoa.org/index2.html

Ostomy Support Belts and Underwear Alternatives

By GROA, MI and Metro Maryland Ostomy Association, Inc.

OSTomysecrets is ostomy underwear and ostomy undergarments help you to regain confidence and conceal and support your ostomy bag. Ostomysecrets was first made by the founder for herself after her ostomy. There are many options for kids, men and women:

- Keeps ostomy pouch supported & flat against your stomach; allowing you to wear tailored clothing.
- Completely covers the pouch up to the base of your skin barrier, reducing friction between the pouch & your skin.
- Supports the weight of the pouch as it fills, providing you with additional security and confidence.
- Smoothes "bumps" as the pouch fills, making them less noticeable.

(Continued on page 3)

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 281-485-1961.

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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

For our September meeting, we had 18 members present and four guests. We were happy to welcome Charlene Randall, RN, BSN, CWOCN. Our speaker was Tu-Nhi Ho Pharm.D. with Admixrx Compounding Pharmacy (www.odmixrx.com). It was fascinating to learn about the all possibilities that a compounding pharmacy can provide. For ostomates, and others with swallowing problems for example, medications can be remade as liquids, topical sprays and creams, suppositories, or lollipops. For ileostomates in particular, short bowels don't get the full benefit of time release medication. She suggested taking the non-time release version more frequently or increasing a dosage to the point the correct amount is absorbed in the shorter time with the help of your doctor and pharmacist. If a medication is discontinued, a compounding pharmacist can create the medication with a prescription from your doctor. If you have difficulty with a medication, have your doctor consider the alternative delivery systems that can be created by a compounding pharmacy.

Our speaker next month is Saravang "Sam" Dalal, physical therapist.

We voted on the UOAA directors. I will combine our results with the satellites and submit.

It has been eight years since the group reorganized as a 501c3 and this is our first change to the bylaws adopted at that time. The changes have been needed to better represent the actual workings of the Board and to remove language restricting officer duties to the Central group. We have had requests to start groups in other areas of town over the years. By making these changes, the Board should be better situated to start and manage additional satellites, if the situation arises. Here are some of the updates.

- One issue we will always have is getting enough volunteers for all the positions. To that end, we are making the number of Directors 7–9 instead of requiring 9.
- The duties of the 1st Vice President to plan the meetings for the Central group were eliminated.
- We are removing the office of 2nd Vice President as it was primarily charged with Central hospitality.
- The clause requiring a Medical Advisory Board was removed. UOAA does not require this clause in their affiliation rules. Our policy is to have a WOC nurse participate in our meetings and be on hand for their expertise and questions beyond the scope of the support group members.

Please review the bylaws and let me know if you have concerns or questions. At the October meetings, we would like to have a vote of approval from the membership. A copy of the Bylaws is at www.ostomyhouston.org. Find the link toward the bottom of the About Us page. Please contact one of the officers if you have any questions about the changes.

With regret, we noted the passing of Clarice E. Kennedy, CET. Clarice worked with this group for almost 40 years. Her guidance and perseverance were key in assuring ostomates in the Houston area would have the support they needed to overcome problems and learn to live life to the fullest. We have included Clarice's obituary and a eulogy from one of her patients in this newsletter. There is Guest Book on the Chronicle web site where messages can be sent to her family.

Best regards,

Denise Parsons, President, OAHA
713-824-8841

Baytown Group News

Craig Baham, Territory Manager for ConvaTec was the presenter for September's meeting. Craig joined the company four months ago and although he lives in the Houston area, he been busy travelling and learning his new "territory" as a representative for ConvaTec. Craig made an easy connection with the group reaching out to each member to find out how their current pouching system is working and asking about the challenges they are facing on a daily basis. This approach fostered several lively discussions during the evening. It seems that some folks are "a work in progress" and others are quite satisfied with their pouching system. Whether you are satisfied or still looking for "just the right thing" for your ostomy care, keeping yourself informed about the options is always smart!

Craig was able to share news of a couple of new products that will be available soon in the Sensicare line—an adhesive releaser and an adhesive remover. These products are exciting developments in the ostomy world.

We appreciate Craig making time for our support group and we look forward to working closely with him in the future! The next regularly scheduled meeting is Monday, October 7 at 6 p.m.! We hope you will join us.

Cindy Barefield, RN, CWOCN
281-428-3033

Please review our bylaw changes (Central Group News) and be prepared to vote at the October meeting.

Northwest Group News

Sixteen people were in attendance to hear seasoned favorite Dr. "Chip" Winkel III. Dr. Winkel is an experienced Urologist and Surgeon at the Northwest Medical Center. This year he added an additional title of Chief of Staff. Like a blue chip stock, Dr. Winkel never fails to deliver an informative and inspiring lecture on multiple topics while remaining open to questions. This time he addressed the history of urological ostomies and many related subjects. Thank you Dr. Winkel! It was great to see Gay Nell and other group favorites.

Our next program is the annual picnic on October 15. If you have not signed up to bring a dish, contact one of the coordinators below before October 15.

Craig Cooper
281-948-6883

Tony Romeo
281-537-0681

Annual Holiday Dinner Party

Date: Tuesday, December 10, 2013

Deadline for reservations and payment is 12/3/13.

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 (Lemon Meringue Pie)

1. Chicken Seasoned Oscar, steamed asparagus, sauteed jumbo lump crab meat
2. Seafood-Stuffed Flounder with lobster beurre blanc
3. 5 oz Filet Mignon with Béarnaise sauce

Cost: \$32.00 per person (includes gratuity)

Reservations can be made by sending your check (payable to Ostomy Association of the Houston Area) to **Ron Cerreta, 1218 Pelican Hill Court, Katy, TX 77494**. 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.



Ostomy Support Belts and Underwear Alternatives

(continued from page 1)

- Prevents pouch from "swinging" under clothing.
- May be used for right-sided and/or left-sided ostomies. To order online, www.ostomysecrets.com or call 877-613- 6246

Smarty Pants is a line of underwear for active women designed as an alternative to conventional underwear and the thong. Similar in appearance to bike shorts, Smarty Pants features comfortable style, a sleek fit, and a high-performance, wicking fabric. Ostomy patients and others with disabilities looking for a workable underwear alternative enjoy the comfort of Smarty Pants. They may be worn under workout wear, shorts breeches and wetsuits as well as casual wear. To order online, www.smartypantsunderwear.com or call 831-476- 9327.

Dignity Belt is Comfort—Discretion—Protection. These three fundamental principles guide the design of the dignity ostomy belt. The Dignity belt was designed by ostomates for ostomates. The belt is seamless, breathable, comfortable belt and protects your ostomy appliance inside a low-profile, zippered, fabric pouch. The belt supports and conceals the ostomy appliance around the waist and underneath clothing. Additional features of the belt include a fabric, elastic waistband and its extra rear utility pouch for spare supplie—all designed with your comfort and discretion in mind. To order online, www.azzbackwards.com or call 1-952-583-8030.

The Stealth Belt ostomy support belt is custom-designed to provide excellent support, privacy, and protection for people of all ages and sizes. Each belt is made to fit a specific one's stoma size, ostomy bag size and waist measurements. Stealth Belt works by supporting an ostomy bag securely against your body while being fully concealed inside a zippered compartment. The zippered access makes for easy cleaning and draining without the need to take off the Stealth Belt. The Stealth Belt Pro has been designed to withstand sports such as wakeboarding, surfing, hiking, marathons and even skydiving. To order online, www.stealthbelt.com or call 1-800-237-4491.



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

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 21, 2013**
Program: **Guest Speaker: Saravang "Sam" Dalal**, physical therapist.

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: **October 7, 2013**
Program: **Quality of Life for People with an Ostomy: What's Your Score?**

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 15, 2013**
Program: **Annual Picnic**

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: **October 21, 2013**

Monthly support and information meetings are held in three locations for member convenience.

Osto Group www.ostogroup.org

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of America (UOAA)
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11/11 SG HLFAC

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 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.

Donation of Supplies

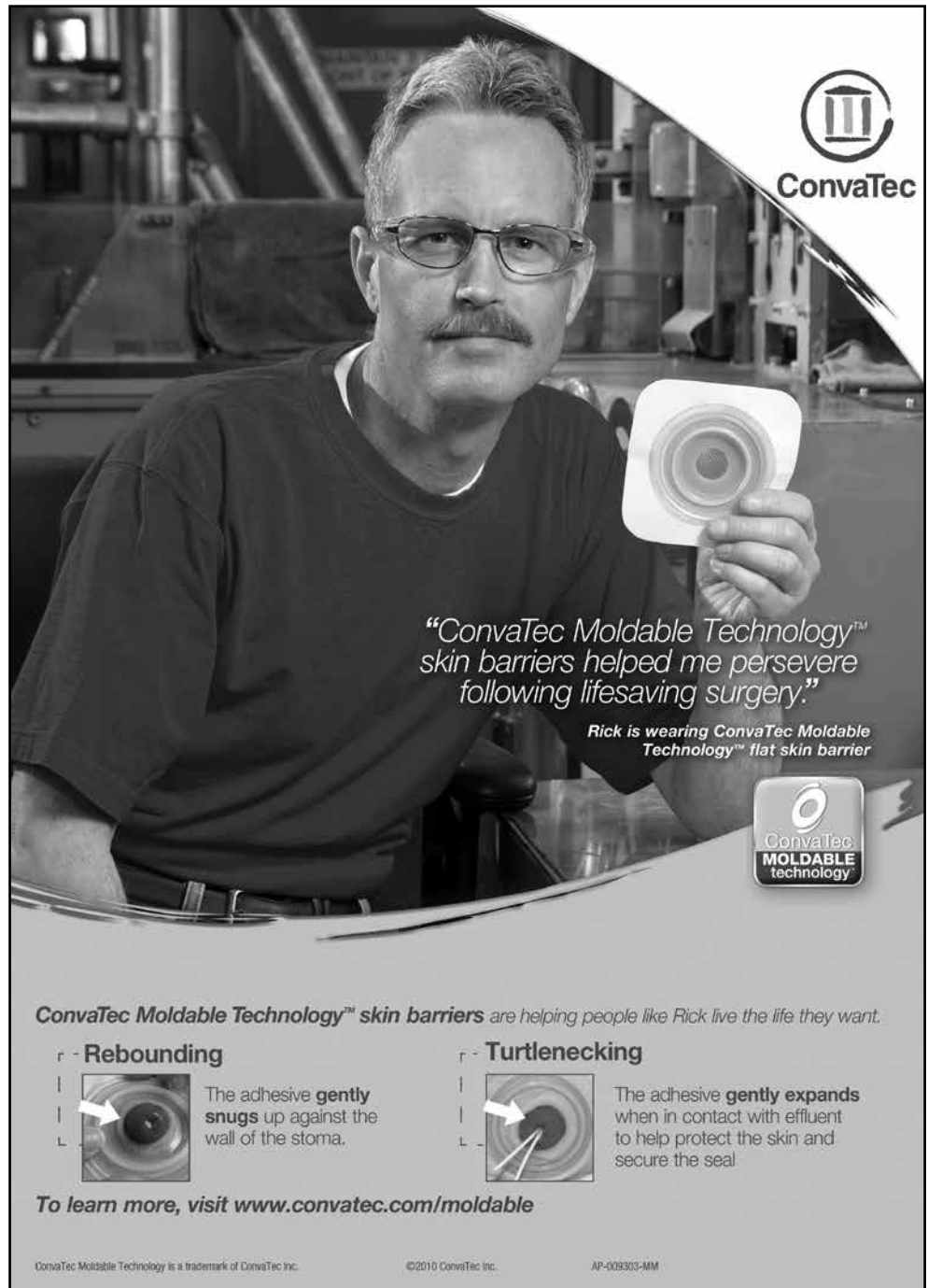
We are contacted on a regular basis by individuals who are in need of donated ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Elaine Anderson at 713-529-2724 or send email to thomasj744@yahoo.com with any questions.

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.)

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



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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/>

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,
Monthly Newsletter*



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KENNEDY



CLARICE E. KENNEDY, 81, passed away on September 10, 2013, after a long battle with liver disease. Originally from Mercedes, Texas, Clarice called Houston home for many years. Her daughter Melanie shared that she was at peace at the time of her death.

Clarice E. Kennedy is survived by daughters Deborah Harmon and, Melanie Halcrow and fiancé Rusty Raup; grandchildren Kevin Harmon and wife Krissy, Dane Harmon, Kiera Harmon and fiancé Troy Hawkins, Michael Lee Romero and wife Melissa, great grandchildren Leighton Blake and Logan.

Clarice graduated from Breckenridge High School and completed college as well in San Antonio, Texas. Her greatest achievement though was turning her ostomy surgery into a life-sustaining gift to others. When Clarice underwent her surgery in December of 1970, there was little support available outside of her doctors and the Ostomy Association of the Houston Area. Clarice decided with encouragement from her doctors, to train and become a Certified Enterostomal Therapist. This new specialty care breed was just developing across the nation. Clarice completed her training in 1974 and became the 3rd C. E.T. in Houston, Texas.

Clarice has lectured and provided training to a cross section of the medical community in addition to maintaining her own practice for over twenty-seven years. For several years, she was a representative for Stomocur Ostomy and Wound Care products. She served with dedication and devotion to the Ostomy Association of the Houston Area (OAHA) and at times, personally supported the group by carrying multiple roles just to keep it going during the lean years.

OAHA Past President Ed Wood states, "I would say that she [Clarice] is the main reason many of us are involved with the support group. Having had her help us through the phases of being an ostomate, many of us want to show our appreciation by helping

keep the support group going and give back to others. She is always the one to contact when you are having problems that you do not know how to handle. We are very fortunate to have crossed paths with Clarice."

Clarice was recognized and honored many times over by the United Ostomy Association, medical community and our own association as they awarded her a lifetime membership. Clarice served on our Board of Directors in an advisory role. She was also a keynote speaker at many local and national conferences.

Clarice saw hundreds of patients over a three-decade period and provided custom service and support to each of them. She served in all leadership roles except Treasurer for the Ostomy Association of the Houston Area. She was listed on the Board of Directors, Medical Advisory Board, and WOCN and ET Directory the newsletter, in addition to her website Q&A section 'Ask The ET' on our home page at www.ostomyhouston.org. She has authored and published several articles related to ostomy and ostomy care.

The most important thing she wanted new ostomates to realize is that having an ostomy does not mean that you cannot lead a normal life. She often said, "I have devoted much of my life in helping my patients and others learn to live life with an ostomy." Clarice will be missed by us all.

Visitation will be held on Friday, September 13, 2013, from 5:00 p.m. to 8:00 p.m. at the Canon Funeral Home on 1420 Farr Street, Waller, 77484, phone (936) 372-3683.

A Memorial / Celebration of Life service will be held on Saturday, September 14, 2013, service time pending, at the Fleetwood Church of Christ on 15935 Katy Freeway, Houston, TX 77094, phone (281) 492-1219.

The family requests that donations be made to the Fleetwood Church of Christ or to the Ostomy Association of the Houston Area at P.O. Box 25164, Houston, TX 77265-5164 in lieu of flowers.



Clarice E. Kennedy, C.E.T., was honored at the 2011 South Central Region WOCN Conference in San Antonio, Texas (L-R) Janet M. Davis, Clarice Kennedy, and Coni Ellis

Here's one of Clarice's columns from 2008...

ASK THE ET

By Clarice Kennedy

1. Obtain a prescription from your physician that states that you must take your ostomy supplies and any medications you routinely take in your carry on luggage when flying. Never pack them in your stored luggage.
2. Always take more ostomy supplies than you anticipate needing when traveling by car or airplane. You never know about delays when flying or driving on a trip. It is best to play it safe and take more than you need.
3. Request an aisle seat when flying if possible. This is especially important if you are on a lengthy international flight.
4. It is best to drink bottled water even if you are just traveling within your own state or to another state in the U.S. It is extremely important that you do not drink water from a faucet when traveling internationally.
5. When traveling by car, keep your ostomy supplies inside the car. DO NOT put them in the trunk especially in hot weather. It is important that even if you are not traveling but just want to keep some extra ostomy supplies with you that you keep them in the car and take them out when you reach your destination. This is especially important in hot climates.
6. Take an air freshener with you when visiting friends or relatives to use in the bathroom especially if you have to share the bathroom with others. There are small containers of these types of products that make it discreet for you to use when needed in the bathroom after you empty your pouch.
7. Take discreet plastic bags (most ostomy manufacturers have these either sold separately or provided with their closed end or drainable pouches). These are made in dark colors that keep the contents from being visible.

Remembrance of Clarice Kennedy

Hello, my name is Lorette Bauarschi, and I am so honored to speak in memory of our beloved Clarice. I was her patient, I was her fellow Board member of the Ostomy Association of the Houston Area, and I was her friend.

I met Clarice about 10 years ago. I was scheduled for ostomy surgery after many years of illness, and I had been referred to Clarice by my doctors. Before surgery, I met with her and she explained what was going to happen and took hours to very precisely mark on my abdomen my surgery site. She told me that she would be there for me afterwards.

Those of you who know me know that I am a pretty independent and self-sufficient person (maybe also a little stubborn). So, I didn't think much of her offer. I had done my research and I was ready.

Well, "Miss Smarty Pants" was in for a surprise. After surgery, I was sick, in pain and in a daze from the medications. I was at a complete loss as to how I was going to handle my new life. I'll admit I was a pretty cranky patient. Clarice came to my parents' house (where I was staying) and helped me with my appliance and gave me some tips. This was so important—it was, in fact, essential. The doctors do a good job of operating on you, but then sort of say "go forth" and live your new, healthy life. Clarice gave me the tools to do so.

But, she did something else too. After we were finished with my business, she sat me down and gave me a good talking to. I don't remember exactly what she said, but it was along the lines of:

- Stop your whining
- Stop feeling sorry for yourself
- Be grateful that you have had good medical care and a surgery that will save your life
- Be patient and give yourself time to heal and you will have a wonderful, healthy life going forward.

I was a little shocked. After all, I was in the middle of a major pity party. But, it was exactly what I needed to hear and exactly what helped me to move forward.

And that was Clarice. She helped people. Specifically, she helped ostomates. It's hard to explain to people who haven't experienced this surgery, how lost and scared you are afterwards (no matter how tough you think you are). It is not an overstatement to say that Clarice was, to me and to many, many others, a life-saver.

As many of you know, Clarice had ostomy surgery in the 1970's 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 and began a career (really, it was a calling) helping ostomates. And, because of her experience and because of her kindness, compassion and empathy, she was uniquely qualified to do so.

She became involved with an ostomy support group now known as the Ostomy Association of the Houston Area. In fact, she singlehandedly 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. And she stayed involved with the group even after she started to have more and more health problems and after we all encouraged her to slow down and take a break. She would always say, "But, I can help."

And she did. In almost every support group meeting, someone would tell a story of how Clarice helped them, or someone would say "I don't know what I would have done without Clarice," or one of the organization's officers would refer a new attendee to Clarice. She always found a way to help, with even the most difficult problems—those that were physical or mechanical, and those that were emotional.

Furthermore, she inspired the rest of us to do our best to do what we could to help our fellow ostomates. And she wasn't beyond using a little guilt trip here and there to "encourage" us to become and to stay involved in the group.

I also want to mention how instrumental Clarice was in the organizational aspects of our group. Our mission is to support and educate ostomates. But, there is quite a bit of work that goes on behind the scenes to make our organization successful.

I remember one difficult Board meeting on a Saturday afternoon. Our longtime President was ready to step down after many years of dedicated service, and no one was willing to volunteer to take his place. The Board hashed it out for over an hour with no resolution. Clarice just quietly listened to us, and then she started speaking. Again, I don't remember exactly what she said, but in a matter of minutes, we had a whole slate of officers ready to serve for the next two to four years. Clarice excused herself to go see a patient, and the rest of us sat there staring at each other asking "how did that just happen?" She was masterful.

I think it's human nature to wonder what our legacy will be when we pass on. I think Clarice knew (I hope she knew) what her legacy would be—at least to us. She was an angel, a life-saver, a teacher, a friend. She made a difference in our lives, and we will truly miss her.