

# 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](http://www.ostomyhouston.org)

## Get Back to Exercising After Ostomy Surgery

*By Coloplast Customer Care, featured on [ostomyconnection.com](http://ostomyconnection.com)*

In the months after your surgery, exercising can really help speed up recovery, as the physical activity gives you more energy and makes you stronger and better prepared to deal with illnesses. Also, exercise can prevent complications related to sitting or lying down too long.

### Are there limits to what I can do?

Until your ostomy and abdominal area are fully healed, physical activities can put you at risk for a hernia. A parastomal hernia is a bulge that forms if the bowel is pushed through a weak area in the abdominal wall, which normally holds the bowel in place.

To reduce the risk of a hernia, you should avoid any kind of heavy lifting (anything more than 7-8 pounds, really) for the first six weeks after your surgery.



### What is a good exercise I can start with?

Walking is a good way to start; it is an easy, gentle way to get back into exercise. Even though you may be used to playing sports, it  
*(Continued on page 3)*

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.

### In This Issue

Getting Back to Exercising After Ostomy Surgery .....	1
Group News.....	2-3
WOC Nurse Directory.....	4
<b>Meeting Dates/Times</b> .....	5
Advertising, Support .....	5-7
Membership Information.....	7
Contact Information .....	8



## 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:** The Health Museum of Houston (*free parking*)  
1515 Hermann Dr., Houston, TX 77004

**RSVP: RSVP TO RESERVE MUSEUM TICKETS AND FREE PARKING**—All are welcome! We will send out evites 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 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!"

### 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.

## Central Group News

At our September meeting, we welcomed Kerrienne Pelzl, the Houston Ostomy Territory Manager for ConvaTec. She shared several new and revised products (including items from Ostomy Secrets) and answered quite a few questions from our members. She also reminded us that to celebrate Ostomy Awareness Day on October 1st and to support the UOAA, we should buy a limited edition t-shirt for \$5.00. The link to purchase the t-shirt is <https://www.ostomysecrets.com/ostomysecrets/unisex/ostomy-awareness-day-t-shirt/c-26/c-465/p-1543>. Order soon because supplies are limited.

As a reminder, our 60th Anniversary celebration is scheduled for October 9, 2016, 1:00-4:00 pm at the The Health Museum of Houston. If you haven't already, please RSVP to Denise Parsons at [rockynme@aol.com](mailto:rockynme@aol.com) or 713-824-8841. There will be light refreshments, a vendor fair and other fun activities. We can't wait to see you there!

If you can't come to our party, or even if you can, please consider making a cash donation to the OAHA to commemorate our 60th anniversary. We are a small organization run by volunteers and we try to make every dollar count in achieving our mission of helping others to help themselves. Thank you in advance!

The OAHA had a table at the 2016 Wound and Ostomy Symposium for nurses at Houston Methodist Hospital on September 24th. I attended with Jerry Wood (who generously stepped in for his father, Ed Wood, who was a little under the weather). We were very happy to spread the news about our support group to the nurses who deal directly with new and future ostomates. We handed out newsletters and informative handouts on ostomies. Thanks to Methodist Hospital for having us.

**REMINDER:** 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. Please submit your story. 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 October 17. We will have a roundtable discussion, so please bring your questions and comments. I look forward to seeing you!

Regards,

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

## Northwest Group News

A half dozen or so attended the September meeting. The program presenter was Kerrienne Pelzl with Convatec. She provided a hands-on informative talk on new and improved products. Kerrienne's program was laced with wonderful stories and special shares that kept everyone's attention.

Convatec, Ostomy Secrets and others teamed up to provide budget friendly t-shirts in support of Ostomy Awareness Day (October 1, 2016). Ed Wood forwarded an email on this great deal.

Group discussion was diverse following the program. It began slowly with colostomy liners and moved into hot topics involving the Enron collapse, fracking practices and other news.

We continue to miss and pray for Suzanne, Jane, Gen, Carl, Gaynell, Paul, Craig and others.

There will be no October meeting and all are encouraged to attend the 60th Anniversary Celebration. Details can be found on the website and previous newsletters.

**Billy Locke** 337-515-6354

## When to Contact a WOC Nurse

*By Julie Powell, WOC Nurse*

Living with an ostomy can be a bit challenging at times. One of the most important things to remember is that everyone's ostomy is different. The following are reasons to contact a WOC nurse for advice:

- A change in the size or appearance of the stoma.
- Skin problems around the stoma including a rash, open sores, redness or weeping.
- Ongoing leakage of the pouching system.
- Weight gain or loss that may cause difficulty with pouching system.
- A cut in the stoma.
- Difficulty in getting an appliance to secure to the skin around the stoma.
- General questions regarding ostomy care and management. Issues may revolve around diet, bathing, activity, odor, diet and travel.
- Contemplating a change in pouching system.

## Baytown Group News

In September, we were fortunate to have a new ostomate and his spouse attend our Roundtable presentation. The discussion from the group reminded me of a presentation at the 2010 WOCN/ WCET Joint Conference in Phoenix, Arizona which still resonates with me today.

“Beyond Post-op Complications: Living with An Ostomy” presented by Ruth Bryant RN, MSN, CWOCN focused on the components for “adaptation” of the new ostomate. They include:

- Resume self-care
- Return to routine ADL's
- Recognizes “problems”
- Satisfied with Quality of Life
- Return to work
- Responsible for self-care
- Seeks appropriate help
- Sexual relationship satisfying

As I facilitated the Baytown group, I noticed that much of the discussion focused on recognition of problems. As the study found, up to 71% of patients with an ileostomy and 43% of patients with a colostomy experience stomal and peristomal complications. I believe that support group attendance can make a great impact in this area. Those who attend support group are educated to recognize “problems” and are given information about how to treat them. You are also given access to an ostomy nurse and other resources you may need. Support group members feel empowered from this information and by the opportunity to share experiences with each other.

Bryant reminds us that successful adaptation is affected by self-efficacy (belief in one's ability to succeed in specific situations or accomplish a task), psychological support, social support, involvement of an ostomy care nurse and time. Four of these five components for successful adaptation are provided with support group attendance! In the coming months, we have presentations by a Houston Methodist San Jacinto dietitian and a physical therapist. In addition to information and updates, these topics help with adaptation towards self-care and quality of life.

I hope you will make an effort to join us!

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

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



The **United Ostomy Associations of America (UOAA)**  
can be contacted at:  
**www.ostomy.org** or **800-826-0826**

## 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** for updates on all the ways to get involved.



## Get Back to Exercising After Ostomy Surgery

*(continued from page 1)*

can be a good idea to start out slowly—especially if you recently had your surgery.

Whether you walk inside (*i.e.* up and down stairs), or outside in the fresh air, it is an activity that you can gradually increase in both speed and distance. And soon your strength and endurance will return and you'll be ready to do more challenging exercise, just like before.

Note: Check with your doctor or your Wound, Ostomy, Continence (WOC) Nurse before you start exercising, or increase activity level. What's good for one person may be too much for someone else.

### How can I motivate myself to get started exercising?

It is never easy to start a new habit. But if you sense that your mind is trying to make excuses before you start exercising, try to make a point of not listening to the excuse and act on your decision instead. Instead, listen very carefully to your body afterwards—almost everyone feels better after exercise.

*This article was featured on OstomyConnection.com, A Hub for Ostomates.*

*This information is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis.*



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**WOC Nurse Directory**

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

Charlene Randall, RN, CWOCN (713) 465-8497  
 Specialty Wound & Ostomy Nursing, Inc.  
 charlene@swoni.com

Pat Thompson RN, BSN, CWON (281) 397-2799  
 Pat.thompson@tenethealth.com

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## Central Group

**Monthly:** Third Monday of the month  
**Date:** **October 17, 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:** **Roundtable Discussion**

## Baytown Group

**Monthly:** Second Monday of the month  
**Date:** **NO MEETING THIS MONTH DUE TO 60TH ANNIVERSARY CELEBRATION**  
**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

## Northwest Group

**Monthly:** Third Wednesday of the month  
**Date:** **NO MEETING THIS MONTH DUE TO 60TH ANNIVERSARY CELEBRATION**  
**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

## J-Pouch Group

**Monthly:** Third Monday of the month  
**Date:** **October 17, 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 [saltmr@sbcglobal.net](mailto:saltmr@sbcglobal.net) or send your request to the provided address below.

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

Ostomy Association of the Houston Area  
 Attn: Tony Romeo, Treasurer  
 P. O. Box 25164  
 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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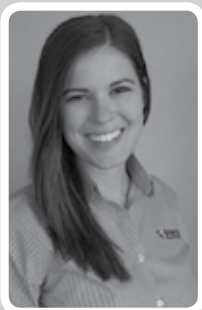
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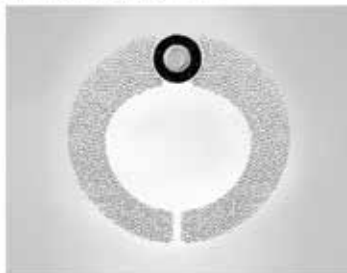
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Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown.	
Dues of <b>\$25.00 per year</b> are payable to: <b>Ostomy Association of the Houston Area, Attention: Treasurer</b> <b>P. O. Box 25164, Houston, TX 77265-5164</b>	
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<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,  
 Monthly Newsletter*