



Ostomy Association of the Houston Area

November 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: November 19th, Monday evening

Program: Exercise and the Ostomate

Thomas Mathew, Physical Therapist, will present the program. Exercises will be demonstrated.

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: There will be no meeting in November or December. We will resume our regular monthly meetings on the 22nd of January, 2008.

Happy Holidays!!!!



**Happy
Thanksgiving
Day!!**

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: November 26th, 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: November 19th, 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

Due to the approach of a very serious looking rain storm and the possibility of street flooding in the area where our meeting takes place, we made a quick decision mid-afternoon on Monday, October 15th, to cancel our meeting that evening. We attempted to contact everyone that we thought would be planning to attend but, for those we failed to contact or didn't contact in time, I sincerely apologize; especially, if you did brave the stormy weather only to find a note on the door saying the meeting was cancelled. We did manage to contact our program speaker, Hollister Rep Spencer Jackson, before he had ordered the refreshments that he had planned to bring to the meeting that night. We will arrange to have Spencer scheduled again for sometime early in 2008.

Thomas Mathew is scheduled to give the program at our Central Group meeting on November 19th. He will be showing us a variety of exercises that we may find useful for increasing our ability to more actively participate in the things we want or need to be able to do.

At the November meeting we will also be casting our votes for 2 new or renewed board members for the National UOAA to which we of the Ostomy Association of the Houston Area belong. I am sending copies of the ballots out to each of our Satellite Group leaders so that they can participate at their November meetings and report back to me so that we can compile our total official vote count to send in to the National UOAA before November 30th.

Our Annual Christmas Dinner at Pine Forest Country Club will be held on the first Tuesday in December - 12/4. Be certain to make reservations and send payment to our Treasurer, Chuck Bouse, well before the deadline of Wednesday, November 28th. Chuck's address, information about your choice of entrée (which you will need to specify) and the cost can be found on Page 4 in this newsletter.

See you on the 19th!

Terry Marriott

The Legend of the Phoenix

By Lawrence Litwack

Revised slightly from the original, published in the OQ, Vol 3, No. 2, Spring 1966.

"For now his feathers were afire, and the top of the palm tree burst into flame. Now there was nothing left of the bird but a still glow atop the charred tree. The flow took form and the color moved; sparks renewed, assumed the shape of feathers and the gentle desert breeze blended the sparks together into the new Phoenix, tall, iridescent, magnificent. For now, his rebirth was complete. And as he rose from the flames, his song also rose like a silver clarion call proclaiming his rebirth to the world."

The legend of the Phoenix was told and retold through the ages, appearing in the literature of Greece and Rome, Arabia and China. It came to the United States to appear on the first Great Seal of the United States, the seal of the city of San Francisco and the State of Hawaii. In each case, the details vary, but the basic concept of rebirth from the fire remains constant.

Today, the name of the Phoenix appears through the universe from the Phoenix constellation in the southern hemisphere to the Phoenix Islands in the Pacific, from Phoenix, NJ to Phoenix, AZ. Always the symbols describe the bird rising from the flames.

First adopted by the Ileostomy Association of Arizona as its symbol, the Phoenix became the symbol of the United Ostomy Association in 1966. Selected by the board of directors, the Phoenix represents a fiery symbol of the spirit and feeling underlying the growth of the Association. For the ostomate, what more appropriate choice could have been made? From the ashes of despair and disease, from the fear of disability and death, from the ebb tide of physical and emotional being to the full flood of life - of hope - of health. Reborn to a life of fulfillment - of dedication - of giving to others. Although not ourselves immortal as was the legendary bird, we gain perhaps true immortality by giving of ourselves to others, so that we live on forever in the hearts and minds of others.

As the symbol of the constant renewal of spiritual values, of the flames of love and compassion of the seasonal spring of life may the Phoenix serve as a glowing, vibrant sign for each of us.

(Larry Litwack was elected the first president of the UOA and served from 1962 until 1964. He was later elected director, and honorary director. In 1967 he received the Sam Dubin Award.)

TIPS FOR TRAVELING WITH MEDICATIONS

10/07 UOAA UPDATE

KEEP your medicine with you—not in checked luggage.
BRING more than enough medicine for your trip.
REVIEW your dosage schedule with your doctor or pharmacist before you leave and discuss whether you should make allowances for changes in time zones.
KEEP a list of all your medicines and dietary supplements. ♦

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

*"Hope is not about everything
turning out okay; it is about
being okay no matter how
things turn out."*

- Carol Kodish-Butt

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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UOAA Donation (optional) \$ _____

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Send payment to: **Phoenix**
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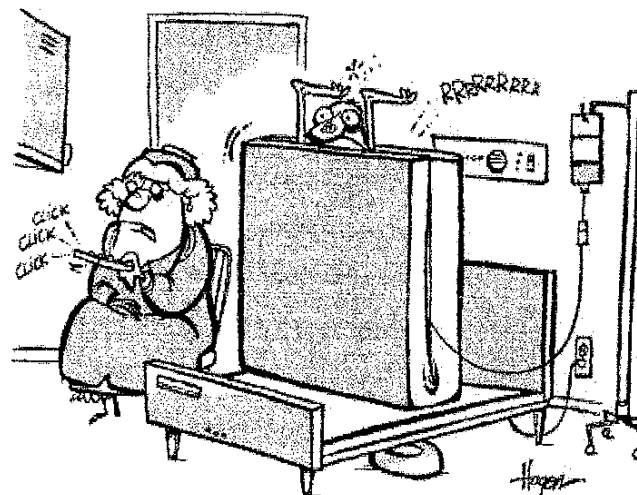
You can also
order online at
www.uoaa.org

THE MOST POWERFUL PRESCRIPTION

10/07 UOAA UPDATE

A positive attitude toward negative situations is one of the most powerful forces in the world. It not only affects how we respond to hardships and difficulties, it can actually help to change the outcome. This can be seen first hand in many ostomates and other people who have overcome potentially devastating diseases and gone on to lead full, productive, happy lives.

The physical aspect of life may be compromised greatly by illness or surgery, but with a positive mental attitude and a willingness to let go of self-pity and bitterness, life goes on and can even be enriched by a painful traumatic experience. ♦



YOU SHOULD TELL THE NURSE YOUR TV DOESN'T WORK

**DEADLINE FOR
RESERVATIONS
IS NOVEMBER
28th!!!**

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.*

EVERY DAY'S THANKSGIVIN' DAY

Incident'ly

Marjorie Kaufman

When the frost is on the punkin' and the chill is in the air,
You know Thanksgiving's comin' and it's time to say a prayer,
To thank the Lord above you for the miracles He's wrought,
'Cause you're still among the livin', and in spite of what cha got.

Sure it cost a heap in learnin', and the best is none too good;
And that silly old appliance isn't stickin' like it should,
Or it's leakin' when it shouldn't, or the changin' time's not right;
Or you find yourself in trouble in the middle of the night.

It's quiet when you're all alone, then acts up in a crowd,
And fills up like a toy balloon, or rumbles long and loud;
And when you least expect it, it can ruin your best clothes;
Or maybe you get worried wonderin' if it really shows.

When the bathroom locks are missin' you can sure feel insecure;
And sometimes when you're braggin', it's *your* smeller that is poor.
All the cleanin' and the fussin' and the airin' is a bore;
And affordin' what you're needin' might just well become a chore.

Yes, these problems will beset you; some more, but then some less;
Someday you'll laugh about 'em and you'll honestly confess,
That life is worth the livin', and stop a bit and pray,
And give your thanks and blessin', every day's THANKSGIVIN' DAY!

Reprint from The Mission Ostomy Support Group of Tucson, AZ

OSTOMY STOMAL "BUMPS"...WHAT ARE THEY?

Excerpt from article by Liz O'Connor, RN, CETN

WOCN nurses are often asked about small "bumps" which appear on a formerly smooth stoma. They can be on the surface or around the edge where the stoma base meets the skin. Most of the time these are granulomas which are benign. What should you do? Most of the time these are nothing to worry about.. Don't second guess, though. See your nurse and if he or she advises you to visit your doctor or surgeon, please do so! Occasionally these can be a manifestation of some other condition like a recurrence of Crohn's disease, for instance. Quite often a change in pouch or wafer can help resolve the problem. You can develop an allergic reaction to a particular plastic, even after using it a long time. If you are concerned about anything unusual regarding your stoma, don't fret and don't procrastinate! Pick up the telephone and make an appointment to get it checked out. Usually it is nothing to worry about. Give yourself the benefit of peace of mind. You deserve it. ♦

*"People with humility don't think less
of themselves. They just think about
themselves less."*

- Ken Blanchard

BAYTOWN SUPPORT GROUP

"Roundtable" was the focus of our meeting in September with the group actively sharing with each other! Highlights of the discussion about having an ostomy include:

- a benefit is that you now have control over something that you may not have had in the past. As a recent article in the Phoenix pointed out; in times of foul weather like the hurricane, ostomates actually fared better than those of us who were in search of bathroom facilities!
- one of the worst things is concern about odor...worry about the possibility of others detecting an odor and odor when changing and disposing of the pouch. Various products were discussed and ultimately, a product was identified that everyone wants to try—Ozium Spray Deodorant. There will be catalogs at the next meeting for those who are interested.
- most frustrating thing is uninformed healthcare professionals. For "us" – the healthcare professionals, the challenge is to identify and meet your needs with every encounter! I know as a WOCN that part of every single day is spent educating not only the lay community but those in the healthcare arena as well. It is a daunting task.

Ostomates: What I see from you is that you have met the challenge of living with an ostomy with humor, knowledge and support....the kind of support you receive from your spouse, your family, your friends and of course your fellow support group members! I am awed by your accomplishment!

We have some great programs planned in the coming months. We hope you will plan to join us – 4th Monday at 7:00 pm.

Cindy Barefield, RN, WOCN 281-420-8671

NORTHWEST GROUP HAPPENINGS

Our fall picnic was held on October 16th and a fun time was had by all. Fifteen members and guests attended. The barbecue and sausage was delicious....thank you Gay Nell.....and a big thank you also to everyone who contributed side dishes and dessert.

A card and gift certificate was presented to Ed Wood as a "thank you" for help and support during his terms as president of the Ostomy Association of the Houston Area.

There were four winners of the door prizes....3 plants and 1 scarecrow.

Our membership lists are being updated so if you have a new address, phone number, or email address, please get in touch with Tony at the number below.

We will not meet in November or December due to Thanksgiving and Christmas but will meet again in January for a roundtable discussion.

See Page 4 for details about the Christmas dinner. Happy Holidays!!

Gay Nell Faltysek
281-446-0444

Tony Romeo
281-537-0681

"Give thanks for unknown blessings already on their way."

- Native American saying

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: _____

Street Address: _____ Phone: _____

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**