



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

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
marriott@rice.edu
Meeting: **Monday, November 16, 2009**
Program: **Attendees share info on recent UOAA
Conference in New Orleans, LA**

Baytown Group

Monthly: First Monday
Time: 7:00 p.m.
Place: Community Room in Lobby of San Jacinto
Methodist Hospital
4401 Garth Road, Baytown
Contact: Cindy Barefield 281-420-8671
Meeting: **Monday, November 2, 2009**
Program: **"Stress Management for the Holidays"
presentation by Chaplain Linda Tolon**

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
sal1mr@sbcglobal.net
Meeting: **Tuesday, November 17, 2009**
Program: **Roundtable discussion on pouching techniques**

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: **Monday, November 16, 2009**
Program: **General Discussion**

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.

***Don't forget! Send in your reservation for the
Annual Holiday Dinner Party! (see page 3)***

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Central Group News

We had 25 in attendance at the Central Group meeting for the presentation by Polly Burleson who is a sales representative with Convatec. Polly showed us all of the new equipment available from Convatec and told us about their continuing efforts to improve their products. She told us that Convatec is no longer owned by Bristol-Myers Squibb the company that created Convatec back in 1978; Convatec is now a separate company which means it can be more responsive to customer needs. One thing Polly said that they are doing is updating their manufacturing equipment with some computerized equipment that will allow customization of any line of products. Such as, a line of pouches that has not previously been manufactured with gas filters could be set to run a limited batch of the pouches with filters for a specific order. She said the new equipment should be in use sometime after the first of the new year 2010.

Polly answered numerous questions from the people at the meeting including two first time visitors who may become members, Robert S. and Marge L. We also had an RN visitor from University of Texas Medical Branch in Galveston who is a graduate student working on her Masters Degree and is doing research on support groups for ostomy and wound care patients in the Houston and Galveston area.

We did do our election for the UOAA National and the following individuals were voted in by acclamation since they are running unopposed.

Dave Rudzin—President Elect (2 year term)
 LeeAnn Barcus—Vice President (2 year term)
 Scott Bowling—Treasurer (3 year term)
 Carol Haack—Secretary (3 year term)

The election for Board of Directors (2 year term) vote for only 2 had our 16 attending members voting as follows:

Susan Burns	15
Harvey Shatz	5
Steve Strizic	12

These votes will be tallied with our Satellite Group votes according to the formula that the National UOAA sent out to ratio our meeting votes to be equivalent to our total 112 votes/members registered.

Don't forget to get your menu preference reservations and money in for the Holiday Dinner at Pine Forest Country Club that will be on Tuesday, December 8th. See you all on November 16th.

Terry Marriott

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

Baytown Group News

In October, Baytown Support Group gathered for Roundtable. We opened the meeting with info on the Event for Youth Rally Fundraising. Macy's is sponsoring the "Shop for a Cause Event" on Saturday, October 17 (also happens to be World Ostomy Day). All proceeds from the \$5 passes go to the Youth Rally Organization. **Baytown raised \$100—thanks to everyone who supported this event!**

The group reviewed the information on individuals running for UOAA National Board of Directors. The group was impressed by the accomplishments of each person offering to volunteer their talents to the UOAA organization. Vote was by secret ballot and was submitted to local UOAA president, Terry Marriott.

The group had news from members not in attendance. Get-well cards were sent around for signatures for those in the hospital and for those recovering at home. We miss you all!

A new ostomate had the benefit of group support for questions and concerns about his recent experience. In addition, the impact that having an ostomy can have on a relationship was explored by the group as they shared their thoughts and feelings about their own experiences.

Next month, we have an awesome introduction to the holiday season. Chaplain Linda Tolon is scheduled for a presentation on Stress Management for the Holidays. Plan to attend—as always, it's the 1st Monday of the month. We hope to see you there.

Cindy Barefield, RN, WOCN
 281-420-8671

Northwest Group News

The Northwest Group enjoyed a wonderful meal and fellowship during their annual potluck picnic. Barbeque beef and chicken surrounded by homemade sides and desserts were enjoyed by the 14 attendees. Jane, Fred and Patti missed out on Tony's scratch banana cake with cream cheese icing. Gay Nell donated a combination of holiday decorations and pot plants for prizes and six winners' names were drawn.

The next meeting is on November 17, 2009, and will feature a roundtable discussion on personal pouching techniques from members.

Gay Nell Faltyssek
 281-446-0444

Tony Romeo
 281-537-0681

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.

Skin Care—Treatment or Protectant?

*By Gene Galindo, Nu-Hope Laboratories
Reprinted with Permission from Bradley Galindo,
Nu-Hope Laboratories*

Skin care products fit into three groups according to the skin need they are designed to serve. The first group, a thin, temporary protective layer, is formulated to alleviate any existing skin condition. They include mercurochrome methyolate, bactine, tincture or benzoin, and various skin creams which are absorbed into the skin.

The second group is designed to provide a shield or barrier to a selected area of skin. Skin barrier products are recommended most often for ileostomies, urinary diversion and other heavily fluid applications. The length of "barrier life" varies according to how they are used. Many are made with karaya, pectin or cellulose. The karaya base barriers are excellent for solid applications, but dissolve rather rapidly when used for urine or fluids (such as, an ileostomy). Pectin or cellulose-based products hold up longer when used with either fluids or solids and provide a longer appliance wearing time. Pectin or cellulose-based products will often cause a stickiness inside the appliance.

The third and newest products are colymers which lay down a plastic coating to smoother skin irritations. They are especially effective in providing a long-lasting film barrier to liquids and solids which otherwise would invade and irritate the skin area requiring protection. Colymer products provide excellent

Attention Phoenix Subscribers

Please bring your back issues to meetings. We are going to recycle them into new member and visitor information kits.

protective life in both solid and fluid applications and do not leave any stick residue in the appliance.

Whichever skin product is used, it is absolutely essential that the appliance be properly fitted, not only for a snug fit around the stoma, but also for the contouring of the base plate. Whichever skin care product is used to protect the skin from enzymes of fecal effluent or alkaline condition from urine, excessive exposure around the stoma will cause a premature breakdown of the skin barrier product.

These skin barriers are meant to go directly on the skin and other skin treatment products should not be applied because they will interfere with proper adherence of the skin barriers.

If the appliance cements to the skin, only apply a small ring ($\frac{1}{4}$ " to $\frac{1}{2}$ ") of skin barrier around the stoma. This allows the appliance pad to fasten directly and securely to the skin and protects the stoma barrier in any external water situation such as bathing or swimming.

If you have any questions or problems in the use of skin barrier products, contact your Ostomy Nurse or ostomy supply dealer for specific advice.

Annual Holiday Dinner Party

Date: Tuesday, December 8, 2009

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 (key lime pie)

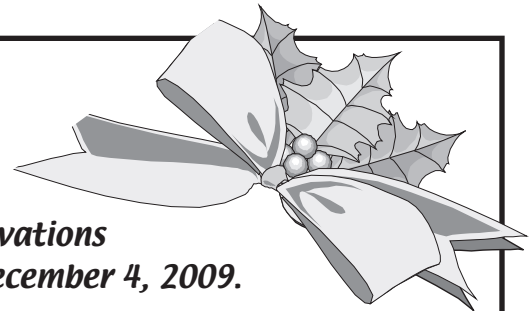
1. 5 oz. Filet Mignon with Béarnaise (chargrilled). Served with garlic mashed potatoes and seasoned asparagus.
2. Chicken Oscar (chicken stuffed with caramelized crabmeat, asparagus, Boursin cheese and lobster sauce.)
3. Rainbow Trout Meuniere (sauteed trout with light lemon butter sauce). Served with rice pilaf and seasoned asparagus.

Cost: \$28.00 per person (includes gratuity)

Reservations can be made by sending your check (payable to Ostomy Association of the Houston Area) to Lorette Bauarschi, Treasurer, P. O. Box 25164, Houston, TX 77265-5164. 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) or email him at marriot@rice.edu.

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.



**Deadline for reservations
and payment is December 4, 2009.**

Local 'Mate Submits Winning Photo

Monica Grimes submitted a photograph of herself surfing in Hawaii to the Hollister 2009 World Ostomy Day Photo Contest and **won!** Photographs showing ostomates living life to the fullest in every way were the basis for this year's theme 'Reaching Out.' A world-wide event, 20 photographs were selected as final winners. Individual winners will receive a certificate and their chapters will receive a \$250 cash donation. Each chapter will be provided with a CD-ROM of the winning photographs.



Monica submitted this photograph as her way of saying thanks for "all of the support that the group gave when I went through the emotional decision to have my surgery." She wanted to show that "ostomates can lead active lives." Monica certainly represents that image by working full time and being a devoted mother of two young children.

Congratulations Monica!

A Little Humor From Bee

Courtesy Central Texas Ostomy Support Group

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted with a set of hearing aids that allowed the gentleman to hear 100%.

The elderly gentleman went back in a month to the doctor and the doctor said, 'Your hearing is perfect. Your family must be really pleased that you can hear again.'

The gentleman replied, 'Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!'

WOCN and ET Directory

Clarice E. Kennedy, CET (713) 647-8029
cekennedy1@peoplepc.com

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

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

Catherine Walsh RN, BSN, CWOCN (409) 747-3070
cmwalsh@utmb.edu Fax: (409) 747-3038
UTMB @ Galveston

Who We Are—The Series Lorette Bauarschi, Treasurer

"Deciding to have surgery was the most difficult decision I ever had to make—but if I had known then what I know now, I would have had the surgery years earlier. After having ulcerative colitis for so long, I forgot what it was like to be healthy. But now, at the age of 45, I feel like my life has started again. My ostomy changed everything for me," advises Lorette Bauarschi, our current Treasurer.



Lorette, an attorney by trade, runs a busy solo practice in probate and estate planning. As our treasurer, Lorette is responsible for a long list of financial tasks including:

- Handle incoming funds
- Pay expenses
- Keep bulk mailing trust fund account funded
- Prepare and send out annual dues statements
- Prepare and send out invoices to advertisers and sponsors
- Prepare annual budget
- Prepare quarterly financial statements for Board
- Reconcile monthly account statements
- Oversee financial investments (with Board approval)
- File annual Form 990-N
- Monitor publicly-supported charity status

Lorette explains that she began volunteering because members of the group were so kind and helpful when she first had her surgery (June 2004). She was so scared and felt very alone even though my friends and family were very supportive – it made a huge difference to her to talk to people who had been through what she had (and more) and were doing so great. She feels it is her responsibility to help others the way she was helped.

During Lorette's first stint on the Board, she served as the "Fundraising Chair." She also played a critical part in helping the group to incorporate as a Texas non-profit corporation and apply to the IRS for a tax-exempt status as a 501(c)(3) organization when the UOA disbanded. Lorette also drafted for Board approval, new Bylaws for the newly-formed "Ostomy Association of the Houston Area."

Lorette loves to read, go to the movies, museums, opera, and to exercise (which is a new thing for her since her surgery). She spends lots of time with her family and adores her three nieces. The most important thing Lorette wants new ostomates to know is that "Life will be so much better after surgery! Maybe not immediately, but eventually."

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 and sent to:

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

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. Send your check in the amount of \$25.00 to:

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

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 Ostomy Association of the Houston Area, P. O. Box 25164, Houston, TX 77265-5164.



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

It's All Here!

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.

Annual subscriptions: \$25 (4 issues)

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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 _____

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 |

*Membership benefits include:
Monthly Support/Information
Meetings, Social Events,
Monthly Newsletter*

- ☐ 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.

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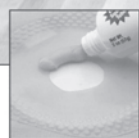
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