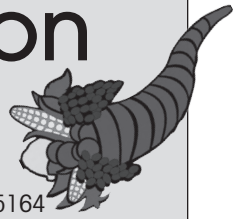




November 2010

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

Someone is Watching

Do you know about Senate Bill 2253, Eliminate Colon Cancer Act? How about Senate Bill 1931, Colon Cancer Screen for Life Act? I didn't know about these bills until I visited the UOAA Advocacy Site. These are bills being introduced that affect us, our families, and our health care. One function that the UOAA national organization provides is advocacy for ostomates and issues related to them. (<http://www.ostomy.org/>)

Current Legislation UOAA is Following in Congress

- S.2265 Eliminate Colorectal Cancer Act
- S.1931 Colon Cancer Screen For Life Act
- S.258 Training and Research in Urology Act of 2005
- S.183 Family Opportunity Act of 2005 (the Dylan Lee James Act)
- H.R.944 Training and Research in Urology Act of 2005

The following is from the UOAA web site explaining the Advocacy work done by Linda Aukett.

About UOAA Advocacy

With the Latin root "voc" or voice, advocacy can be defined as "giving a voice to." UOAA functions in two ways with respect to this voice.

First, we listen to the concerns of our constituents about their needs and about the issues that affect their daily lives. We listen in a variety of ways: at meetings and conferences, when you

post to the Discussion Board, and when you write, call or email the leadership. We also listen to stoma nurses who discuss with us their patients needs, and we listen to manufacturers and distributors who maintain contact with their customers and understand the problems they face.

After listening and collating what we have heard, we are able to speak on behalf of our membership, and in line with advocacy objectives developed by the Advocacy Committee and approved by the UOAA Board.

To whom do we speak? We speak to many levels of the public policy establishment: to Congress through their individual members and the committees; to agencies such as the Center for Medicare and Medicaid Services, the Transportation Security Administration and the General Accounting Office; and to other voluntary health interest groups and coalitions who can help us achieve our goals. These include the Home Care Coalition, One Voice Against Cancer and the Digestive Disease National Coalition.

Second, we encourage and facilitate the individual voices of yourself and all UOAA's members. As we were reminded by the late Congressman Tip O'Neill (himself an ostomate), "all politics is local" in our constitutional democracy. Individual citizens must communicate their needs and concerns to their own members of Congress. We inform you and others about the issues on which we are focusing, and ask that you in turn inform your elected officials at the appropriate level. Through this "grassroots advocacy" we are able to capture the attention of many public policy makers.

The "Web Sticker" (on page 4) can be found on our Capwiz site (<http://capwiz.com/uoa/home/>), built on the sophisticated content of Capitol Advantage. Web Stickers of this sort can be

(Continued on page 4)

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

Twenty-three attended the October meeting of the Central Group of the Ostomy Association of the Houston Area, including one visitor whose mother has a recent colostomy and will be moving to Houston sometime this Fall. We had a roundtable discussion in which everybody introduced themselves and their ostomy and put forth any problems that they may have recently experienced. Lorette related her experience with one of the new body scanners at the airport during a recent trip to Washington, D. C. and how they had to do a special search on her to determine that the contents of her ileostomy bag were not explosive; one should possibly make a special note that if you know you are going through a body scanner, maybe you should go to a rest room and empty your bag before going through the scanner and possibly reduce any time delays. I have metal in my hip and ankle so I have to be hand-wanded everytime anyway, but so far I have no experience with a body scanner even though I travelled to Europe twice this past summer. Denise said she had encountered a body scanner in one of her recent trips this year and had no problems or delays with it.

Mary Harle brought out some of our donated ostomy supplies so that our attendees could look through them and take some if they wanted to try something different than they are currently using or get some deodorant or other peripheral products to try out.

Lorette brought some delicious refreshments including a cupcake cake with orange icing made up like a pumpkin, and sandwich roles and chips and dip. Thank you, Lorette.

We look forward to seeing you at our November 15th meeting when we will have a presentation by **James Gordon Scott, The Creator of Ostomy Armor™**. Check out his website <http://www.ostomyarmor.com/ostomyarmor.php> to get an idea about what "Ostomy Armor" is.

Terry Marriott, President

Ostomy Association of the Houston Area

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

Northwest Group News

A baker's dozen attended the Northwest Group's annual 'picnic'. The group was comprised of long time and first time ostomates. Family members joined in the celebration and the feast was incredible! BBQ brisket and chicken were complemented with several homemade sides and many desserts. Door prizes were awarded by draw. It was great to see Ed from the Central Group. Jane, Leonard and other regulars were missed.

The next and final meeting of the year will feature dual speakers. Gordon Scott, ostomate and inventor of Stoma Armour will be

Baytown Group News

October was a great month to be in attendance at the Baytown Ostomy Support Group! Baytown had a grand turn out for this Coloplast sponsored presentation.

Local Skin/Wound/Ostomy Acute Care Territory Manager, Nick Sprague provided the group with Joe Warzecha an ostomy specialist for the evening. Joe did an outstanding job sharing with the group on how Coloplast supports the new ostomate. In addition to a kit with supplies, the new ostomate receives a letter each month that correlates to the issues they will be facing at that time as they adapt to their new ostomy.

Joe reviewed features of one and two piece systems and gave an overview of accessories. In discussing accessories, Joe reminded the group that "less is more". The "more" products you place between your clean skin and the wafer, the more difficulty you may have with adherence. Think carefully about every product you choose to apply to your peristomal skin. Stop using products when they are no longer needed.

For those who use convexity, it is preferable to use pre-cut wafers as this places the convexity right up to the edge of the recessed or flat stoma where it is most needed.

Coloplast patient education materials include photos with instructional materials. This gives the user a way to glance briefly when new to the product without having to stop and read detailed instructions for use. Detailed instructions are available when comprehensive information is desired.

Joe and Nick signed up everyone who was interested for samples of Coloplast products they wanted to try. This option is available to you: www.us.coloplast.com "Ostomy Care" pull down menu > "order samples". You can also call 1-888-726-7872 or send an email to samples@coloplast.com, as well.

Next meeting for Baytown Support Group is scheduled for Monday, November 1st. We are looking forward to Roundtable. Come join us!

Cindy Barefield, RN, WOCN

281-420-8671

presenting his personal story. Mr. Scott was featured previously in a Phoenix magazine cover story. Additionally, he will be joined by an Austin law enforcement officer who will be providing personal testimony about using his product in both a professional and recreational environment. This is a do not miss meeting event!

Gay Nell Faltysek

281-446-0444

Anthony Romeo

281-537-0681

Outreach

MD Anderson had their "Anderson Network Survivorship Conference" September 23 and 24 at the Omni Houston Hotel Westside. The Ostomy Association of the Houston Area was invited to have a booth for distributing materials about our organization.

Over half of the prior newsletters, brochures, and prior copies of



The Phoenix were taken by those in attendance. The conference had a number of breakout sessions concerning survivorship with cancer and improving cancer care. Dr. Lorenzo Cohen, Ph.D., was the keynote speaker with his topic, "Living the Anticancer Life". One of his many points was the increase of cancer in the population of the Asian countries from the "Americanization" of their fast food sources.

It was a very good conference and I want to thank Dorothy, Jenrose, and Stan for their time in helping to staff the booth Friday and Saturday of the conference. We have been asked by the Crohn's & Colitis Foundation of America Houston Area to staff a booth at their conference November 6. We are usually contacted by the nurses at the VA hospital to staff a booth when they have their recognition of March as colon cancer month. All of these events provide us with a chance to make more people aware of the opportunities and services that our organization provides.

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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0508 SG HLFAD

Annual Holiday Dinner Party

Date: Tuesday, December 7, 2010

Deadline for reservations and payment is December 3, 2010.

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 (pecan balls)

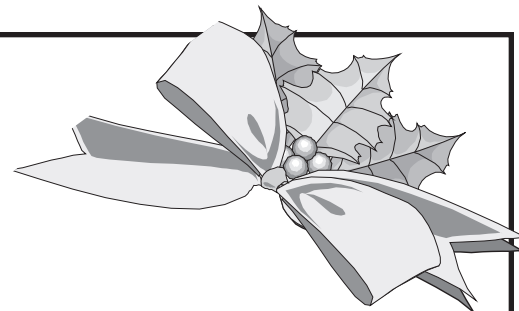
1. 5 oz. Filet Mignon with Béarnaise (chargrilled medium-medium rare). Served with garlic mashed potatoes and seasoned asparagus.
2. Chicken Saltimbocca (applewood smoked, cheddar cheese, prosciutto, fresh sage marsala sauce), wild rice blend, seasoned asparagus.
3. Shrimp Pasta Primavera (pan-seared shrimp), with organic garden vegetables with parmesan cream sauce.

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, 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.



Someone is Watching *(Continued from page 1)*

displayed remotely on any website—find out how to add a UOAA Web Sticker to **your** site (<http://capwiz.com/uoa/remotefontent/>)!



Web
Sticker

Our Capwiz site is designed to help with respect to both of the functions of UOAA's advocacy efforts: First, it helps connect you more directly and immediately to the organization, with an opportunity to share your concerns online and in turn to be informed about the latest advocacy-related issues.

Second, it provides a very direct way for you to inform your U.S. Representatives and Senators. Linked to most items under the Issues & Legislation tab (<http://capwiz.com/uoa/issues/>), you will find some facts and points that can be sent to your elected officials. **We urge you** to add your personal experience to these points prior to sending your message. You can either email your message directly from the site, or print it out and fax or mail it as a regular letter. **Please note** that although clicking on the "send" button is certainly easier and faster, we know that your message will get more attention if you take the time to "cut and paste" both your experience and our points onto your own letterhead—or even hand write it!

The site also offers you the chance to receive regular updates on UOAA advocacy activities. If you add your name to the Action E-List (<http://capwiz.com/uoa/mlm/signup/>), we will know you are interested in these updates. We will also know that you are willing to contact your Congressmen when we need you to do so.

Another important contact this site supports is the Media Guide (<http://capwiz.com/uoa/dbq/media/>). With this feature you can connect with the appropriate writers and reporters at local newspapers and media outlets. Just enter your zip code—you'll see media outlets we bet you didn't know existed! (They reach people that you and your support group need to reach, even if it isn't related to advocacy.)

So take a tour of this extension of the UOAA site, read through the issue material, send messages to your own Congressional members, sign up to receive updates, and check back often. We are glad to have you with us!

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

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
marriot@rice.edu
Meeting: **Monday, November 15, 2010**
Program: **Guest Speaker: James Gordon Scott, The Creator of Ostomy Armor™**

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: **Monday, November 1, 2010**
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: Anthony Romeo 281-537-0681
sa1tmr@sbcglobal.net
Meeting: **Tuesday, November 16, 2010**
Program: **Guest Speaker: James Gordon Scott, The Creator of Ostomy Armor™**

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 15, 2010**
Program: **Roundtable**

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

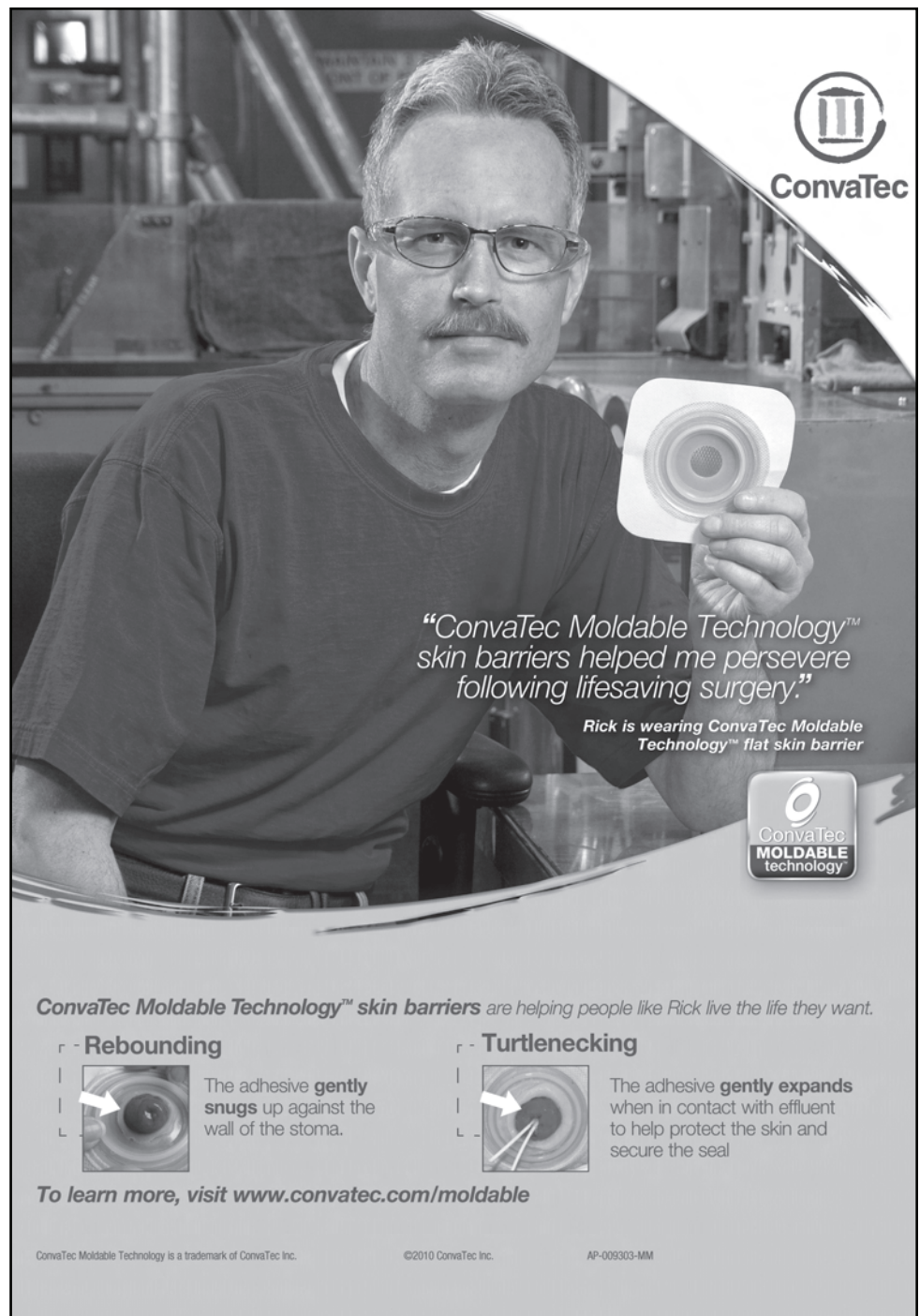
We are contacted on a regular basis by individuals who are in need of donated ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Mary Harle at 713-782-7864 with any questions.

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

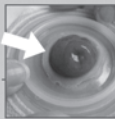
"ConvaTec Moldable Technology™ skin barriers helped me persevere following lifesaving surgery."

Rick is wearing ConvaTec Moldable Technology™ flat skin barrier

ConvaTec MOLDABLE technology

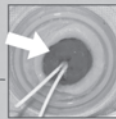
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Membership Application

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 |

*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 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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