



November 2011

# 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

## Clarice E. Kennedy, C.E.T., Honored at this Year's SCR WOCN Conference in San Antonio, Texas

*By Clarice Kennedy, Certified Enterostomal Therapist*

I think to begin with I should tell you who a WOCN is and what they do. Who are they? The South Central Region consists of professionals dedicated to the care and treatment of patients with wound, ostomy, and continence issues and related medical challenges.

The SCR Chapter of the WOCN is comprised of individuals from 5 states (Arkansas, Louisiana, Mississippi, Oklahoma, Texas and Memphis, TN). These WOCN nurses have a conference every year. This year the conference was held in San Antonio, Texas. It was hosted by the officers of the South Central Region and WOCNs who reside in San Antonio.

In order for this event to be financially possible, they invite Vendors to attend and show their products. Vendors work for companies who manufacture ostomy and wound care products. They pay to attend the conference and also sponsor some of the events that occur while at the conference. This gives nurses who attend the opportunity to see new products. Also, WOCN nurses can attend classes given at the conference and earn CEUs (Nursing contact hours). They need these hours for their accreditation and must apply for them after they attend the classes given during the conference. There are special times during the Conference set aside for the Exhibitors to show their products. Each Vendor purchases



(left) Janet M. Davis, MSN, RN, APRN-BC, CWOCN, President of the SCR WOCN Region, with honoree Clarice Kennedy, CET, (center) and Coni Ellis, RN, MS, CWOCN, Conference Planning Chair (right)

Tribute plaque (shown at right)



Exhibit space for this purpose and stay in the same space reserved for them at the Exhibit times specified on the Conference Agenda.

I attended as a Vendor instead of an E.T. representing Stomocur Ostomy and Wound Care products manufactured in Berlin,

*(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.*

### 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.

### In This Issue

Clarice Kennedy Honored at SCR WOCN Conference . .	1
Group News. . . . .	2
Annual Holiday Party. . . . .	4
<b>Meeting Dates/Times . . . . .</b>	<b>4</b>
Opportunities and Announcements . . . . .	5
Membership Information . . . . .	6
Advertising Support . . . . .	5-7
Contact Information . . . . .	8

## Central Group News

The Ostomy Association is an all-volunteer organization. That is especially notable with an organization that has been meeting for over 50 years. There have always been members available to open the door, welcome the speaker, coordinate the refreshments, welcome new members, and make sure the meeting proceeds. That happened again this month for Central group. I want to thank Jenrose for taking care of the building key, Marian for presiding over the meeting, and Lorette and Ron for giving me notes from the meeting for this article. I enjoyed my out of town trip in confidence that the meeting would go just fine without me and it did.

We had 23 in attendance with two visitors. One of whom is scheduled for surgery soon. I hope to meet them at a future meeting. Our speaker this month was Nick Sprague from Coloplast who also provided refreshments. Coloplast is a Denmark company who has been in the U.S. for 27 years and very popular in Europe. Nick demonstrated new ostomate kits that were prepared by the College of Surgeons and Coloplast. The pre-op kit is designed to educate and prepare ostomates for surgery. It includes a DVD, a practice stoma, scissors, etc. We can reach out to Nick for the kits if we have someone who needs one.

They are the only company with a "Care Program" which follows the patient for 1 year with newsletter, tips, samples and an in house Care Specialist who will assist with insurance, product and dealer issues.

Coloplast is known for their Extremely Flexible wafers. Nick showed several Coloplast pouches and sets of ostomy accessories.

We are proud that our own ET, Clarice Kennedy, was honored with a "Lifetime Achievement Award" by the WOCN Society recently in San Antonio. Clarice has touched many lives during her career and has given life-changing support to countless ostomates. Her employer, Mr. Brie, of Stomocur, was also honored for his contributions to the conference. We treasure Clarice and the help she gives our group. It is wonderful that her lifelong contributions were acknowledged by her peers.

Next month, we will have a roundtable discussion to address any questions or concerns about ostomy care. December 13th is the Holiday Party at the Pine Forest Country Club. Please sign up by sending your check and menu choice to Lorette. The Holiday Party is great fun and a chance to meet members from other groups. I've heard there are some great door prizes again this year, so I'm hoping to see many of you there.

Best regards,

**Denise Parsons**, President, OAHA  
713-824-8841

## Northwest Group News

Thirteen lucky people attended the Northwest group's annual picnic and enjoyed an evening filled with food and fellowship. Gay Nell set up the feast and decorated with Fall accents. We held a drawing for several door prizes after everyone had eaten. Suzanne, Pat, Cristy, Jane and many others were missed.

Next month the Northwest Group's program will feature a presentation on life's most important estate decisions presented by Lorette Bauarschi, Attorney at Law, Board Certified—Estate Planning and Probate Law.

**Gay Nell Faltysek**  
281-446-0444

**Tony Romeo**  
281-537-0681

## Baytown Group News

In October, Baytown Support Group gathered for Roundtable. The group was asked to share their thoughts about living with an Ostomy through a survey. The responses are interesting, informative and humorous. We enjoyed a good chuckle as they shared their thoughts with each other.

The response to: The good thing about having an ostomy had a range from sobering—"It gave me life" to humorous—"No more looking for restrooms"!

Responses to: The most challenging thing about having an ostomy is "It never goes away!" and "I worry about travel"!

Finally, the most important thing they would tell someone with a new ostomy is: "Attend a support group!", "Every day is a gift" and "Accept it!"

How nice to see that these folks are happy, well adjusted, health conscious persons who happen to have an ostomy. The ostomies come in all varieties: urostomy, ileostomy and colostomy. Some are just a few months recovered from surgery and a couple had their surgery many years ago. They all have the Baytown United Ostomy Association of America (UOAA) in common.

San Jacinto Methodist Hospital has sponsored an ostomy support group since November 2004. The group meets on the 1st Monday of every month in the Community Room. Cindy Barefield, RN, CWOCN is the facilitator for the group.

In November, a ConvaTec update by Ostomy Specialist Polly Burleson is planned. Plan to join us on Monday, November 7th at 6:00 p.m.

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

## Clarice Kennedy Honored at SCR WOCN Conference *(continued from page 1)*

Germany by K. Thomas Brie, who is the owner and General Manager of Stomocur FOR LIFE which stands for quality and comfort. His products have been available in Europe for many years and about six years ago he had the opportunity to meet Dr. Marvin Baker, President of High Technology Associates, when he was in Berlin giving a lecture. Dr. Baker found me through a friend who knew about me, and that was the beginning of bringing Stomocur to Houston and my association with Mr. Brie who came to Houston and met with me and Dr. Baker as well as the owner of Spring Branch Medical Supply where I see patients for ostomy care and teaching. The owner of SBMS became the local distributor for Stomocur and we started a Sample Program so that people who wanted to try this new product now available in Houston without having to pay for the samples they wanted.

Now that you have been informed of who WOCN'S are and what they do, and what states comprise the South Central Region, I will give you my history as an Enterostomal Therapist (original name for a person trained in ostomy care). Eventually the name was changed to WOCN. I had to have an Ileostomy in December of 1970 due to severe ulcerative colitis that nearly took my life. The nurses did not know how to instruct me in taking care of my ostomy and we also did not have many products to use in those days. As soon as I was able to a friend took me to a meeting of the local support group for ostomates (known today as the Ostomy Association of the Houston Area). It was through this group of ostomates that I learned how to take care of my ostomy. There were no specialists in ostomy care in Houston at that time. I learned about the profession of Enterostomal Therapy and became very interested in trying to get my training so that I could enter this profession and give the help new ostomates need in order to live life with an ostomy. I talked to my doctors and they thought I would be a good candidate to enter this profession after I was properly trained. I became good friends with another woman in our support group who wanted to enter this field herself. She became the second ET in Houston and worked at the old Hermann Hospital. Her name was Anita Price. She passed away recently. Some of you who read this knew her. With her help and my doctors backing me, I was hired by Hermann Hospital to work with her until I could go to an ET Training program. That plan did not work long since a nurse dropped out of a class Harrisburg Hospital had in teaching Enterostomal Therapy. They accepted my application and I went to Harrisburg's program and graduated and passed all of the tests. I also had to write a Master Case Study on one of my patients which was a requirement then to become certified. I had six months in which to do that. My Master Case Study was accepted by the director of Harrisburg's Enterostomal Therapy program and I became certified. Having a Bachelor's degree in nursing was not a requirement at that time.

I have spent over 35 years of my life in this profession. I am totally dedicated to my profession and feel blessed even though I am getting older that I can still do what I have been doing for so

many years and that is helping others who because of some disease or accident learn to live life with an ostomy.

I am also grateful to Thomas Brie for his dedication to making the best ostomy and wound care products that he can and continues to improve when needed to make life better for those who have to live it with an ostomy. He sponsored the Cocktail Reception and was recognized by the officers of the SCR WOCN for making the Cocktail Reception possible.

Janet Davis, President of the SCR WOCN, presented me with a lovely stand-up holder that stated the following: "A shout out to Clarice Kennedy for sharing her passion of ostomy care through helping others with quality products and service. " Being recognized and honored at this large event was unexpected by me. I am grateful for this honor and recognition and thank those responsible for making this possible.

The **United Ostomy Associations of America (UOAA)**

can be contacted at:

**www.uoaa.org or 800-826-0826**

## 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)**

Send check or money order to:

The Phoenix, P.O. Box 3605, Mission Viejo, CA 92690.

Phone/Fax: 949-600-7296.

**Money Back Guarantee!**

Name \_\_\_\_\_

Address \_\_\_\_\_ Apt/Suite \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ \$ \_\_\_\_\_

UOAA Donation (optional) \_\_\_\_\_

0508 SG HLFAD

## Annual Holiday Dinner Party



**Date:** Tuesday, December 13, 2011

Deadline for reservations and payment is December 5, 2011.

**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 (Banana Pudding)

1. 5 oz. Filet Mignon with Béarnaise (chargrilled medium-medium rare). Served with garlic mashed potatoes and seasoned asparagus.
2. Chicken Wellington (mushroom onion chicken wrapped in a puff pastry shell). Served with a twice baked potato and seasoned asparagus.
3. Tilapia fish with light lemon butter sauce. Served with rice pilaf and asparagus tips.

**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, 3039 Rosefield, Houston, TX 77080**. 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.**

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.

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

### 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:** November 21, 2011  
**Program:** Roundtable

### 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 281-428-3033  
**Meeting:** November 7, 2011  
**Program:** **Guest Speaker: Polly Burleson**, Ostomy Specialist, will provide a ConvaTec update.

### 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:** November 15, 2011  
**Program:** **Guest Speaker: Lorette Bauarschi**, Attorney at Law, Board Certified—Estate Planning and Probate Law, will present information about estate decisions.

### 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 21, 2011

*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](mailto:lbauarschi@sbcglobal.net) or send your request to the provided address at the top right of this page.

### Donation of Supplies

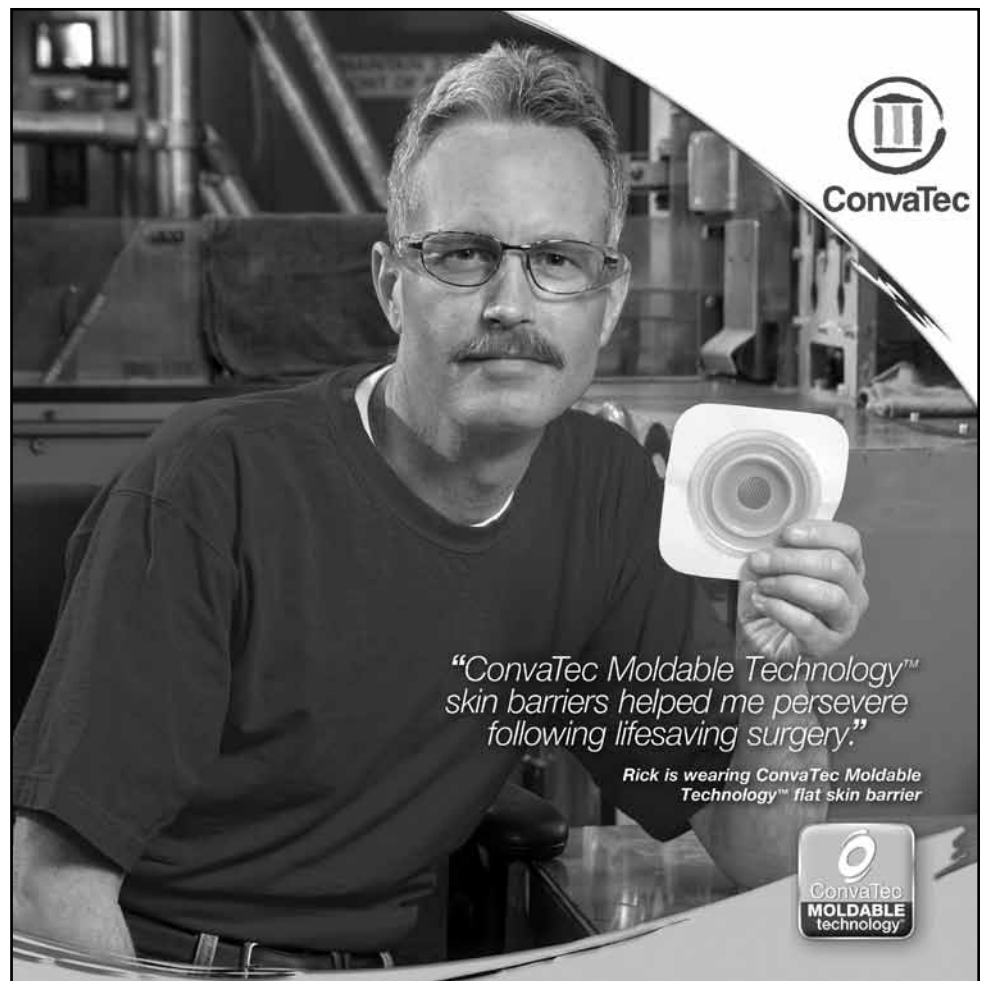
We are contacted on a regular basis by individuals who are in need of donated ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Mary Harle at 713-782-7864 with any questions.

### 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**

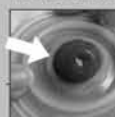
*"ConvaTec Moldable Technology™ skin barriers helped me persevere following lifesaving surgery."*

*Rick is wearing ConvaTec Moldable Technology™ flat skin barrier*

**ConvaTec MOLDABLE technology**

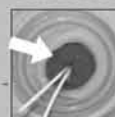
**ConvaTec Moldable Technology™ skin barriers** are helping people like Rick live the life they want.

**Rebounding**



The adhesive **gently snugs** up against the wall of the stoma.

**Turtlenecking**



The adhesive **gently expands** when in contact with effluent to help protect the skin and secure the seal.

**To learn more, visit [www.convatec.com/moldable](http://www.convatec.com/moldable)**

ConvaTec Moldable Technology is a trademark of ConvaTec Inc. ©2010 ConvaTec Inc. AP-009303-MM

# Introducing **STOMOCUR™** OSTOMY PRODUCTS

- ▶ Comfortable feel & fit - feels like you are not wearing an appliance
- ▶ No tape required
- ▶ Longer wear time
- ▶ Highly absorbent durable rings & paste



FOR LIFE GmbH  
Berlin, Germany

**For a Free Sample  
or For More Information Contact**  
**Clarice Kennedy, CET (713) 647-8029 or claricekennedy1@comcast.net**

For Life GmbH • Tabbertstr. 12 • 12459 Berlin, Germany • <http://www.stomocur.com>  
Tel: +49 30 / 65 07 36-0 • Fax: +49 30 / 65 72 26 4 • email: [FOR\\_LIFE\\_GmbH@t-online.de](mailto:FOR_LIFE_GmbH@t-online.de)

## 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

☐ 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.

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



**CYMED**  
life without limitations

**MICROSKIN® based  
OSTOMY POUCHING SYSTEMS**

Cymed's MicroSkin® pouches promote healthy skin by allowing breathability. MicroSkin® pouches are so thin and flexible you'll forget you're wearing anything at all. Try MicroSkin® and experience the freedom of exercising, bathing, swimming, riding a bike or just taking a long walk. Live your life without limitations.

Order free samples at:  
**samples02@cymedostomy.com**  
or call **800 582-0707 x105**  
**www.cymedostomy.com**

**Osto-EZ-Vent®**

- GIVES YOU CONTROL
- EASY TO VENT,  
OPEN



For more information and a free sample  
call **1-888-562-8802**  
For more information visit our website  
**www.kemOnline.com**  
Medical Reimbursement Code A4366

**kem**  
Enterprises, Inc.

**Where to Buy?** Check out website for dealers, catalogs, online ordering, or call our toll free number to order direct by mail.



**SPRING BRANCH MEDICAL SUPPLY**  
PULMONARY ASSISTANCE INCORPORATED

Ostomy & Urological Supplies ▪ Wound Care  
Oxygen & Respiratory Equipment ▪ Hospital Beds  
Wheelchairs ▪ Bedside Commodes ▪ Walkers  
Bathroom Aides ▪ Mastectomy Products  
Compression Hosiery ▪ Orthopedic Supplies



8700 Long Point Road  
Houston, TX 77055  
**(713) 465-2200**  
Fax (713) 461-5806

Ostomy Consultations with  
Clarice E. Kennedy, CET  
By appointment only  
Call (713) 647-8029

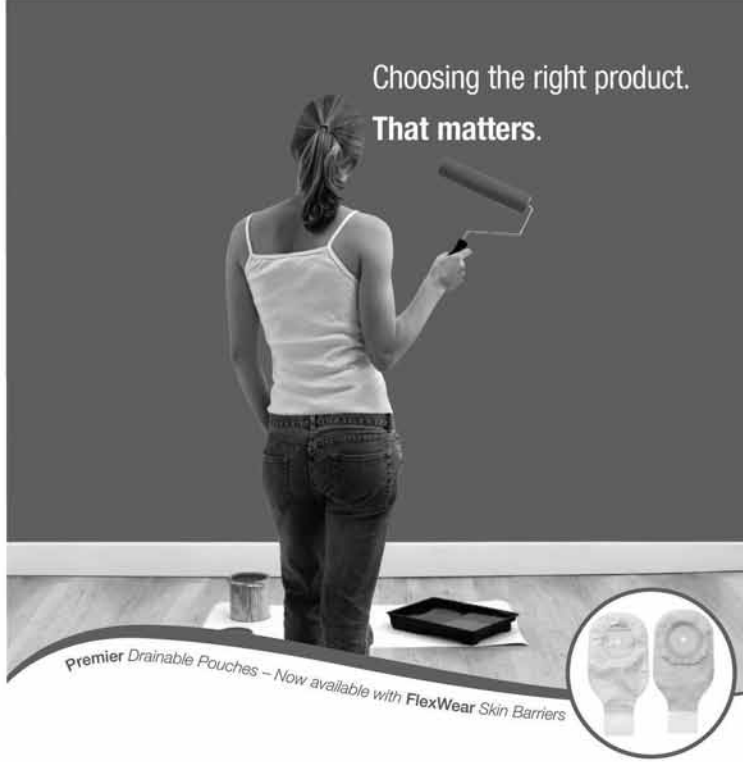
**Medic Pharmacy**  
Ostomy Products  
Medical Equipment and Supplies

**4040 S. Braeswood, Houston, TX 77025**  
(next door to "3 Brothers Bakery")  
**Centrally Located**  
**With Free Front Door Parking**

**713-666-6353**  
FAX: 713-666-2831  
9 AM to 5:30 PM M-F; Sat. 1 PM to 3 PM

**Newsletter Advertising:** Please contact the newsletter editor for sponsorship and advertising opportunities.




Choosing the right product.  
**That matters.**

Premier Drainable Pouches – Now available with FlexWear Skin Barriers


Introducing **Premier** drainable pouches utilizing **FlexWear** skin barrier with tape border for strength and flexibility, and **FlexTend** extended wear skin barrier with filter. With options from the easy-to-use **Lock 'n Roll** closure and the **AF300** filter for improved deodorization; security, comfort, and discretion are the objectives of the pouch design. This pouch is available in multiple variations including ultra-clear, beige, or transparent, and pre-sized or cut-to-fit.

For a sample, call **1.888.740.8999**.

Hollister Ostomy. **Details Matter.**



**Hollister**  
www.hollister.com



Hollister and logo, AF300, FlexTend, FlexWear, Lock'n Roll, and Premier are trademarks of Hollister Incorporated.  
"Hollister Ostomy. Details Matter." is a service mark of Hollister Incorporated.  
©2010 Hollister Incorporated. **PROMOCODE: 138PMFW0810**