



November 2012

# 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)

## Medicare Changes

*Editorial by Patti Suler*

Halloween has just passed but for many seniors and those receiving disability, the scary stuff is just beginning, or is it? Seems I can't turn around without being bombarded by conflicting information regarding health care system changes such as ostomy product coverage.

Many seniors and the disabled are already versed in the complexities that come with having Medicare, Medicare Part B, Part D, Part A, Part C, Medicaid, supplemental disability, SSI, supplemental plans.... The confusion seems to be coming in the old-fashioned form of misinformation.

A popular commercial depicts two actors talking about the Internet. One advises the other that 'they can't put it on the Internet if it isn't true' and they know this because it says so on the Internet. How do you know if you are getting the right information?

Consider your sources, is your information coming from someone who clearly understands the system and stays informed or is it someone who is repeating sound bites from political ads?

A simple time investment with your own internet searching may be just the solution. If you don't have internet service at home, now is a good time to try it out at a friend's or relative's home. The library also provides free access and basic instruction.

Google is a well-known search engine. Think of it as an electronic card catalog moving faster than the speed of light. You just enter



your search words and hit the enter key. Hundreds of thousands of responses will return.

But here is the secret—enter your search words and click on the cog wheel icon, select advanced search. Scroll down half way to Site or Domain and enter **.gov**, then proceed to the bottom and click on **Search**. This will remove all the clutter, opinion, rhetoric and display only government sites and data returns.

Changing your search words will change your results. Experiment with searching. Once you get the hang of it, the world's knowledge is available to you. Other search engines have similar filtering available.

Americans have always prided themselves to seek out the real story. It is not as scary as it seems and the best way to overcome fear is through action.

## Youth Rally 2012

The Youth Rally returned this year to the site of the very first Rally (back in 1979): the campus of the University of Colorado in Boulder. July 9 dawned clear and bright, and by the end of the day 117 campers, between 11 and 17 years of age, had arrived for a week of learning and fun. They came from 34 states, the Canadian province of Quebec, and all the way from England; 37 were brand new campers. Our volunteer staff of 70 counselors assembled for two days of orientation and team-building prior to the campers, arrival.

During the five days of camp, campers learned more about their own diagnosis as well as that of other campers—they had a chance

*(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.

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## Central Group News

We had a nice group of 31, including several new faces at the October meeting. We hope to see all of you again soon. Emily Cerreta, MSN, RN, NP-C, USAFR NC, gave us valuable insights into the workings of our healthcare providers and their practices. Emily's experiences as a Nurse Practitioner in a variety of areas along with her service with the US Air Force Reserve give her an amazing background. There are several things as patients that we can do to get the most from our time with our doctors and their staff. If you have computer access, it is helpful to fill out the medical history/insurance forms online or print the forms, fill them out and have them ready to turn in at check in. It is good to keep a record of your past surgeries, medical history, family medical history, social history (tobacco, alcohol, caffeine use, living at home/support system, marital status, pets, occupation or profession) and medications along with allergies or adverse reactions. Have a good description of the problem and its symptoms, duration, pain level, etc. ready to recount. If you have multiple concerns, prioritize the ones you want to deal with this visit. Most visits are time limited, so make sure you get the most important problems addressed. Your provider will ask questions and try to rule out some possibilities and then begin to form a diagnosis. You should ask "What is the number one thing you think this could be?" If tests are needed to confirm, you should ask "What do you hope to learn?" By end of your appointment, you should be clear on the "game plan":

1. *What is being ordered (labs, diagnostics, referrals/specialists)?*
2. *What is the timeline for this plan? (days, weeks, months)*
3. *How will we communicate? Email? Phone?*
4. *How do I know if my insurance will cover what you are ordering?*

It is also good to ask "What are my other options?" A good provider is not offended by this question. It may be that there are more conservative treatments or less expensive ones. Most insurance plans will pay for a second opinion when you are facing a difficult diagnosis. Sometimes, it is helpful to have a relative or close friend accompany one to the visit as it is hard to process and remember all the discussion. These are simple things we as patients can do to help our healthcare professionals do their best job for us.

Please plan to attend our Holiday Party at the Pine Forest Country Club on Tuesday, December 11, 2012. The menu and other information is shown to the right of this article. Please make your check payable to the Ostomy Association of the Houston Area (OAHA) and mail it to our treasurer, Ron Cerreta. He will also need your menu choices.

We have a date for our bi-annual Visitor Training, Saturday, February 23, 2013. We get requests for our trained visitors to speak with patients facing surgery and when learning to care for the ostomy after surgery. The training helps you think about how best to help the patient. Sometimes, just listening is

enough. Sometimes, empathy and encouragement are needed. Sometimes, the advice may be to consult a healthcare provider. The Visitor Training will help you identify what the patient needs and how best to help them. We have a format that uses video presentation, WOC nurse and volunteer instruction, and role playing to practice skills. We try to match visitors by sex, age, and surgery type so we need a wide variety of trainees. Please consider becoming a Trained Ostomy Visitor.

Our thoughts and prayers are with those healing and facing other challenges.

Please join us at our next meeting on November 19. Medline Industries will present our program. The speakers are Sandy Sanderson, Regional VP, Homecare/Hospice STX, and Latecia King, RN, MBA-HC, Product Specialist, Advanced Wound Care/Skin Care.

Best regards,

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

## *Annual Holiday Dinner Party*

**Date:** Tuesday, December 11, 2012

Deadline for reservations and payment is 12/4/12.

**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 (Key Lime Pie)

1. 5 oz. Filet Mignon with Béarnaise sauce. Served with garlic mashed potatoes and seasoned asparagus.
2. Chicken Piccata with capers, white wine, lemon butter and fresh herbs in a cream sauce. Served with twice-baked potato and seasoned asparagus.
3. Herbed pan-seared Atlantic salmon with creamy lemon 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 **Ron Cerreta, 1218 Pelican Hill Court, Katy, TX 77494**. 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.**



## Northwest Group News

The annual Northwest Group Picnic was wildly successful as thirteen assembled at Pat Thompson's beautiful home. The menu included lean brisket, chicken with all the fixings from Pappas accompanied by homemade side dishes ranging from potato salad, baked beans, deviled eggs, cole slaw, and a cheese tray followed by fabulous peach cobbler, chocolate chip cookies and Sopapilla Cheesecake desserts. Excellent wine, margaritas and tea were on hand as libations were consumed responsibly. Four door prizes were handed out. An evening highlight consisted of watching the men folk around the kitchen island discussing Cajun dishes. This conversation has evolved into a Spring Cajun social now in the planning for next year.

It was good to welcome Jay and his mom, Billy, Paul, Tony, Ed and Mary, Janice and her daughter, Gen and her husband. Suzanne, GayNell, Craig and many others were missed.

There is no November meeting due to the Thanksgiving holiday.

**Craig Cooper**  
281-948-6883

**Tony Romeo**  
281-537-0681



## Youth Rally 2012 *(continued from page 1)*

to discuss their own management techniques with others, and swapped tips and techniques for getting along as teens with such personal concerns—they formed close friendships and swapped emails, Facebook names and cell numbers. They didn't get a lot of sleep—nor did the counseling staff—but that is very typical for this event. By the time Saturday the 14th rolled around, they had all made giant steps toward realizing the Rally motto: "Living Independently for Tomorrow—You Are Not Alone."

Daily videos and still images can be viewed at  
<http://youthrallyphotos.smugmug.com/YouthRallyPhotos/2012RallyBoulderColorado>

## Baytown Group News

The October meeting of the Baytown Ostomy Support Group was an informative session on updates with appliances and accessories from Coloplast. Nick Sprague, Acute Care Territory Manager introduced Kim Kincade an ostomy specialist with Coloplast. Kim introduced the various pouching systems and explained the updated features.

The Sensura® wafer allows for a secure seal between the adhesive on the wafer and your stoma but remains skin friendly. Absorbing excess moisture and keeping the skin underneath the adhesive healthy are two great features of this wafer. Sensura® is available in a variety of 1 and 2 piece options.

The Sensura® Flex is a 2 piece option which allows the pouch to be applied to a flexible adhesive base plate. Pouch may be open, closed, large sized (Magnum) or urostomy. The Sensura® Click is a 2 piece system with a mechanical coupling between base plate and pouch. Like the Flex, pouching options are open, closed, large sized and urostomy.

One of the most interesting closed end options is Sensura® Mio. Coloplast developed this colostomy appliance to fit the individual body shape. The closed end pouch has a new elastic adhesive that allows it to conform to the individual "landscape" of the abdomen.

Updates with accessories at Coloplast include the new Brava™ line. These items are designed to reduce leakage and take care of your skin. Skin friendly with alcohol free base, silicone based and sting free are the major features. One of the biggest hits was the adhesive spray. Unlike other products that leave behind an oil or greasy residue, this product dried almost instantly on the skin and did not leave any residue on the skin!

Another big hit was the Elastic Barrier Strip. Nick reminded the group that often tape may not be reimbursed by their insurance. These products are a hydrocolloid type material that is "designed to keep your ostomy barrier securely in place while allowing you freedom of movement." They may be worn under or over the wafer depending on your needs.

As we ended our meeting, Nick spoke about the nurse who helped to start Coloplast. In 1954, Elise Sorensen had a sister who had undergone ostomy surgery. Her sister was afraid to go out for fear of her stoma leaking. Her trials prompted Elise to create the first adhesive ostomy pouch. Coloplast is still doing business this same way—listening, learning and responding with services that make life with an ostomy easier for you.

In November, we will discuss "Traveling with an Ostomy". We hope you will join us!

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



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

### WOC Nurse Directory

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

Clarice E. Kennedy, CET (713) 647-8029  
claricekennedy1@comcast.net

Anita Prinz, RN, MSN, CWOCN (281) 824-2382  
aprinzn@yahoo.com

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

## Get Ostomy Answers!

*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.



Subscriptions directly fund the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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11/11 SG HLFAD

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### 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 19, 2012**  
**Program:** **Guest Speakers: Sandy Sanderson**, Regional VP, Homecare/Hospice STX, and **Latecia King**, RN, MBA-HC, Product Specialist, Advanced Wound Care/Skin Care. (Medline Industries)

### 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 1, 2012**  
**Program:** **Topic: Traveling with an Ostomy**

### Northwest Group

**Please note: No meeting due to the Thanksgiving holiday!**

**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:** **No meeting due to the Thanksgiving holiday.**

### J-Pouch Group

**Monthly:** Third Monday  
**Time:** 7:00 p.m. or by Appointment  
**Place:** American Cancer Society Building  
6301 Richmond Avenue, Houston

**Contact:** Ron Cerreta 832-439-1311  
Ron Meisinger 281-491-8220

**Meeting:** **November 19, 2012**

*Monthly support and information meetings are held in three locations for member convenience.*

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



## 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 Treasurer at the address shown at the right.

### 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 Ron Cerreta, Treasurer, at 832-439-1311 or [texasronc@aol.com](mailto:texasronc@aol.com) or send your request to the provided address below.


### 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.

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

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

When sending a donation, be sure to include the name of the person being honored so that appropriate acknowledgement can be sent.)



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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/>

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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                          |

☐ 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

☐ WOC 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*



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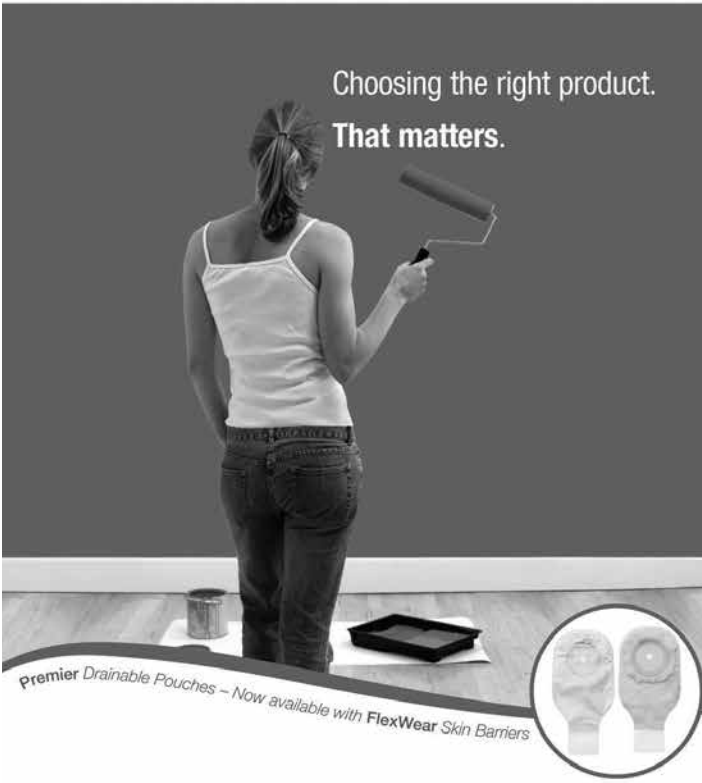
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