



# 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)

## Adjusting To A New Colostomy—A Love Story

By Dorothy Andrews

Having ostomy surgery was a real challenge for me. It was the summer of 1973 in Tulsa, Oklahoma. I had never been seriously ill in my life until I began spotting blood from the rectum for two weeks. I was urged by family members to contact a rectal doctor.



He diagnosed my problem as being colon rectal cancer and said I needed surgery. He explained it would be a permanent sigmoid colostomy and it would be irrigatable meaning it was possible to control it. I immediately said I would like to try doing this and told him, whatever it takes "Let's get rid of this cancer" and told him to schedule the surgery.

My husband, Tom and I went home and digested all this news of having cancer and facing surgery. Tom was my strong supporter and helped calm me and all of my fears.

Together we told our two children (my son had just graduated from high school and my daughter had just gotten married). We called our family and our friends and within the week I was in the hospital.

I turned to my faith, did a lot of praying and made a vow that if the good Lord would bring me through this surgery I would spend the rest of my life helping others facing this kind of surgery. I had a very positive attitude about it all from the beginning!

I was in the hospital for 10 days and this wonderful surgeon and the nurses taught me to irrigate my new colostomy before I left the hospital.

For the record, irrigation of one's sigmoid colostomy must be taught by your surgeon, as mine was, or a qualified ostomy nurse, or ET, never by an individual themselves.

I learned that my surgeon had built my colostomy with a small curve behind the stoma to better control the irrigation. He was so proud of the beautiful stoma he had built that he would bring the interns in to show it to them. (I didn't think it was so beautiful, but he did.)

By the time I left the hospital, I was irrigating on my own. Thus began my experience of learning to live with a colostomy.

My husband was constantly supportive and helpful in every way, always encouraging my, calming my nerves and just helping me adjust to it all.

My son learned Mom had to have time in the bath for one hour each morning with no interruptions. We all adjusted to the new schedule.

There was no ostomy chapter in Tulsa at the time, so I really was on my own.

The ostomy brand they started me out with at the hospital is the one I still use to this day.

*(continued on page 3)*

### Patient Visiting and Support Services

*Doctors and WOC 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, Marian Newman at 713-392-5768.

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*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

As part of our mission and our commitment to UOAA, we conduct Visitor Training every two years. The next training is tentatively scheduled for February 21. Most people facing ostomy surgery have never known anyone else with an ostomy. I think we all remember how good it was to meet someone who has had the surgery and was living their life, traveling, working, and playing. Once certified as a Visitor, you have the tools to say the right thing and the knowledge to know what not to say which can be just as important. Visitors are special people and it is very rewarding to see the worry and anxiety of a new ostomate or potential new ostomate relieved as you talk with them. I hope you all consider taking the Visitor training. We try to match the patients to Visitors with common race, sex, age, surgery type, and lifestyle, so please be the match for someone like you. As we firm the plans, more information will be available.

The information for the Holiday Party on December 9 is in this newsletter. Please make an entrée choice and send your check to our treasurer. I look forward to seeing you there.

Remember to sign up for [www.Smile.Amazon.com](http://www.Smile.Amazon.com). By using that special Amazon site, our organization gets a small donation that will contribute to the costs of the newsletter or enable us to sponsor a child or counselor to the Youth Rally, for example.

Robert Martinez with McKesson Patient Care Solutions shared the latest news about corporate mergers or acquisitions that now make up McKesson. Sterling Medical Solutions and National Rehab are now one company. They are still working through the process of merging, but all systems are functioning. With the combination of companies, most of the major product lines are available. Further, McKesson works with the major insurance providers and Medicare. They claim to respond quickly with supplies and to handle the paperwork needed to get the supply flow set up for new patients. For questions or consultation about supplies, McKesson has a WOCN available at 1-855-348-2722. Their web site is [www.mckesson.com](http://www.mckesson.com).

The November meeting will be a roundtable with free supplies and samples. We need to empty our storage cabinet so please take anything that you can use.

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

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



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

## Northwest Group News

Wow, we had a huge turnout at the Annual Picnic. Great food, great fellowship and terrific door prizes. Thanks much to Paul for the homemade wine tasting and framed photographs. Patti contributed a few photos as well. BarBQue was purchased from Pappas again—yum. It was terrific to see Suzanne, Christy, Tony, Billy, Pat, Carol and all the others!

Next month's program will be a first. Live, human models (without stomas) will be pouched by Wound Ostomy Nurse Pat Thompson. See the latest in up-close application and techniques for appliances. You do not want to miss this folks!

**The Northwest meeting will be moving across the street into the Northwest Medical Center Hospital from the professional annex to Mall II conference rooms 1 & 2.** Parking is available in any lot around the front of the hospital. Contact Pat Thompson at 281-397-2799.

**Tony Romeo**  
936-588-4031

## Baytown Group News

Have you ever thought about inventing something that would make your life as an ostomate easier? Support group participants for October were given the opportunity to meet someone that did just that! Donna Luce, President and Owner of Sure Guard, Inc. shared with the group that she had an ileostomy created due to ulcerative colitis and colon cancer. She went on to tell how her physically demanding job as a muralist, faux painter and paper hanger challenged her to find a better ostomy pouching system. She experimented with various items around the house and kitchen and finally came up with the final product that is called Ostomy Resolutions™ Stoma Guard. Along with a demo, Donna provided the product for the group to see and touch. You can learn more about this interest product at [www.Ostomyresolutions.com](http://www.Ostomyresolutions.com). Should be an interesting product :-)

Baytown Ostomy Support Group will meet again on Monday, November 3 at 6 p.m. We will have Jenny Jansson-Smith RN, CWON, Clinical Consultant with Stomocur presenting. We hope to see you!

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

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## Adjusting to a New Colostomy *(continued from page 1)*

I was still recovering from the surgery and learning to irrigate when we were transferred to Chicago, Illinois, within six months. My surgeon put me in touch with a colon doctor who accepted me as a patient. I joined a local ostomy group.

I had always looked at life in a positive manner and was excited about moving to 'the big city of Chicago' with my husband and my new colostomy.

At my 1st chapter meeting I volunteered to start calling on patients and was told I wasn't allowed to call on people until after one year. They were right. My first year was really a learning experience for me. I learned I must try to irrigate at approximately the same time every morning, in order to train my ostomy when to 'go'. Rather like training your young child out of diapers. This took many weeks and a lot of patience.

One big problem I had was I had quite a few blockages, because our area had 'hard' water, so I turned to using a good brand of bottled water and lots of it. I tripled my intake of water. My doctor told me for every cup of coffee or tea, I must match it with water. Drinking lots of water became a 'habit' with me. I carried my bottle of water with me every time I left the house.

I also learned what foods dissolved in my system and the ones that didn't. I peeled all fruits and vegetables, ate lots of greens, fewer starches. I became quite a nutritionist. I also learned to eat more

slowly and chew my food longer before swallowing. I was also told to not drink fluids with my meal, but after my meal.

During my journey, I met Mary Powers, the ET who belonged to our chapter. She became a regular receiver of many calls. We became friends. I learned so many valuable things from her.

I soon jumped in with both feet and volunteered to participate in seminars, any chapter functions they would let me know. Little by little, my irrigations became easier and I was learning how to properly care for one and I felt I was on my way to becoming a 'seasoned' ostomate.

We lived in Chicago for 7 years and since I had always been athletic before my surgery, I enjoyed adding new sports to my activities.

I played on the golf course in the summer and joined an indoor tennis club close to my home, ice skated on the pond at the entrance to our addition, became an avid 'cross country skier' and skied all the bicycle trails in our long winters.

I joined friends and went to 'you pick' farms and picked apples, all sorts of vegetables and fruit and learned to make jelly. The activities kept me busy while I was learning to adjust to my new way of life living with a colostomy. My ostomy was a part of

*(continued on page 4)*

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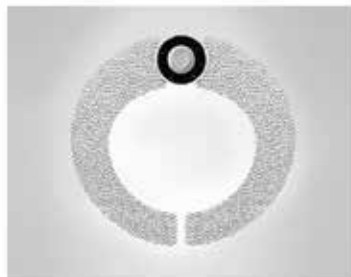
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## Adjusting to a New Colostomy *(continued from page 3)*

me now and it settled into staying completely clean from one morning irrigation to the next irrigation.

I felt like I was the luckiest girl in the world to have had cancer and become a cancer survivor. I had no rectum, but had the best 'butt tuck' anyone ever had. I was leading a pretty normal life with my new ostomy.

I would get up each day, take my husband Tom to the train to go to work, come home and irrigate my colon, jump into my boots and start shoveling snow. One winter we had a 'blizzard' and Tom was on business in Houston, O'Hare airport was closed for 5 days and he couldn't get home and I shoveled my way out. My driveway became a tunnel, what fun, ha!!

After 7 years up north we moved to Dallas for one year. I joined their very active chapter then on down to Houston, TX in 1981. Our Houston chapter was large and very active. We had three satellite groups, one in North Houston, one in Baytown and one in the central part of town. I participated in all ostomy activities, became an active visitor and later became the visitation chairman.

### Annual Holiday Dinner Party

**Date:** Tuesday, December 9, 2014

Deadline for reservations and payment is 12/2/14.

**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 (white chocolate bread pudding with vanilla ice cream)

1. 5 oz Filet Mignon with Béarnaise sauce
2. Chicken Piccate (capers, white wine, lemon butter and fresh herb cream sauce)
3. Three Color Tortilla Crusted Snapper (with cilantro cream)

**Cost:** \$32.00 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.



I retired as chairman in 2013. I had come a long way. I am now 87 years old, my ostomy is definitely a part of who I am. I have learned to control my ostomy and not let it control me.

See you at the next meeting!

Shalom, Dorothy

*Editor's note: Dorothy and Tom are still supporting each other. I met them in 2006 and have never seen a more perfect loving couple.*

**The above story is unique to Dorothy. Please consult your doctor before trying anything new with your stoma.**

### WOC Nurse Directory

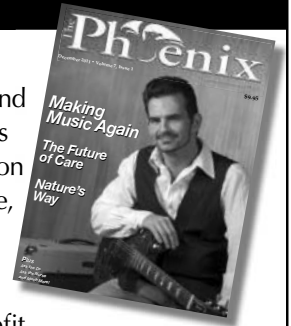
Cindy Barefield, RN, CWOCN (281) 428-3033  
Houston Methodist San Jacinto Hospital  
cbarefield@houstonmethodist.org

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.



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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 17, 2014**  
**Program:** **Roundtable with free supplies and samples**

## Baytown Group

**Monthly:** First Monday  
**Time:** 6:00 p.m.  
**Place:** Community Room in Lobby of Houston Methodist  
 San Jacinto Hospital  
 4401 Garth Road, Baytown  
**Contact:** Cindy Barefield 281-428-3033  
**Meeting:** **November 3, 2014**  
**Program:** **Guest Speaker: Jenny Jansson-Smith RN, CWON,**  
 Clinical Consultant with Stomocur

## Northwest Group

**Monthly:** Third Tuesday of the month  
**Time:** 7:00 p.m.  
**Place:** **NEW LOCATION! NW Medical Center Hospital**  
 The Northwest meeting will be moving across the street  
 into the Northwest Medical Center Hospital from the  
 professional annex to Mall II conference rooms 1 & 2.  
**Contact:** Tony Romeo 936-588-4031  
 sa1t1mr@sbcglobal.net  
**Meeting:** **November 18, 2014**  
**Program:** Live, human models (without stomas) will be pouched  
 by WON Pat Thompson.

## 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 20, 2014**

*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 Treasurer at the address shown below.

### 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 or send your request to the provided address below.

### 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, please include the name of the person being honored so that appropriate acknowledgement can be sent.)

### 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/>

### 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 treasurer's address above.

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.



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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.

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Meetings, Social Events,  
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