



November 2016

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

Ostomy Association of the Houston Area 60th Year Anniversary

by Patti Suler

The largest OAHA gathering to ever assemble converged at the Houston Health Museum on Sunday, October 9. It was appropriate that this group came together in celebration of 60 years of service.

Past OAHA directors, doctors, lots of nurses, vendors, and ostomates, old and new, attended. The opportunity to meet all of these incredible people at one gathering created a lot of excitement!

The people here represented successful living with an ostomy in an up close and personal way. If you missed this incredible event, you missed something special.

The Houston Health Museum is located in the Medical Center/ Museum District. Event amenities included free parking, free access to museum exhibits, a photo slideshow and tasty refreshments at no cost to members.

The meeting hosted a vendor fair of member favorites: ConvaTec, Coloplast, Hollister, McKesson, Shield Healthcare, and Byram Medical.

New OAHA media displays and handouts were available for viewing. Easy to read text, post cards, 8" x 10" glossy photographs of ostomates in action are all ready now to be of service in displays and presentations.

President Lorette Bauarschi welcomed everyone and opened the event by introducing the board of directors one by one. Denise Parsons, Vice President; Ron Cerreta, Secretary and J-Pouch

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.



Coordinator; Tony Romeo, Treasurer; Marian Newman, Visitation Coordinator; Terry Marriott, Director at Large; Mary Harle, Phone Coordinator; June Huber Director at Large; Jenrose Foshee, Program Coordinator—Central Group.

Position Appointees were then recognized beginning with Carol Johnson, Visitation Coordinator, Tom Ryan, Newsletter Distributor, Cindy Barefield, Baytown Group Coordinator, Ron Meisinger, J-Pouch Coordinator, Edgar Wood Outreach Coordinator, and Patti Suler, Media Coordinator.

WOC Nurses recognized were Cindy Barefield, RN, CWOCN, Charlene Randall, RN, CWOCN, and Pat Thompson, RN, BSN, CWON.

Exemplary Volunteers were then recognized by certificates and hugs. Dorothy Andrews, Cindy Barefield, Patti Suler and Patricia Thompson.

Special Friends were recognized with hugs and mugs. GayNell Faltyssek, Kimberly Ferguson, Scott Hiatt, Charlene Randall and Edgar C. Wood, Jr.

We collected several boxes of ostomy supplies that will be donated and we also appreciated the always needed financial contributions.

Over 60 people were in attendance. Two members represented over the century mark with their successful surgeries.

It is unusual for a non-profit to be this successful for this length of time. What next? Consider helping this awesome organization into another 60 years by attending one extra meeting next year. You never know who you could help.

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Patient Visiting and Support Services

Doctors and WOC Nurses, please note:

Upon request from a doctor, nurse, or social worker, a specially trained visitor will be asked to contact an ostomy patient by phone or visit them in person before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. The visitor does not give medical advice, and there is no charge for this service. Please contact our Visitation Coordinator, Marian Newman at 713-392-5768.

Central Group News

We had a small group attend our roundtable at our October meeting. We experienced ostomates were happy to be able to share with a new attendee who will be having colostomy surgery in January. We also welcomed the President of an ostomy support group in the San Diego region. He has a J-Pouch and was visiting family in the area and wanted to come by to visit with us. It was a very productive meeting.

Our next meeting is on November 21, which is Thanksgiving week. Our presenter will be Jay Walls, who has invented an ostomy belt that he would like to share with us. We're always very happy to hear about new products. As always, bring your questions and comments. I look forward to seeing you!

Regards,

Lorette Bauarschi, President, OAHA, 713-582-0718

New! Sugar Land Meeting Opportunity

Join us for a forum providing support and encouragement to patients with ostomies (colostomy, ileostomy, urostomy) as well as access to education and guidance.

Support Group meetings will feature:

- Expert presentations from health care professionals
- Opportunity to share stories and discuss life after ostomy procedures

Who: Any patient with an ostomy, including cancer patients

When: 5:30–7 p.m., Thursday, November 10

Where: Houston Methodist Sugar Land Hospital
Conference Rooms AD
16655 Southwest Freeway
Sugar Land, TX 77479

RSVP: For more information and to RSVP, email Wanda Butaud at wjbutaud@houstonmethodist.org or call 832-506-4869

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.ostomy.org or **800-826-0826**

latest news

Northwest Group News

Many Northwest members had a wonderful time at the 60th Year Anniversary Party. We even got to see GayNell! It was a great visit and great event. Several members were lifted up that were not in attendance: Jane Price, Gen Stephens, Paul Batchelder (seems everyone remembers Paul), Jay, and many others.

Tabatha Schroeder with Coloplast will be presenting our November 16 program. Come visit with us and sit a spell.

Billy Locke 337-515-6354

Baytown Group News

October was memorable for many with the celebration of the 60th Anniversary of Ostomy Association of Houston Area on October 9 at the Health Museum. In addition to recognizing those who have contributed so much to the organization, it was so interesting to tour the Amazing Body Gallery and view the life size colon. The display allowed one to actually see what polyps, cancerous growths and diverticulosis look like in the colon! Special thanks to Mr. James Lewis and his wife who represented our Baytown group.

Later in the month, I travelled to Louisville, Kentucky for the annual Friends of the World Ostomates Board Meeting. The mission of this non-profit organization is to collect donated ostomy supplies from individuals and organizations in the United States and send them to those in need worldwide. Following the Board Meeting, we had the opportunity to spend some time working in the warehouse in Louisville. I came home feeling so inspired after spending the day with Warehouse Coordinator Carol and Mickey Heideman, Cheryl Sparkes, and other volunteers. These dedicated people spend countless hours unpacking sorting, stocking and shipping products around the world! You can learn more about this organization through the website at www.fowusa.org

In November, we have a presentation by our HMSJ dietitian which is certainly appropriate with the Thanksgiving holiday just around the corner! Physical Therapy is scheduled for December which is a great way to ready our bodies for the New Year. I hope you will make an effort to join us!

Cindy Barefield, RN, CWOCN
281-428-3033

OAHA 60th Anniversary Party



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 Fax (713) 461-5806

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

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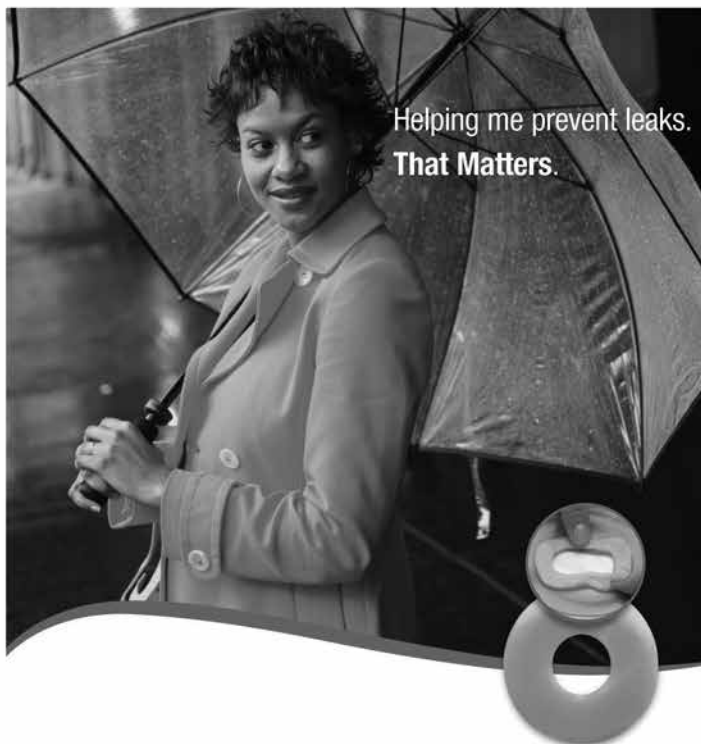
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Central Group

Monthly: Third Monday of the month
Date: **November 21, 2016**
Time: 7:00 p.m.
Place: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193
Contact: Denise Parsons 713-824-8841
 rockynme2@aol.com
Program: **Guest Speaker: Jay Walls**

Baytown Group

Monthly: Second Monday of the month
Date: **November 14, 2016**
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
Program: **Presentation by Houston Methodist Dietician**

Northwest Group

Monthly: Third Wednesday of the month
Date: **November 16, 2016**
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: Billy Locke 337-515-6354
Program: **Guest Speaker: Tabatha Schroeder** with Coloplast

J-Pouch Group

Monthly: Third Monday of the month
Date: **November 21, 2016**
Time: 7:00 p.m. or by Appointment
Place: **Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193**
Contact: Ron Cerreta 832-439-1311
 Ron Meisinger 281-491-8220

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

Opportunities and Announcements

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/>

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 Tony Romeo, Treasurer, at 936-588-4031 or saltmr@sbcglobal.net 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: Tony Romeo, 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.)

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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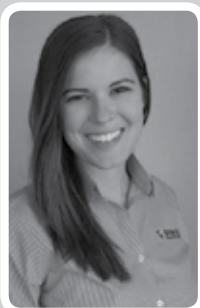
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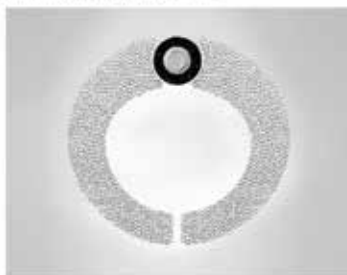
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Newsletter Advertising: Please contact the President or Treasurer for sponsorship and advertising opportunities.

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: <input type="checkbox"/> Crohn's <input type="checkbox"/> Ulcerative Colitis <input type="checkbox"/> Cancer <input type="checkbox"/> Birth Defects <input type="checkbox"/> Other _____	
Do you speak a foreign language? <input type="checkbox"/> Yes <input type="checkbox"/> 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"/> Ileostomy <input type="checkbox"/> Urinary Diversion <input type="checkbox"/> Other: _____	<input type="checkbox"/> Continent Ileostomy <input type="checkbox"/> Continent Urostomy <input type="checkbox"/> Pull-Through <input type="checkbox"/> Parent of Child with procedure <input type="checkbox"/> Spouse/Family Member <input type="checkbox"/> Physician <input type="checkbox"/> Nurse
<input type="checkbox"/> I would like to attend meetings with the (please circle one) : Central Group Baytown Group Northwest Group J-Pouch Group	
<input type="checkbox"/> I would like to become a member but cannot pay dues at this time. <i>(This will be kept confidential.)</i>	
I learned about the Ostomy Association from	
<input type="checkbox"/> WOC Nurse <input type="checkbox"/> Physician <input type="checkbox"/> Newsletter <input type="checkbox"/> Surgical Shop <input type="checkbox"/> Website <input type="checkbox"/> Other: _____	
I am interested in volunteering. <input type="checkbox"/> Yes <input type="checkbox"/> 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*